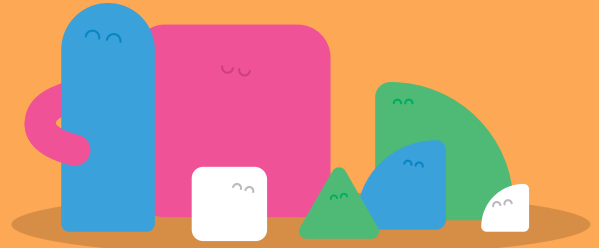


JUNIOR AND SENIOR INFANTS Parent Support Sheets Lesson 10: Being Safe Online and Reflection on the Programme



Lesson Summary:

The aim of this lesson is to learn about being safe online. As this was the final lesson of the 10 week programme, the children were encouraged to reflect on all they had learnt on the A Lust for Life Schools Programme for Junior and Senior Infants, and to pick their highlights.

Try It At Home Activity: “What I Learned”

This Try It At Home activity pulls together all of the content the children have completed within the last 10 lessons. This is a template with some of the strategies we have learned from the A Lust for Life schools programme. Ask your child/the child in your care to explain them to you and practise their favourite one together!

Dr. Malie and Linsey’s Top Tips:

Although your child/the child in your care are still quite young, it is important to begin the conversation around online safety from early on, in order to equip children with the tools to stay safe. Research has identified three primary areas of concern for parents about their child’s use of online technology:

- inappropriate contact
- inappropriate content
- inappropriate conduct

Inappropriate Contact: Inappropriate contact involves people who children might meet online, which includes worries about online predators. It is important to speak to children from a young age about how we don’t know who we are dealing with online. Check privacy settings, and tell them to only share information with people they trust.

Inappropriate Content: Inappropriate content involves unsuitable material children can come across online. The number one message is that children should come and speak to you if they see or read anything that makes them uncomfortable. Tell them not to respond to mean messages. Sit with them and report anyone who says anything mean or inappropriate.

Inappropriate Conduct: Inappropriate conduct involves the conduct of the child themselves, and ensuring they understand they are accountable for what they say and do online. If you wouldn’t say it face to face, then don’t say it online. Use ‘the Granny test’. If you wouldn’t want your Granny to see it, then don’t post it online. Respectful communication is key.

It is also important to consider how much time your child/the child in your care is spending on screens, and whether this may be taking away from other activities (e.g., sleep, exercise, play, work).

Technology is an integral part of life, and there are many benefits. However, we also need to be mindful of whether children are getting enough opportunities for connection and play. The aim is to achieve balance. Modelling healthy screen use will benefit you and your children.

How to manage screen time for young children: <https://youtu.be/J03FF9K9Bf0>
<https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-5-7-KeyStage1.pdf>



Conclusion:

“The foundations for virtually every aspect of human development – physical, intellectual and emotional – are laid in early childhood” (Marmot, 2010). For this reason, giving your child/the child in your care the best head start is what we are so passionate about. In finishing up the A Lust for Life Schools Programme, we would just like to say it’s been a real pleasure creating this programme for your little one, and we are also really grateful for the opportunity to engage with parents.

We hope you have found something which resonates with you in these Parent Support Sheets, to nurture your child-parent connection with compassion for you and for your child/the child in your care. Remember that all your child/the child in your care needs is “good enough” to support them in their exploration and learning, and comfort them when the going gets tough.

All the best, Malie and Linsey.

More Resources:

- Coyne, Malie (2020). Love in, Love out: A compassionate approach to parenting your anxious child. Harper Collins Ireland. <https://drmaliecoyne.ie/loveinloveout/>
- Hoffman, K. Cooper, G., Powell, B., & Benton, C.M. (2017). Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child’s Attachment, Emotional Resilience, and Freedom to Explore. <https://www.circleofsecurityinternational.com/books/>
- Koster, A (2018). Roots and Wings: Childhood needs a revolution. Roots & Wings Publishing: <https://rootsandwings.ie/product/roots-and-wings-childhood-needs-a-revolution/>
- O’Kane, M. (2021). Perfectly Imperfect Parenting. Orla Kelly Publishing: <https://www.drmariyokane.ie/perfectly-imperfect-parenting/>
- Siegel, D.J. & Bryson, T.P. (2012). The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind: <https://drdansiegel.com/books/>
- <https://parentline.ie/> ~ A national, confidential helpline that offers parents support, information and guidance. 01 873 3500 Monday–Thursday 10am–9pm & Fridays 10am–7pm.