

PSHE and Citizenship

Social Media and Me

Guide for Parents and Carers

This lesson is aimed at children between the ages of nine and eleven. It has been designed for parents and carers to work through with their child at home, using the [Lesson Presentation](#) to guide discussions and activities.

Parents and carers can choose to just look through the [Lesson Presentation](#) without doing the accompanying activities, if time is short.

The [Social Media Fortune Teller](#) provides an opportunity for the children to consolidate their learning by creating a fortune teller. This is a fun activity, involving some origami and answering questions about what they have learnt from the [Lesson Presentation](#).

The pack also contains some [Social Media and Me Challenge Cards](#) to print off. These are great to prompt discussions around the use of social media and to put the learning into real-life contexts.

Here is a list of further activities, linking to the theme of 'digital wellbeing', that can be done at home:

- Create a short video telling others about online safety rules. A parent or carer could perhaps send this to a family member or close friend.
- Make up a story about a child who has a problem with cyberbullying and include what they did to get the problem resolved.
- Help your child do some online research, using a child-friendly search engine. This could be about their favourite animal or a hobby or interest they have.
- Make a glossary of terms relating to social media, with definitions.
- With permission and supervision from an adult, children could join a safe and reputable online site suitable for their age, where there are games to play and players can 'chat' to each other by typing messages. These sites are usually monitored for inappropriate comments or behaviours. Playing these games together with your child provides opportunities for discussion about what sorts of information and messages are OK to share.