



3 March 2022

Dear parents and guardians,

RE: Digital Citizenship Week

Shortly after the start of Term 2, from Tuesday to Friday, 3 to 6 May, Union High School will be hosting a Digital Citizenship Week at the school where learners will be engaged in a **4-day long interactive, fun, learning experience**, during which they will be coached in managing screen time, digital life skills, cyber safety and everything else a netizen needs to know to make smart choices in cyberspace.

The workshops with each grade will be facilitated by Estee Cockcroft, a personal development, digital life skills & reputation management coach from Gqeberha-based company, **Screen Smarts**.

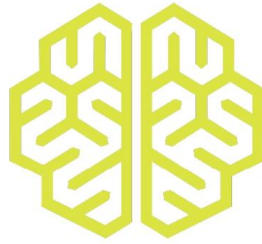
During this week, Union will also be hosting a **parents' evening** facilitated by Screen Smarts on Thursday evening, 5 May, from 17:30 in the Union High School Hall. Registration for this event costs R50 and can be done at the following link <https://www.quicket.co.za/events/169169-cyber-smarts-parents-evening/#/> or with Ms Elsebé Moos at Union High School reception in Donkin Street, Graaff-Reinet.

Topics that will be covered with parents during the parents' evening include:

- A parent's role: Monitoring & Mentoring
- Harmful content
- Pornography & addiction
- Online predators
- Filtering software
- Safe Gaming
- Social Media
- Sexting & Cyberbullying
- Setting boundaries & digital citizenship
- Being a digital role model

We want to leave the digital landscape a better place for the netizens of tomorrow and we are so excited to be partnering with Screen Smarts to achieve just this!

► Please see the following pages for more information on Screen Smarts and the grade specific workshops planned for Union's Digital Citizenship Week:



screen smarts

"1 in every 3 internet users in the world is a child." -UNICEF SA

In South Africa:

- 70% of children use the Internet **without parental consent.**
- 25% confirmed that they have added people whom they have **never met face-to-face** to their friends or contacts list
- 18% have **sent a photo or video** of themselves to a person they have never met face-to-face.
- The **majority of children** that have internet access in South Africa do not know how to adjust their privacy settings.
- 67% of South African children who have seen sexual images were **exposed to them** on an online device

About Us



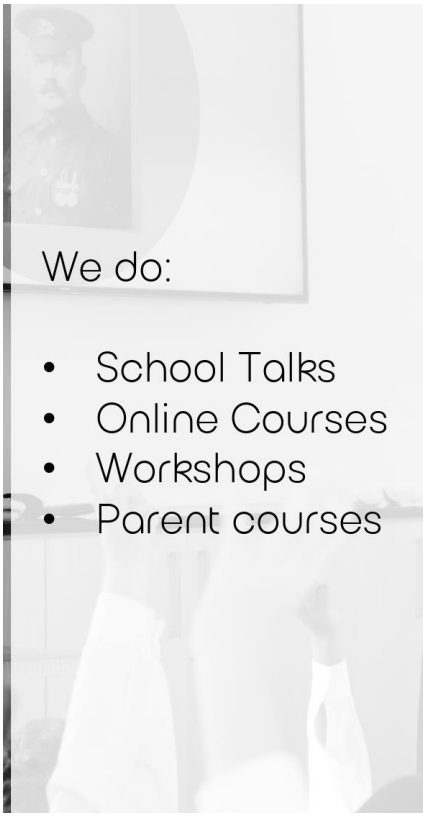
We **coach digital natives** all they need to know **to be street smart on screens.**

Because **tech, social media and online gaming is part of life**, but **screen addiction, cyberbullying and online predators doesn't have to be.**

Screen Smarts is an **interactive**, fun, learning experience.

Kids, teens and parents are coached in managing screen time, digital life skills, **cyber safety** and everything else a netizen needs to know to make smart choices in cyberspace.



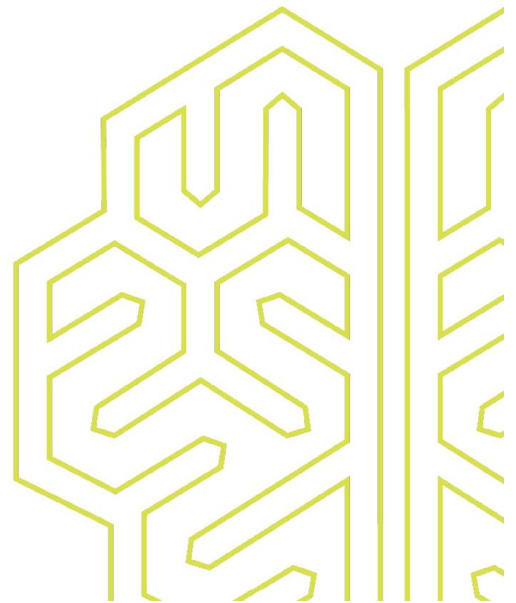


We do:

- School Talks
- Online Courses
- Workshops
- Parent courses



Why



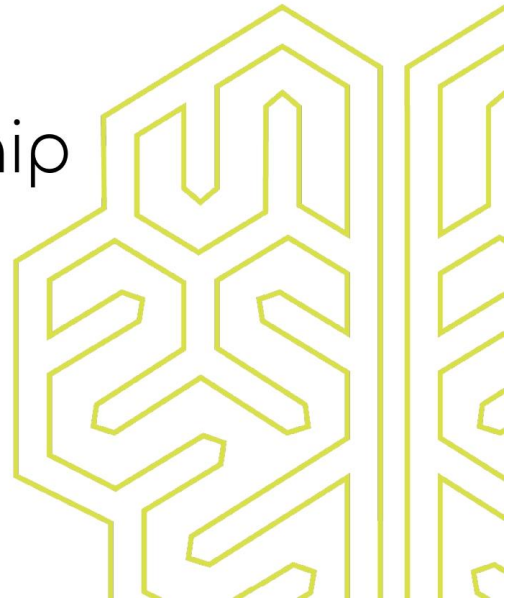


If we, as a generation of adults, can improve the **digital landscape** our children grow up in, the next generation of netizens will grow up in a **healthier world**.



In this new world, cyberbullying, exposure to harmful content, gaming addiction, online predation and social media depression will no longer form part of **childhood**.

Union
Digital Citizenship
Week



Grade 5
Cyber Smart Kids

In this short **punchy** session aimed at Primary School boys & girls Screen Smarts will cover the basics of **cyber safety**, netiquette and **digital life skills**.

Through **interactive demonstrations, comedy** and **movement** we will explore age-appropriate topics.



Topics Covered

- Why the digital world is like fire
- Smart phones-To have or not to have?
- THINK before you post
- The internet never forgets
- Steer clear of harmful stuff
- Creepy people
- Safe gaming
- Everything in moderation

Grade 6

Screen Time Horrors

This light-hearted workshop takes tweens to the next level of cyber safety savvy. They will learn everything from how **screens can affect your sleep** to how your **online actions today** can affect your **future**.

Through cool demonstrations and laughter, we teach them to make **smarter choices** in cyberspace.



Topics Covered

- Why being a screen zombie is a bad idea
- Screen Time
- Finding Balance in your online world
- The 3 biggest online dangers
- Your digital footprint & your future
- Cyberbullying & how to handle it
- Steer clear of creepy people

Grade 7 & 8

Surfing through Cyberspace

Aimed at teens who like to surf the web, this super cool session delves deeper into **social media safety**, **online gaming** and how your online actions today can affect your future.

When you are surfing, you use your whole body, the same goes for surfing the web. We teach tweens to trust their gut, strike a **good media balance** and **think** before they do!

Topics Covered

- Digital citizenship
- Netiquette
- Your digital Footprint
- The internet never forgets
- THINK: cyberbullying
- Social media safety
- Creepy People
- How to stay safe on online games
- Finding media balance



Grade 9 & 10

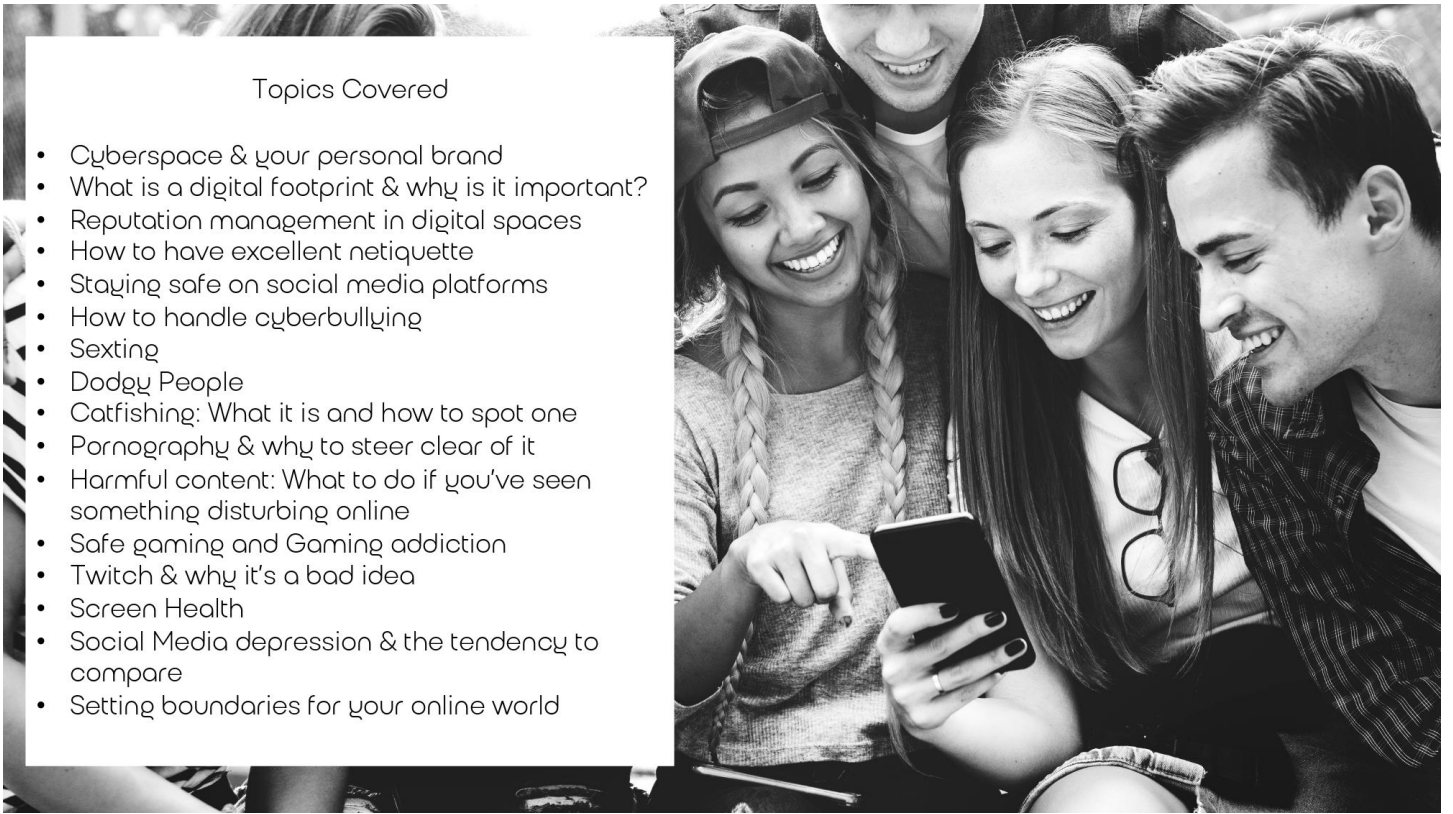
Digital Citizenship for Teens

For girls who love watching TikTok videos and guys who are **Fortnite enthusiasts**, you need to look no further in finding the roundhouse-kick in **cybersafety savvy** for them.

This is the most comprehensive course in cybersafety out there! It covers everything a teen needs to know to **make good choices** and **stay safe** online.

Topics Covered

- Cyberspace & your personal brand
- What is a digital footprint & why is it important?
- Reputation management in digital spaces
- How to have excellent netiquette
- Staying safe on social media platforms
- How to handle cyberbullying
- Sexting
- Dodgy People
- Catfishing: What it is and how to spot one
- Pornography & why to steer clear of it
- Harmful content: What to do if you've seen something disturbing online
- Safe gaming and Gaming addiction
- Twitch & why it's a bad idea
- Screen Health
- Social Media depression & the tendency to compare
- Setting boundaries for your online world



Parents

Screen Smarts for parents

Are you parenting a digital native in a **world you didn't grow up in**? Perhaps your son plays Fortnite or watches YouTube clips?

Perhaps your daughter adores TikTok or Instagram? If **online predators** freak you out, and you are battling to manage your child's screen time, this course is exactly what you need.



Topics Covered

- A parent's role: Monitoring & Mentoring
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- Being a digital role model



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Thank you