Fostering Digital Skills

Resources

This document contains links to key resources from the 'Fostering Digital Skills' online course.

Contents

Module 1: Understanding

**Digital Spotlight:
Health and Wellbeing**

**Digital Spotlight:
Self Image and Identity**

◀ **Conversations about Digital: Understanding**

The following conversation starters can help gauge the level of understanding of each child in the family. Choose a topic for a whole family conversation, for example, at mealtimes. These questions are specially designed to help gauge the skills and understanding of each child. Allow all children to discuss their opinions. See the additional resources if a child needs help developing their skills and knowledge.

Digital Dice Dilemma

How about playing the Digital Dice Dilemma with your foster child? Alternatively, check out A Positive Start activity.

Resources

- Social networking and messaging apps
- UKCIS Digital Passport
- Supporting care experienced young people online
- Inclusive Digital Safety advice hub
- Connecting Safely Online advice hub
- Online safety advice by age group

- Device safety settings checklist
- Screen time
- Wellbeing apps for kids
- Fake news
- Find the Fake Quiz
- Radicalisation

Module 2: Empowering

Digital Spotlight: Online Bullying

Digital Spotlight: Copyright and Ownership

Conversations about Digital: Empowering

Digital Family Quiz

How about running an online
[Digital Family Quiz?](#)

Resources

- [Digital resilience toolkit](#)
- [Parental controls](#)
- [Setting up tech safely](#)
- [Having meaningful conversations](#)
- [Family agreements](#)
- [Talking to vulnerable children about online bullying](#)
- [Cyberbullying advice for young people](#)
- [What is a Friend?](#)
- [Dangers of digital piracy](#)
- [Downloading and viruses](#)

Module 3: Nurturing

Digital Spotlight:
Online Relationships

Digital Spotlight:
Misinformation

Conversations about
Digital: Nurturing

Trust Buster

Connecting Safely Family Activities

For younger children or young people with additional needs, introduce the [Connecting Safely Online Reward Chart](#). For older children, you may find the [Connecting Safely Online Storyboard](#) is a good way to help your child learn how to deal with issues such as inappropriate behaviour online.

Resources

- ['What if?' Scenarios](#)
- [Online reputation](#)
- Reverse image search: [Google Images](#) or [TinEye](#)
- [What is peer pressure?](#)
- [Are they really strangers?](#)
- ['I wish my carer knew…'](#)
- [Nudes and sexting](#)
- [So you got naked online?](#)

- Reporting:
  - You can report child sexual abuse imagery to [Internet Watch Foundation](#) (IWF)
  - Young people aged 13+ can report their own images using the IWF and ChildLine [ReportRemove tool](#)
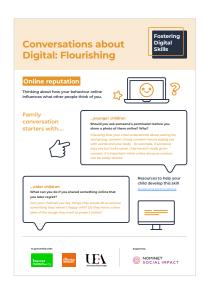 - Online child sexual abuse/exploitation should be reported to [CEOP](#)

Module 4: Flourishing

Digital Spotlight: Online Reputation

Digital Spotlight: Privacy and Security

Conversations about Digital: Flourishing

Reporting Reminder

Throughout the course we've referenced different ways to report illegal content online. Here's a reminder.

Digital Skills Snapshot

Resources

- [Digital skills (LearnMyWay)](#)
- [Parental controls](#)
- [Promoting positive body image](#)
- [Managing online identity](#)
- [Creating passwords and usernames](#)
- [Recovering a hacked account (NCSC)](#)
- [Create your cyber action plan (NCSC)](#)