

MORE ABOUT DIGITAL RESILIENCE

Taken from resources on Parent Zone

<https://parentzone.org.uk>



On **Thursday 14 March**, pupils in Years 4, 5 & 6 participated in some workshops at school which were aimed at helping them to develop the skills they need to challenge what they see online, identify reliable and unreliable sources of information and know what to do if they need help. Although this article is for **ALL** parents, it would be particularly beneficial if parents of those pupils sat down with their children to discuss what they learnt in school.

Digital Resilience is part of a person's personality that develops from spending time online and facing the challenges out there. It means that you recognise when you're at risk online, and that you know what to do. Just like teaching a child to ride a bike or cross the road, **digital resilience** is another way to highlight the need to help children cope with whatever the online world throws at them. Building **digital resilience** is an effective way to ensure that children stay safer online, and benefit from the opportunities the internet offers.

Children need to have the emotional resources to:

- understand when they are at risk online
- know what to do to seek help
- learn from experience
- recover when things go wrong



Continued overleaf...

There are three areas based on the basic tenets of resilience based on work done by the UK Council for Internet Safety's Digital Resilience Working Group, co-chaired by Parent Zone CEO Vicki Shotbolt:

1. **Empathy:** understanding the meaning of empathy and what it means in an offline and online world.
2. **Safe spaces:** being able to identify and understand when at risk online.
3. **Recovery:** being able to learn from experiences and knowing how to recover when things go wrong online.

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We are part of Parent Zone's Digital Schools Membership programme, recognising our commitment to keeping our pupils safer online, and making sure we work with parents to achieve this.

Our Digital Schools membership gives you FREE access to Parent Zone's brand new Parent Lounge with:

- Online training
- Expert advice and information on all things digital
- Access to a free help service for all your tech questions

To get started, go to <https://parentzone.org.uk/parents/discover-parent-lounge>

- Click **ENTER PARENT LOUNGE**
- Click on the pink **ADD TO CART** button
- On the next page click **checkout**. You'll then be asked to enter your email address.
- On the next page, you will need to enter the coupon code **DSPI6** to ensure you have free access. The code gives you a 100% discount.

Once you've completed the short registration you'll receive two emails - one confirming your order and one with log in instructions. After clicking the link in the email press the log in button to set a password, then you'll be directed to the Parent Lounge.

Once you have logged in the Parent Lounge will always be accessible at this link: <https://parentzone.org.uk/parents/discover-parent-lounge>

Please note that this has been adapted from an article in a publication, so it has not been written by Oakwood but it includes useful information for parents.