Digiworld

This is an opportunity for parents to really engage with their children over digital

https://www.telenor.com/digiworld-en/

Digiworld is a curriculum designed to help children, aged between 5 and 16, to develop the knowledge and skills they need to navigate the online world in a safer and more enjoyable way.

Fun online quizzes, a digital library full of challenges and downloadable worksheets allow children to explore at their own pace and progress through different levels depending on their age, experience and ability. Certificates are awarded at each level and we know kids love to be rewarded. This enables our children to demonstrate their new understanding and to recognise their achievements.

Each certificate converts into 2 house points if presented back to their teachers.

The supporting guides help parents, carers and teachers to play and learn alongside their children and to actively support them in developing their digital understanding and resilience.

By completing the Digiworld curriculum your children can:

- develop their understanding of the digital world.
- explore the positive behaviours needed to be kind and respectful online
- examine online risks, negative behaviour, hate speech and fake news.
- learn how to seek help, and recover, when things go wrong.

Support for parents

- Digiworld is for all. There is an interactive game for 7 – 16 year olds, a special area for younger children & resources for parents and carers so that they can support their children online.
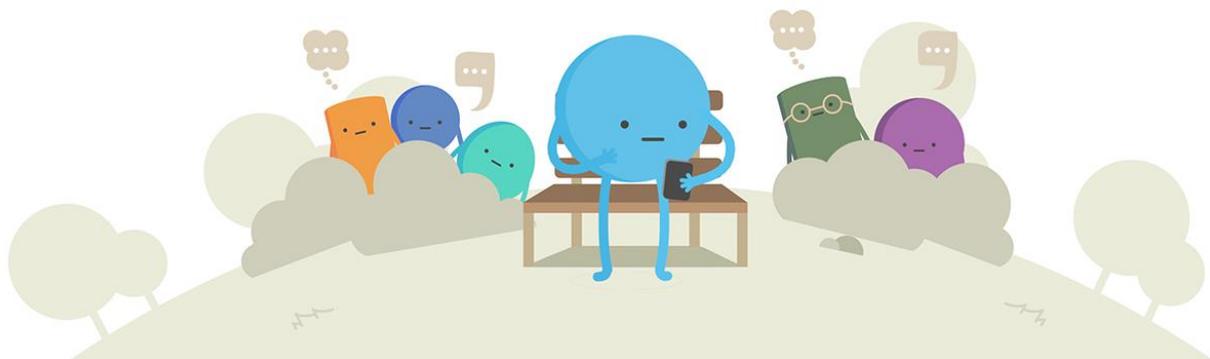
Children and video games: A parents guide

My daughter is 7 and loves the iPad like most children do, however managing screen time and its appropriate use is our job as parents. Ideally, she would stay in her PJs and watch YouTube kids & Netflix all day, but obviously we don't allow this. Even though, thanks to Tomy Tronix, Nintendo and Sega, this is basically how I spent the whole of the late 80/90s!

If you're an old gamer, consider introducing your child to some of your old favourites – that way you can have a nostalgic chat. There are swish remakes of classics like Sonic and Mario, plus new instalments in fondly remembered series such as Legend of Zelda and Mario Kart. We even bought a new, old mini SNES console preloaded with all the old innocent games of the late 80s.

Alternatively, try and find kid-friendly versions of the games you enjoy playing anyway. If you loved Grand Theft Auto, try Lego City Undercover; if you're a fan of Doom, introduce your kids to Splatoon.

How long should my child play for? – basically, 90 mins max.

Ideally, kids would spend their days building rafts out of foraged driftwood and catching salmon while laughing gaily in the sunshine. Unfortunately, we live in the real world. Langtoft, to be specific and salmon are terribly hard to come by.

We do make sure we spend time outdoors, and enjoy other good things like reading books, music lessons and constructing elaborate weapons out of old boxes or making dens. But we also allow playing video games, because kids need downtime. It's about balance – we don't let our daughter play games all day, just like I don't let her eat Kinder Eggs for every meal. *Unless it's Easter. Or we've run out of fish fingers* – fish fingers really are a saviour!

What's the best way to drag kids away from a screen?

Whilst there is no official UK guideline on screen-time, 90 minutes is a sensible **LIMIT**. It can be easier to get kids off their consoles if you agree a time limit at the start. Give them a five minute warning before the time is up, so they have a chance to save their progress. Be firm, but reasonable; if they really do need just one more minute to finish the match or beat the boss, show magnanimity.

Hell hath no fury like a child whose mum pulls the plug just as they're about to finally defeat the Elder Guardian

The nuclear option is to tell them that every minute they spend playing *after* the time limit expires will cost them five minutes of their next session. For younger kids, use a kitchen timer to set the agreed limit and place it somewhere they can see it (not reach it – they may be unable to tell the time, but they aren't stoopid.)

ZIP IT
Keep your personal stuff private and think about what you say and do online.

BLOCK IT
Block people who send nasty messages and don't open unknown links and attachments.

FLAG IT
Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.

Stay safe and follow these simple rules
←