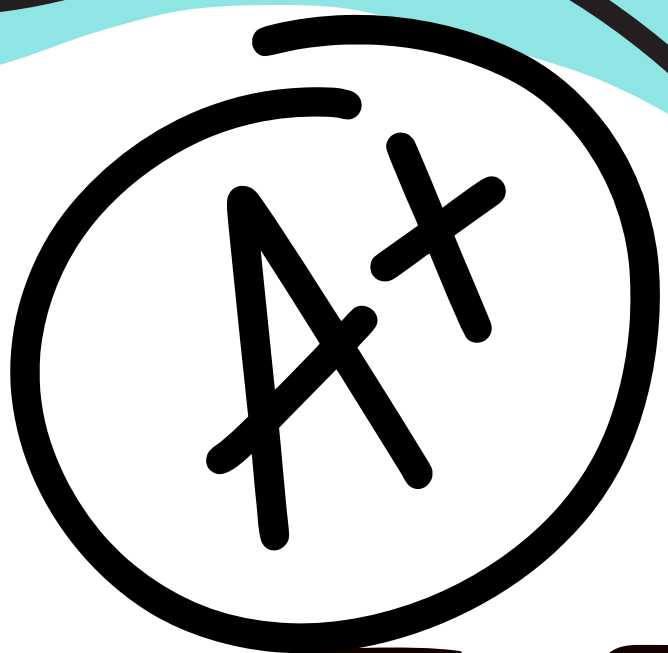
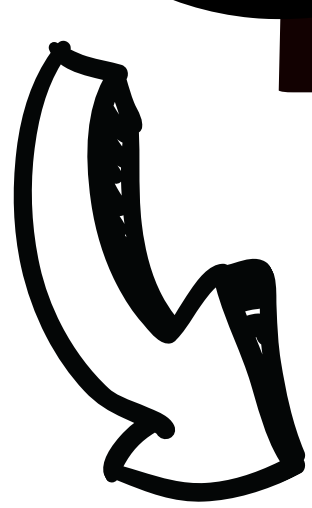


BACK TO SCHOOL



SCHOOL



KIDS ZONE



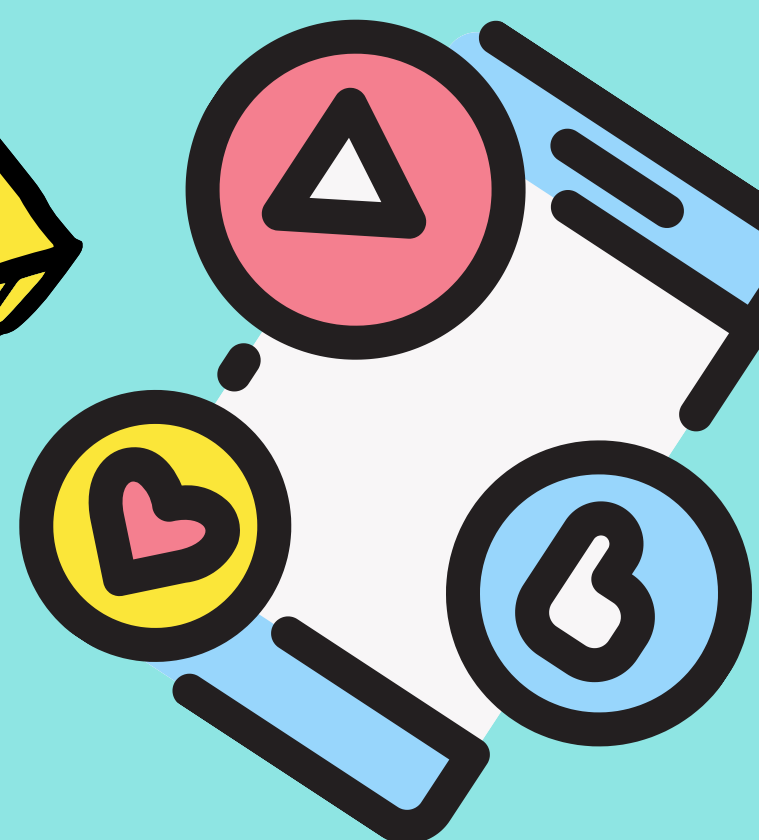
WELCOME TO THE SEPTEMBER EDITION OF OUR KIDS ZONE NEWSLETTER!

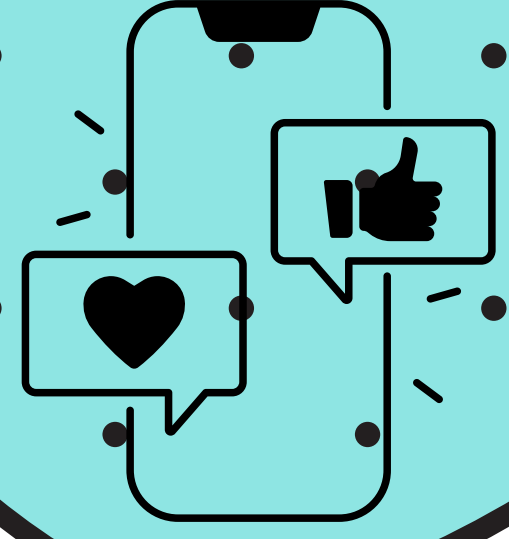
Hope your summer break was a blast! Now, get set to dive back into school life with a bang! We've cooked up some seriously cool stuff for you to chew on as you kick off the new school year. From social media tips to a Digital Wellbeing quiz and a fun Screentime activity, we've got you covered. Dive into guidance on Cyberbullying and don't miss the awesome video from Joe Sugg. Get set to conquer the school year like a boss!

Cheers,
The Dynamic Duo - John and John



September 2024





SOCIAL MEDIA - TIPS AND ADVICE



Social media is like a funhouse of creativity and friend connections, but let's face it, it can also be a bit of a maze. Fear not, Own It is here with a survival guide to keep you safe and sound!

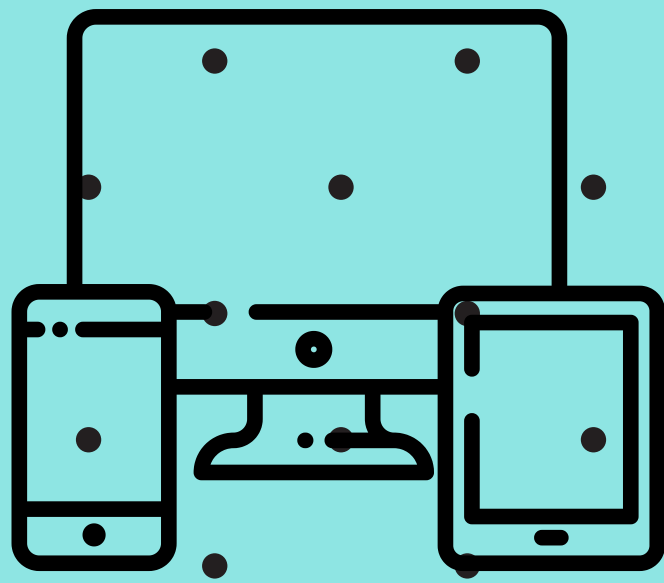


REPORTING & BLOCKING ON SOCIAL MEDIA

Social media has got your back if something online gives you the heebie-jeebies or the sads. Click the button to find out more from CEOP.

MEDIA





HEALTH, WELLBEING AND LIFESTYLE QUIZ

Why is it so bad to use
screens before bed?

Did you know that looking at a screen before you go to sleep can be really bad for your physical and mental health? Take this BBC quiz and test your knowledge on screen time before bed!



SCREENTIME ACTIVITY

Check out this nifty My Screen Time Worksheet! It's your trusty sidekick to track all those hours glued to screens. Dive into your screen habits, pinpoint where you're overdoing it, and get those lightbulb moments on how to dial it all back for a healthier digital you.



My Screen Time



Use this handy table to record the amount of time you spend using digital screens during the week. This could include using a phone, tablet, computer, TV or games console.

| | Watching TV or videos | Playing games | School work and homework | Other on-screen activities | Total |
|-----------|-----------------------|---------------|--------------------------|----------------------------|-------|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |

Some experts recommend that children limit their screen time to less than 2 hours per day. How does your screen time compare to this recommendation?

Use the section below to reflect on your screen time. Think about the types of activities you do that involve screens and how you might change these to make your screen time more positive or productive.

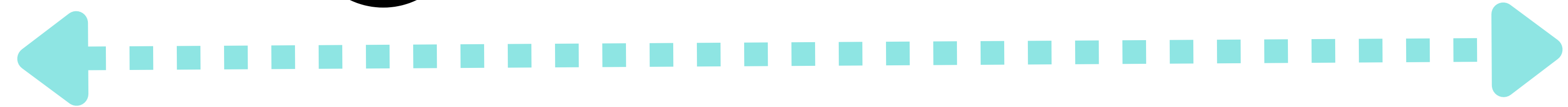
Reflections



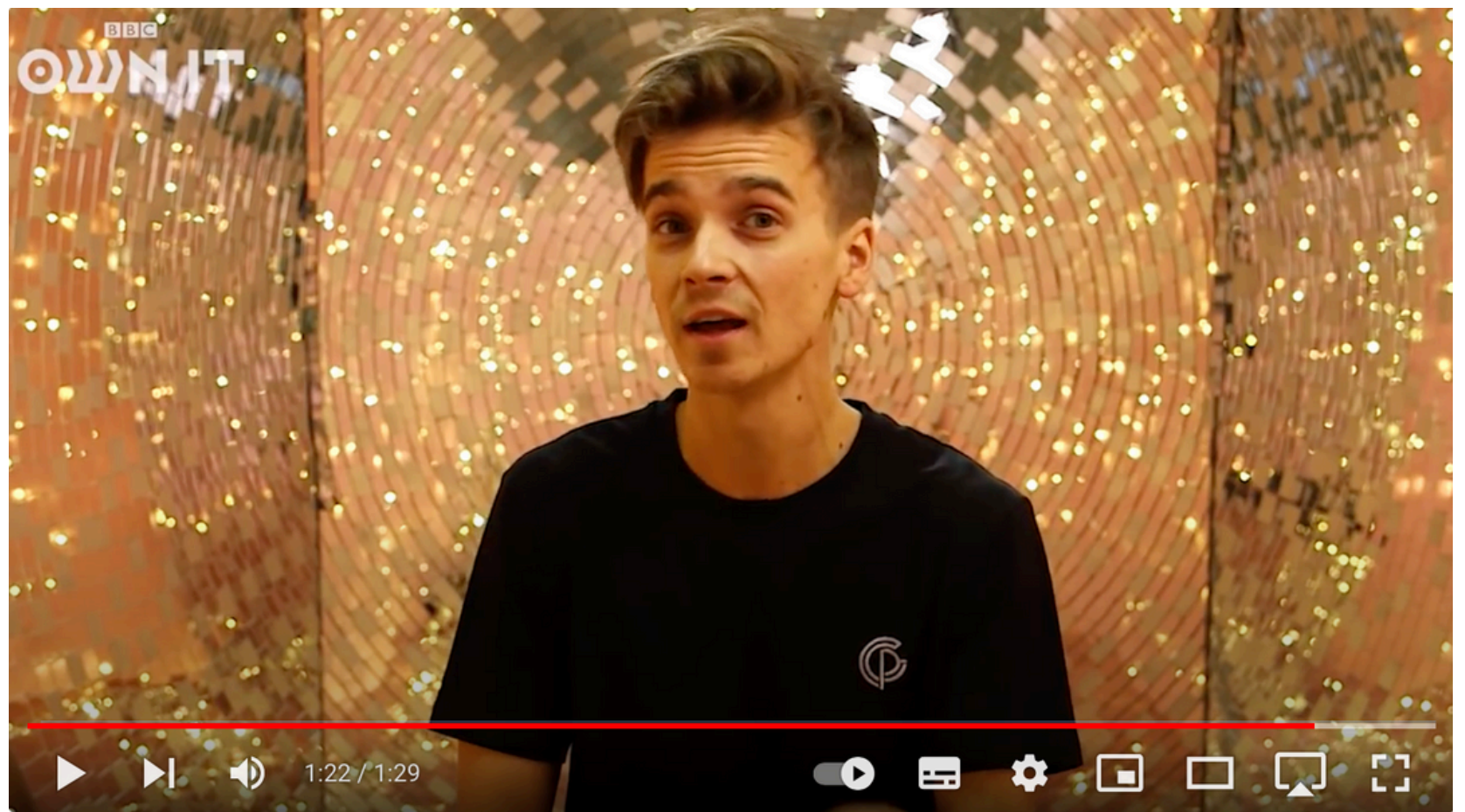


BULLYING & CYBERBULLYING

If bullies are crashing your party or your pal's, fret not! Childline is here to save the day. Check out their savvy tips or learn how to be a hero for a friend in need.



Joe Sugg steps away from Strictly Come Dancing to speak with BBC Own It about his experience with online bullying. He offers valuable advice on dealing with internet trolls and online bullies.



Online Bullying

HELP!

Reporting

If you ever feel unsafe or not comfortable with something that you've seen or that happens online.....if it just doesn't feel right then there are many ways in which you can get help. Firstly try talking to your parents but if you don't feel ok with that then try some of the links below.....

CEOP

CEOP is a law enforcement agency and is here to keep children and young people safe from sexual exploitation and abuse. Click on the link below to make a report



CHILDLINE

Call us free on 0800 1111 or find out how to get in touch online, What ever your worry, we're here for you.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



REPORT REMOVE

Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.



Nude image of you online!
We can help take it down.



IT'S OKAY
to get
7! help