

STAY SAFE AND HAPPY WITH DIGI DAISY



BY niami age 7



ASK	Asking before pupils use a device is an important first step in using technology safely. It can also be helpful for them to articulate why they wish to use the device.
CHECK	It is easier to monitor a child's usage of technology if you can see them. A central location where there is lots of activity is recommended. If your child can see you, it means they can easily ask for help and support if they need it.
SHARE	Working with the child as they use technology can be very rewarding and give the child confidence when they move to working along. Guiding them through, sharing their successes and being close to help when needed.
TIME	The use of technology can be very addictive. Children need to be encouraged to monitor their usage and understand why this is important. It is also important for them to understand boundaries and know what time an appropriate time is to access technology.
BE KIND	Children need to understand the need to be kind both online and offline. Encouraging them to use certain phrases like 'Please can I take your picture?' can help.
TELL	Children need to be aware of adults around them they can trust. When they encounter a problem or have a concern, they need to know who they can tell and have confidence that they will take whatever action is necessary. Phrases such as 'I don't like this' or 'This popped up' and 'Please can you help me' give children confidence to begin a conversation with their trusted adult should they need to.
MOVE	Long periods in front of a screen are unhealthy. Children need to be encouraged and reminded to have breaks and to move and stretch before returning.
MIX	A variety of activities is healthy. Children need to be encouraged to choose different things to do during the day. Questions such as 'What other things shall we do together?' and 'What other things can I do?' are useful to encourage them to think of doing something different.