

Keeping Up With Kids Online

New Course

- 📌 Increase online awareness with both staff and students
- 📌 Keep up to date on all the latest risks and opportunities of being online
- 📌 Outline a set of best-practice principles for working with social media

Cathy Wood



Cathy is a former elite Ironman triathlete who has won numerous medals for Great Britain. She is also a former *Daily Mail* journalist. Cathy has delivered over 100 training sessions on social media to football clubs, schools and universities across the UK. She is passionate about showing young people how to use social media positively, and about teaching them how negative online content can damage current, and future, opportunities.

Improve your knowledge

An overview of the world we live in: stats, and facts about internet use

Keep up to date with:

- social media
- instant messaging
- other popular mobile apps

Learn how to recognise the early signs of cyberbullying

Find out how to tackle online issues early

Understand the safeguarding dangers when pupils use social media

Unpick the risks and opportunities that arise when pupils are online

The 24/7 classroom

How to deal with social media issues that happen at home, but impact on the classroom

Know the ages at which young people go online

Discover how students use social media to explore the world

Create an inclusive environment in the classroom

Practical toolkit to help you keep up

A list of key sites and apps

How to create a social media charter for your school

Case studies of positive and powerful social media use in schools

Simple steps to protect your privacy and professional reputation online

To run this course in your school, call 01790 755783



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