n:counta

10-14s meet real life head on

GB@home

⏻ Switch on: the real life of 10-14s

Children and young people this age group love to be at the forefront of trends and technology.

Having their 'fingers on the pulse' makes them feel more grown-up and they use things like technology to explore who they are.

pulse_netball
📍 Copper Box Arena, Queen Elizabeth Park, Stratford

Love Netball in the #BoxThatRocks
Aiming to #makelondonsuper everyday!
#perfectdayout #london #netball

❤ **2450** likes
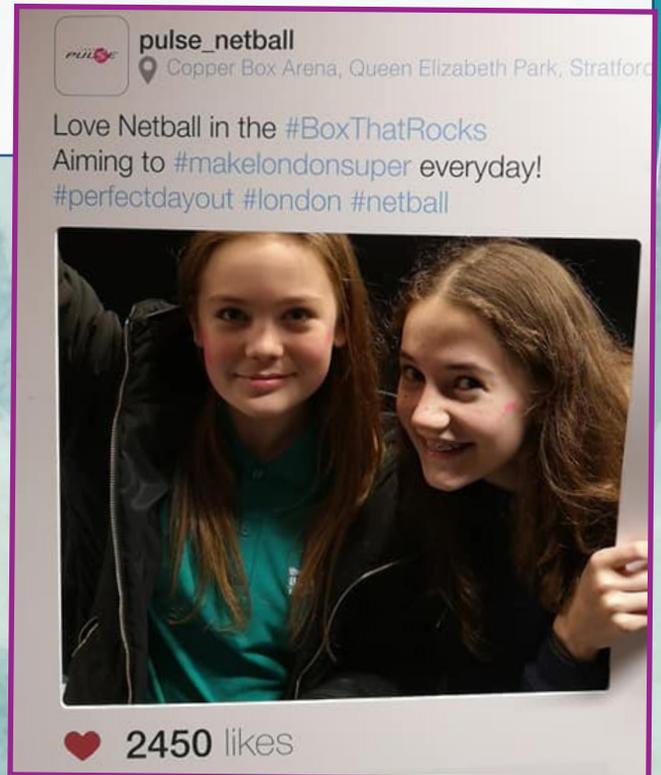
▶ Play: The technology checklist

Get your young person to make a technology checklist of all the websites, apps, and types of social media they've heard of. Not only will they enjoy talking about what they've heard of but you're likely to learn something too!

⏩ Fast forward: Exploring the unknown

We need to be careful and responsible when we're online. Get your young person to make a list of digital safety tips which would protect them from issues such as cyberbullying, too much screen time, online grooming, etc. Lots of resources on these topics can be found at *https://www.thinkuknow. co.uk/parents* if you want more ideas or video clips for your young person to watch.

⏸ Pause: Positive digital footprints

How can we create positive digital footprints? Remind your young person that things we upload, email or message could stay around forever online. With this in mind why should we be careful about what we post, say and share?

⏪ Rewind: Exploring the past

Get your young person to interview older leaders or members of your family on the phone, or research, about what was considered to be 'cutting edge' technology in the past, such as typewriters. They could produce a wall display comparing technologies of the past to technologies of the present.

⏻ Switch off: Connect

Remind your young people that God isn't confined to a church building. He's also online! Encourage them to connect with a church service online, such as on YouTube.