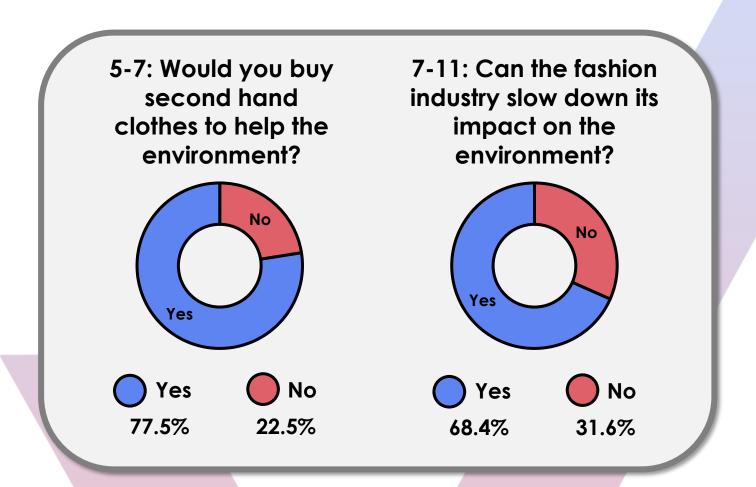
Home Information Sheet

Your latest topic results:



Continue the conversation at home...

Does the internet change how we feel about ourselves?

Should the age limit on apps be removed? Does the internet affect your selfesteem? How much **time** do you **spend** online each day?

Need help & support?



To access the resources below, click the links (Ctrl + click) or enter the search terms into your browser.

For children concerned about **their selfesteem**, they can contact **Childline** for free anytime on **0800 1111**, or visit their website. Search Term: Childline Selfesteem

Search Term: Childnet

Childnet has pages for both parents & carers and young people about staying safe online.

YoungMinds has sections on their website for both parents & carers and teachers about how to discuss mental health.

Search Term: YoungMinds

Search Term: UK Safer Internet Centre 3-11 For children wanting to learn more about internet safety, UK Safer Internet Centre has storybooks and films online to help.

The NSPCC website provides information for parents, carers & teachers on navigating children's social media use.

Search Term: NSPCC Social <u>Media</u>

Search Term: Common Sense <u>Media</u> Common Sense Media rates apps & games by age suitability, based on children and adults' reviews.

<u>Please Note:</u> If you would like to discuss any further concerns, seek out your school **Safeguarding Lead**.

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