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.

Learn some video making skills with your child.

HAVE FUN!

Funded by:

"Great workshop, I learned a lot about safety on the internet. Lots of good info, which I didn't know before."

Web: www.lecn.co.uk
Twitter: @LifeEdFamLearn
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All mums, dads, grandparents and carers are welcome!
Come join us at Rise Park on Wednesday's at 9am.

Session		What it's all about…	
1	8.1.25	What skills are needed to be a CYBER HERO!	- Good communication skills. - The 3 Cs of good internet use. - Online opportunities and risks. - Exploring useful sites together. - Setting boundaries.
2	15.1.25	Building children's confidence and self-esteem on and offline.	- What is self-esteem? - Discover the reality of online images. - Develop and "I can" attitude.
3	22.1.25	What is online bullying and how to protect yourself.	- 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 being bullied.
4	29.1.25	What is online bullying and how to protect yourself.	- Making short films and / or digital cartoons together to advertise and encourage others to be Cyber Heroes. **A CELEBRATION!**

If you would like to come and join **Cyber Heroes**, please return this completed slip to your child's class teacher:

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

Child's Name:	- INSERT NAME -
Child's Class:	- CLASS NAME -
Parent / Carer Name:	- INSERT NAME -
Telephone:	- INSERT TELEPHONE -
Email:	- INSERT EMAIL -