

KIDS ZONE



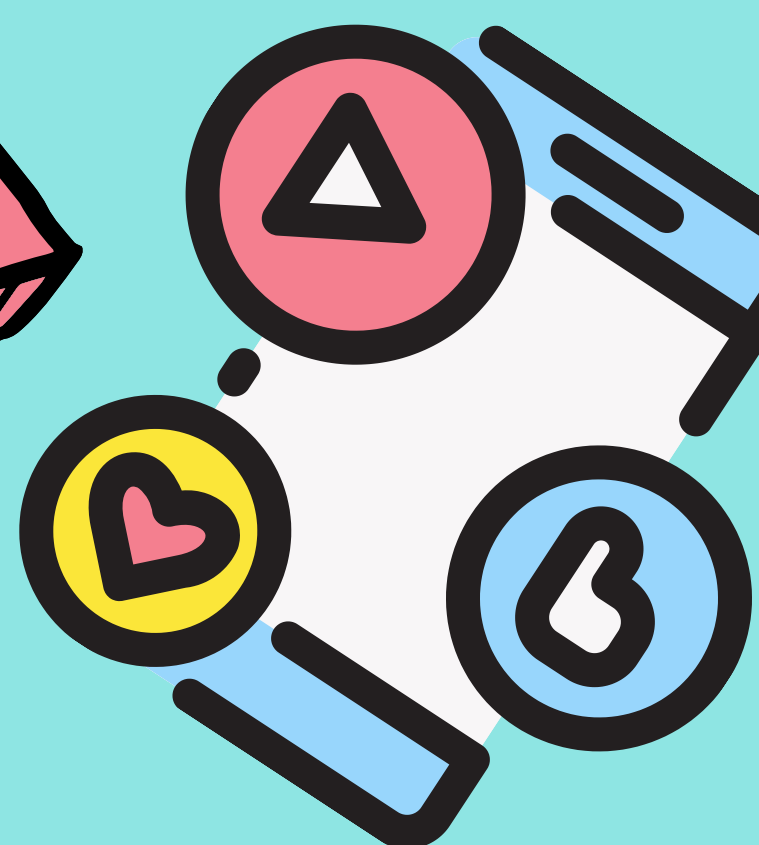
WELCOME TO THE OCTOBER EDITION OF OUR KIDS ZONE NEWSLETTER!

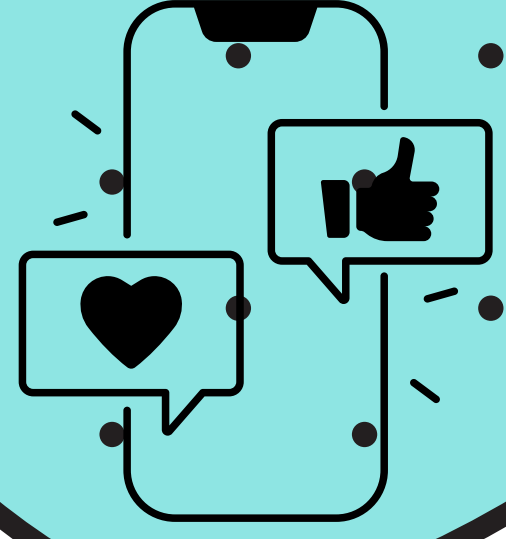
We hope your school term is cruising along smoothly! This month's newsletter is a deep dive into Digital Wellbeing—think screentime shenanigans and tips for keeping your sanity while taking a much-needed breather from the digital chaos to keep your digital health in check. We have included some top digital wellbeing tips along with a quiz you can do with your family and lots lots more.

The Dynamic Duo - John and John!



September 2024





WHAT IS DIGITAL WELLBEING

Technology is like that friend who's always hanging around! It shapes our feelings, thoughts, and actions—like a mind-bending wizard! But hold on, it can also mess with our body and brain health. So, it's super important to tune into how binge-watching TV or scrolling through our gadgets—computers, tablets, phones, and gaming consoles—makes us feel. After all, we want to roll with the digital punches and keep our vibes positive!



Another key ingredient in the recipe for digital wellbeing is mastering the art of self-care and caring for others in the online jungle! This means being savvy about what to do when the digital gremlins pop up or when something gives us the heebie-jeebies while we're glued to our screens.



Digital Wellbeing

DIGITAL WELLBEING

Top tips

DEVICE FREE MEALS

Create a phone-free zone at the dinner table! It's like a VIP lounge for connection and healthy munching! When you're glued to your screen, you might end up playing hide-and-seek with your appetite because it takes your brain about 20 minutes to realize, "Hey, I just devoured a feast!" So, let's chew and chat without the digital distractions!

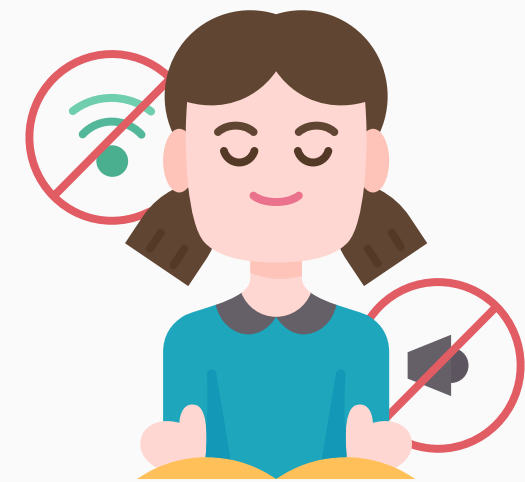


PRIORITISE PEOPLE

Dive into the delightful chaos of conversations and activities with your friends and family! Give your phone a little timeout—silence it and tuck it away—so you can shower attention on the real VIPs in your life!

FOCUS MODE

Our brains are not built for juggling! Got homework to tackle but can't tear your eyes away from those enticing videos? Time to hit that focus mode on your device, and watch your productivity soar while your concentration levels skyrocket!



DIGITAL CURFEW

Just like you crave a cozy snooze, your gadgets are in dire need of some shut-eye too! So, an hour before you hit the hay, give your device a time-out and let your brain and peepers escape the blue light jungle. Bonus: it's the perfect moment to dive into a page-turner and let your imagination run wild! 📖🌟

SET A TIMER

We totally underestimate how much time we're glued to our screens! To reclaim your life and dodge the digital rabbit hole, why not set a timer or tap into those handy screen monitoring features? Time to take back control, one beep at a time!



DIGITAL WELLBEING

Top tips

RESPECT

Spread good vibes and sprinkle kindness like confetti while you're surfing the digital waves!



TELL A TRUSTED ADULT

If someone's being a total online bully or you stumble upon something that gives you the heebie-jeebies, don't just sit there! Spill the beans to a trusted adult who can help you tackle the digital drama!

FAMILY QUIZ

Round up the fam and dive into The NSPCC quiz to uncover their golden nuggets for happy online vibes! Before you tackle each question, chat it out as a crew and pick your answer together—teamwork makes the dream work!

CLICK

HERE

A Healthy Digital Life

It is important we use the Internet and other digital technology positively and in a way that does not harm our health and wellbeing.

Whip up a dazzling poster that spills the beans on digital wellbeing! Show everyone how to keep their sanity intact while surfing the web and juggling gadgets. Let's make staying healthy in the digital jungle a fun adventure!



Activity

Can you complete all of these digital wellbeing activities



ACTIVITY	YES	SOMETIMES	NO
Turn off my device an hour before bed			
Spend a day not using technology			
Create a list of technology - free activities			
Change my notifications settings so I have to actively look for messages			
Make the screen black or white to limit how appealing it is			
Make a digital wellbeing plan to focus on what routines work best for me			
Leave my device in a different room so I'm not tempted to play on it when I'm bored			
Send a positive message online			



Activity

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

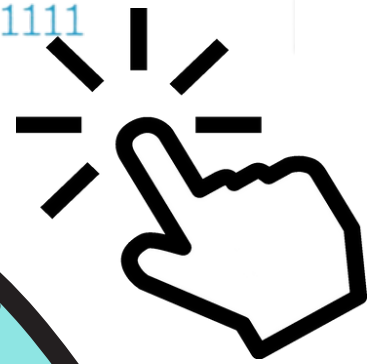


CHILDLINE

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

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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