

For parents and carers of children in year 5 and 6

The Coram Life Education & SCARF team will be visiting our school on Tuesday 21st and Wednesday 22nd April. The children's charity Coram Life Education provides Health and Wellbeing Education support to school. They will deliver online behaviours workshops to classes in year 5 and 6. The children will be taking part in workshops focussing on identifying the benefits and risks associated with being online, online behaviours and developing critical thinking skills.

The workshops will explore:

- Building positive relationships with online and offline friends
- Strategies for keeping personal information safe online
- How we deal with face-to-face and online bullying
- Recognise the impact of online behaviours on their mental and physical wellbeing
- Understand the different ways our decisions are influenced by online content - including through Influencers and online advertising
- Develop critical thinking skills in relation to online influences
- Identify positive ways to interact online, both publicly and privately and to manage their online behaviours and the time spent on screens.

Many Thanks