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Dear Parents / Carers,

As you may be aware, Tuesday 11th February is National E-safety Day – a day which sees hundreds of organisations get involved to help promote the safe, responsible and positive use of digital technology for children and young people.

As teachers, we know first-hand how the use of technology can enrich a child's learning and provide a variety of experiences that aren't possible within the classroom. However, we are also aware of the negative side to technology including the online dangers, cyberbullying and link to poorer mental health. In a recent survey, 1 in 10 children and young people aged 5 - 16 suffered from a diagnosable mental health disorder - that is around three children in every class. We want to support the children to maximise the benefits of technology whilst minimising the negatives.

In 2019, the Duke and Duchess of Cambridge (William and Kate) launched an app called 'Own It' in collaboration with the BBC. The Own It keyboard and app gives parents peace of mind by empowering children to make smart choices, and helping them to lead a positive life online.

In brief the Own It keyboard replaces the phone's existing keyboard, whilst maintaining all of the same functions, and provides feedback to the children on what they are writing before they send it (please see examples below). As well as this message feedback, the app acts as a digital diary for children to track their feelings and signposts children to articles and videos which will provide advice on a particular issue.

We believe this is a brilliant resource and hope that the immediate feedback on messages, together with the advice on mental wellbeing issues, will really help the children.

Below is a step by step guide on how to use the App. For more information please go to
https://www.bbc.com/ownit/about-us/own-it-app-guide

Download the App on Apple / Android phone or tablet

BBC Own It: diary and keyboard
Online wellbeing and advice
BBC Media Applications Technologies Limited
4.0, 72 Ratings
Free

How to add a note and track feelings
Own It encourages children to add notes and reflect on their emotions, much like a little diary. Here's how to add a note:
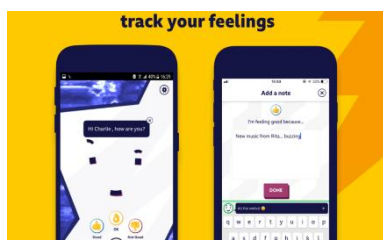
Step 1 - launch the Own It app
Step 2 - tap the button below the face, and select an emoji
**Step 3** - choose a second emoji from the wider set
Step 4 - type a note and select 'done'
Step 5 - review your note and 'finish'
Step 6 - press the bubbles icon at the bottom of the screen and watch your note appear

How to use the keyboard

The Own It app comes with a special keyboard. This can be used just like any other keyboard - to type messages to friends, post an update or search online - but it also gives helpful tips and friendly advice to children when they need it.
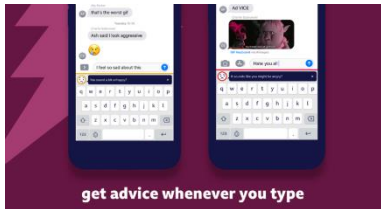
Here's how to use the Own It keyboard:

Step 1 – open your favourite messaging app
Step 2 - select the text box to see the Own It keyboard
Step 3 – start typing and watch as the little face reacts to your message
Step 4 – tap the little face to find out more

You can test the keyboard to see what it says in different situations:

- *I hate you* to see the keyboard's reaction to meanness
- I *love you* to see the keyboard give positive feedback

- *I'm being bullied* to get immediate support

How to use 'All about Me'

The *All about Me* section is home to your child's:
• notes
• badges (won by completing quizzes or adding notes)
• phone usage insights (such as how long they've been on their phone at night)

Children can see their achievements and insights over the past 7 days, or reflect on their emotions with the month view.
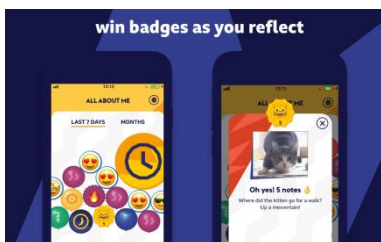
Here's how to use the *All about Me* section:

Step 1 - launch the Own It app
Step 2 - tap the bubbles icon at the bottom right of the screen
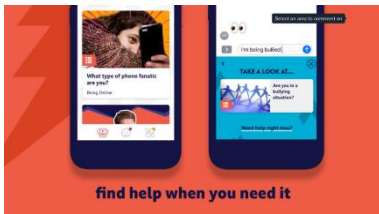
Step 3 - click on the bubbles to see notes, badges and insights
Step 4 - switch to the month's view to see your achievements and insights, month-by-month

How to use the 'Good to Know' section

The *Good to Know* section is where your child can find loads of useful content, including:
• articles
• videos
• pictures
• memes

Children can browse content by theme - such as friendships and feelings - or find content tailored especially to them in the *For You* section.

Here's how to try it out:

Step 1 - launch the Own It app
Step 2 - tap the cards icon at the bottom left of the screen
Step 3 - scroll through the content by clicking on the categories
Step 4 - click to read articles and watch videos

I hope that you find this information useful. If you have any concerns regarding online safety and/or cyberbullying, please do not hesitate to speak to your child's classteacher, Mrs Bray, Mrs Clarke or myself.

Yours faithfully

Mr A. Rogers
KS2 Leader

'Let Your Light Shine' – Matthew 5:16