

FAMILY LEARNING

WITH LIFE EDUCATION CENTRE NOTTINGHAMSHIRE

CYBER HEROES



Setting parental controls and how to report bad things on the internet.

Build children's confidence, both online and in real life.

Help your children make wise choices on the internet.

Protect you and your children from online bullying, and other risks.

Children join us for the last hour.

HAVE FUN!

The course lasts for 4 weeks on Tuesday afternoons, starting on Nov 9th at 1pm. There is no charge. Come along, meet new people and have fun.

Funded by:

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All mums, dads, grandparents and carers are welcome!

Session	What it's all about...	
1	9/11/2021	<p>What skills are needed to be a CYBER HERO!</p> <ul style="list-style-type: none"> - Good communication skills. - Differences between personal and public information. - Supporting children when they take first steps into social media and understanding 'Phishing'.
2	16/11/2021	<p>How to stay safe online.</p> <ul style="list-style-type: none"> - By device – Use passwords - Enable restrictions and privacy settings on devices / apps - Using your internet service provider (ISP) – BT, Virgin, TalkTalk, Sky all have parental controls for internet - Using a Parental Control Software / App - Current Issues - Use ipads
3	23/11/2021	<p>Building children's confidence and self-esteem</p> <ul style="list-style-type: none"> - What is self-esteem? - Discover the reality of online images. - Develop an "I can" attitude. - Use ipads
4	30/11/2021	<p>What is online bullying and how to protect yourself.</p> <ul style="list-style-type: none"> - How to help children recognise it and defend themselves. - How to be a Cyber Hero! - How to help children resist using bullying behaviour. - How to support their friends who are bullied. - Use ipads

If you would like to come and join **Cyber Heroes in school**, please return this completed slip to your child's class teacher or e-mail admin@risepark.nottingham.sch.uk:

Please provide us with your email so we can send you course information.

Child's Name:	
Child's Class:	
Parent / Carer Name:	
Telephone:	
Email:	