



Bishop Alexander L.E.A.D. Academy

A L.E.A.D. Academy

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Spring 2

Social media – read all about it!

Newspapers are now also joining the action, having articles to keep you up to date with everything social media! Just type in bbc.co.uk and search social media on their website.

Furthermore, you can visit <https://www.socialmediatoday.com/> which has all the latest and current news, regarding social media companies.

Key facts:

62% of all 5-16 year olds visited a social networking site in the last week.

Amongst 9-16 year olds who go online (most of them), 73% have a profile on a social network, and 79% visited a social networking site in the last week."
(Childwise Monitor Special Report 2013-14. Digital Lives)

Four in ten (41%) 12-15s with an active profile say they mostly use a mobile phone to visit their main social networking site profile - which makes this the most popular device for accessing their profiles."

Ofcom (Children and Parents: Media Use and Attitudes Report 2013 Page 6)

Dates

Autumn 1 – Online gaming and loot boxes

Autumn 2 – Online friends

Spring 1 – Staying safe online

Spring 2 – Social media

Tuesday 11th February 2020 – Safer Internet day

Do your children spend a lot of time on social media?

Adrienne Wichard-Edds from The Washington Post, offered these recommendations:

Help children understand their “why.”

Inspire children to act out of internal motivation instead of fear, Homayoun says, by helping them build their own filter. “Encourage your children to ask themselves ‘Why am I picking up my phone? Am I bored, am I lonely, am I sad? Am I just uncomfortable because I’m in a room where I don’t know anyone?’ Or ‘Why am I posting this? Does spending time on this app make me feel energized or drained?’ It helps them make decisions that reflect their own values and choices and separate their online experiences from in-real-life ones,” she says. Asking themselves “why” also slows down impulsive online communications and encourages children to make smarter choices.

Set clear ground rules.

Talk to your children about appropriate social media use before you give them a phone or allow them to download a new app, says Homayoun. “Once you hand it over, they’ll be too excited to focus on your instructions.” Clearly state rules and expectations and stick with them as much as possible. In our family, this includes not putting anything online that you wouldn’t want your friends’ parents to read (because several of them will); getting permission before downloading a new app; and checking phones into my office at bedtime. Homayoun also encourages parents to involve children in creating a family mission statement about responsible technology usage.

<https://www.facebook.com/safety>

https://about.twitter.com/en_us/safety.html

<https://www.internetmatters.org/hub/guidance/snapchat-safety-a-how-to-guide-for-parents/>

<https://www.net-aware.org.uk/>