

# Welcome

- Top tips – for online/digital safety
- Where to find information about apps. <https://www.common sense media.org/>
- How setup parental controls on apps - <https://www.internetmatters.org/>
- Useful Online resources
- Ideas for revision
  - Retrieval Practice
  - AI to generate questions
  - Immersive reader to improve listening and reading skills
  - NoteBook LM – create a podcast of revision notes



# Top Tips

- Have separate logins and link with family accounts.
- Have individual profiles on shared devices
- Foster open and honest communication
  - Talk to your children about staying safe online. It's important that they know and feel that they can speak to you if they're unsure about anything they see online.
  - Set up accounts together and discuss the privacy settings available to them. This is a good opportunity to discuss who may see what they post and help them understand they lose control of the data once it's out there.
  - Discuss the minimum age; many platforms require children to be over 13 to sign up, such as social media.
  - Discuss with your child what they should do if they see something that concerns them at home and at school.
- Set relevant boundaries, discuss your expectations and time limits
- Use the tools to support your child and help set boundaries
- Keep to age restrictions on websites, apps and games.
- Ensure your child isn't using their devices unsupervised; keep them in shared spaces.

# DigiSafe Jersey

https://www.commonsensemedia.org/

Movies TV Books Apps & Games Podcasts Parents' Guides Tips & FAQs Celebrating Community



## Parents' Guide to TikTok

App | iPhone, iPod Touch, iPad, Android | Free | Social Networking

☆ Rate    📖 Save

<b>Common Sense Says</b>	<b>Parents Say</b> 269 Reviews	<b>Kids Say</b> 819 Reviews
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### Common Sense Media Review

By [Patricia Monticello Kievlan](#), based on child development research. [How do we rate?](#)

✓ age 15+ ★★★★★

Sing, lip-synch, and share videos; watch for iffy content.

You May Also Like...



Want personalized picks for your kids' age and interests?

Get started

### Parents Need to Know

Parents need to know that TikTok is a social network for sharing user-generated videos, many of which feature music and sound effects. The app involves a lot of songs, and you can expect swearing and sexual content in some. Though videos viewed during the review process contained only some tight/revealing clothing, depending on which accounts users follow and what content they like, it's possible to encounter sexually suggestive and explicit material. In 2019, in response to an FTC settlement, the app launched TikTok for Younger Users for users under 13, allowing them to view curated videos but not comment, search, or post their own videos (and their data isn't collected). But because full access to TikTok only requires users to enter a birth date, the app is still recommended for older teens. As of 2022, TikTok features a Family Pairing mode that lets parents link their account to their kids' and set daily time limits, place kids' accounts on Restricted mode, which limits their exposure to content that may not be appropriate, and disable direct messages. Parents can also control who is able to leave comments, turn off the search functionality, and bar users from seeing which videos their children have liked. It's important to note, though, that kids can get around these controls by setting up a new account. Settings let users share their videos with either friends or the general public. As of March 2023, TikTok is also imposing a 60 minute/day time limit on users under 18, requiring a password to be entered for further access to the platform. Read the developer's privacy policy for details on how your -- or your child's -- information is collected, used, and shared, and any choices you may have in the matter. The privacy policies and terms of service can frequently change. Under the California Consumer Privacy Act (CCPA), you have the right to protect your personal information. You can also submit a Do Not Sell request to TikTok.



# Parental Controls: What they can do

- Screen Time
- In-App Purchases
- Content Restrictions
- Web filtering
- Social Media Management
- Media streaming
- Location Tracking

# https://www.internetmatters.org/

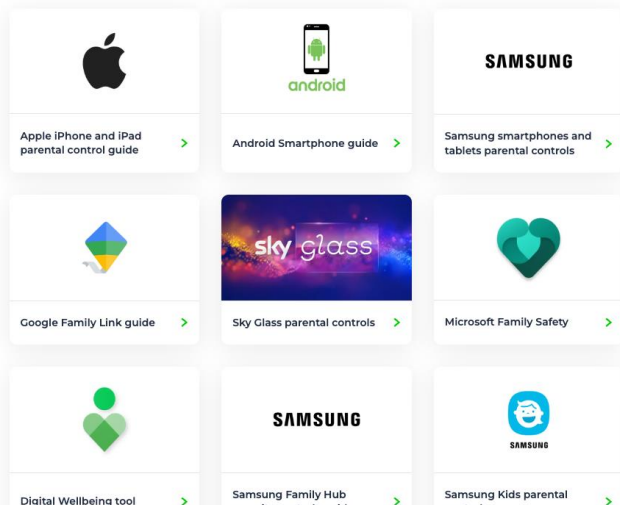
## Find device-specific step-by-step guides

Get useful tips to help children use smartphones and mobile devices safely. Explore each guide for simple steps to set up parental controls, manage privacy, block content, and more.

Search for a guide

I'm looking for...

28 results found



## Social media privacy guides

If your child is using social networking sites to chat to friends and family or share their latest selfie, take a look at our list of social media guides to get you up to speed on the most popular platforms and help them set the right privacy settings.

SEE GUIDES

127 Likes

Share

+

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○

# Useful Online Resources

- <https://saferinternet.org.uk/>
- <https://www.childnet.com/parents-and-carers/get-help/> - This page guides you through the process of reporting concerns or risks.
- <https://www.bbc.com/ownit> - This BBC page is aimed at 9-12 year olds – useful for parents to share with their children.
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety> - The NSPCC gives advice and practical help about keeping children safe online.
- [Parent's Guide: Top Tips for Navigating Generative AI Safely with Kids \(twinkl.com\)](#) – Guidance on AI
- <https://www.specsavers.co.uk/eye-health/screen-time-for-kids> - Information on Eye Health
- <https://www.bark.us> – Social Media Monitoring
- <https://www.iwf.org.uk/our-technology/report-remove/>

# How Technology can support Revision

Parent guidance - some of the following tools are for parents to use with their daughter.

For example: Google Notebook LM has an age restriction of 18+



# Revision needs to be proactive.

Students need to do something with information.

The following is a list of activities to encourage your daughter to try or do together.

- **Retrieval Practice** – paper based activity (distilling knowledge/Notes)
- Flash cards – Create in Goodnotes, Quizzlet etc.
- **Co-Pilot** or similar – need to ask the right question (prompt)
- **OneNote** – Immersive Reader / Reading coach
- Google NoteBook LM – create podcast revision notes, questions – Under Parent Guidance/ supervision

# Digital Skills lesson for Year 8 students

After Easter will be running a digital skills revision lesson with each year 8 Class to include:

- Retrieval practice
- Copilot – how to create different types of revision questions from their notes - How to write good prompts.
- Immersive reader – Reading coach
- How to use Google Notebook LM (13+) with parental support and supervision.

*(We will provide revision material that students can share with their parents to upload into Notebook LM)*

# Distilling notes - Retrieval Practice

Paper exercise – fast and messy.

- *Step 1:* Better as mind-map- title of topic middle of page.
- *Step 2:* Students write down as much as they can remember about the topic. (2-5 mins).
- *Step 3:* Use a **different colour pen (eg green)**, add more information using their notes/ textbook. (max. 20 mins).
- *Step 4:* Repeat steps 1-3 in a couple of days time... hopefully **less green pen**

Encourage your daughter to use this technique and use the created notes for self testing.

# Retrieval Practice to AI generated questions

*Copilot*

All students have access to Copilot(<https://copilot.microsoft.com/>)

**Help your daughter to** ask AI (Copilot) to create some revision questions, mark an answer, explain problems.

The quality of the *output* depends upon the quality of the *prompt*.

*Example Prompt*

“You are an expert **chemistry** teacher, please create 10 multiple choice questions on **Acids and Bases** for students studying **Chemistry aged 13**. Include the following (*Key Information from retrieval practice*). Please include the answers at the end.”

**N.B-** if the answer does not make sense, ask AI to explain it.

### *Mark an essay/long answer*

*“You are an expert (GCSE) History teacher, please mark a student aged 13s answer to the following question: **Paste question and answer here.** Identify what is good, what could be done to improve the answer.”*

### *Help with Maths*

*“You are an expert GCSE Maths teacher, please explain to a student aged 13, how to solve  $3x + 4 = 7x - 2$ ”*

### *Continue the conversation with*

*“Please give me **four** more similar questions to try, some easy and some hard.”*

*“Please give the answers.”*

*Prompt.* *Warning* AI does make stuff up

Please show me how to solve  $10 = 2x + 3$

To solve the equation  $10 = 2x + 3$ , follow these steps:

1. Subtract 3 from both sides of the equation:

$$10 - 3 = 2x + 3 - 3$$

$$7 = 2x$$

2. Divide both sides by 2 to isolate  $x$ :

$$\frac{7}{2} = \frac{2x}{2}$$

$$\frac{7}{2} = x$$

So, the solution to the equation is  $x = \frac{7}{2}$ , or in decimal form,  $x = 3.5$ .

Prompt for **adaptive** questions – AI will keep asking questions and the questions will get harder as the student makes progress.

### *Prompt*

“You are a GCSE Maths teacher. I am 13 years old and I am trying to improve my success with the following type of question,  $24 + 2x = 4X + 6$ , ask me similar questions and keep asking me **adaptive** questions to help me improve. ”

(If you/your daughter has a different answer, ask Copilot to show you how to get the correct answer)

# Struggling with Verb endings in French (Spanish or Italian)

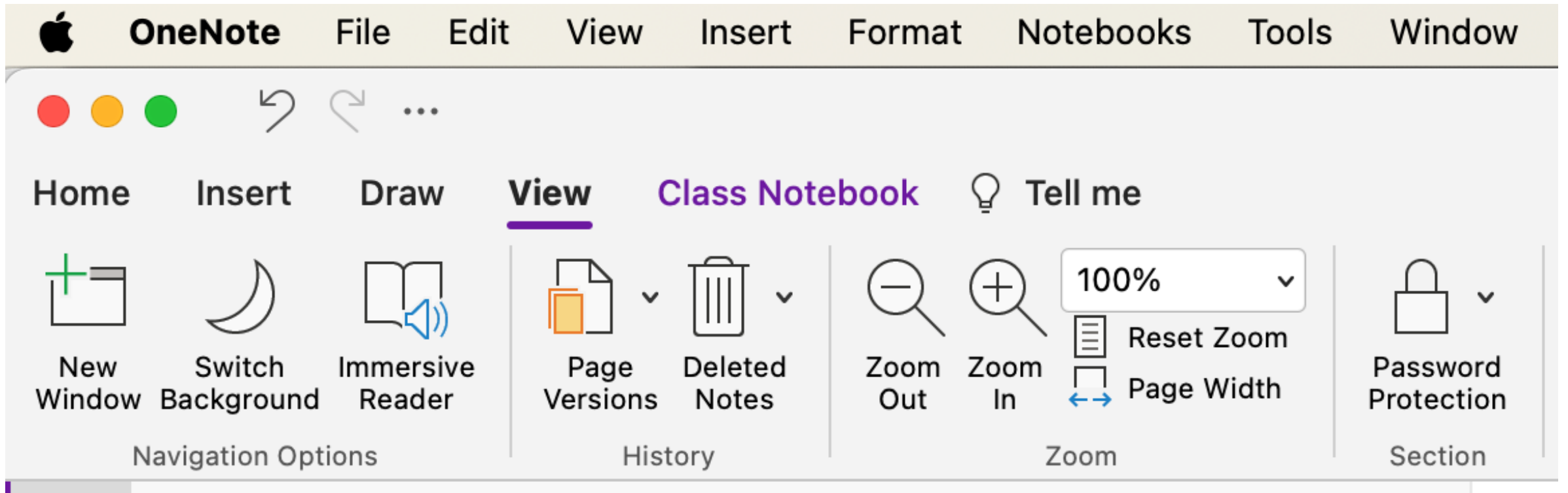
Prompt: *Please show me how to workout the verb*

## Present Tense (Le présent)

Subject	Ending	Full form
j'	ai	j'ai
tu	as	tu as
il / elle / on	a	il a, elle a
nous	avons	nous avons
vous	avez	vous avez
ils / elles	ont	ils ont, elles ont

# OneNote – Reading coach

View > Immersive Reader ... Reading Coach for French/Spanish/Italian



# My notes translated into French

Bonjour ! Je m'appelle Alex et j'

*Not always a perfect translation but a good place to start*

ans. Normalement, après l'école,

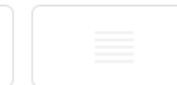
mes devoirs parce que c'est impo

Cependant, le mercredi, je joue a

avec mes copains. C'est génial !



Line Focus



Picture Dictionary

© Boardmaker



Not available for the words in this document.

2. Select language

Translate

English (United Kingdom)



By word



Document



Reading practice



Read aloud for word accuracy, speed, & pronunciation practice. Powered by Reading Coach.

3. Select whole document

# Images to help with vocab and pronunciation

Bonjour ! Je m'appelle Alex et j'ai treize

ans. Normalement, après l'école, je fais

mes devoirs


Cependant,

je fais du sport.

Je joue au foot

Listen Tap a word

l'école



The image shows a digital interface for learning the French word 'l'école' (school). It features three distinct illustrations: a classroom interior with a blackboard, a desk with books, and a wall clock; an exterior view of a school building with a yellow school bus parked in front; and another school building with a prominent red facade and a clock tower. A pink arrow points from the text 'Tap a word' to the word 'l'école' in the sentence above, which is enclosed in a dashed box.

# Improve listening skills

Bonjour ! Je m'appelle Alex et j'ai treize ans. Normalement, après l'école, je fais mes devoirs parce que c'est important.

Cependant, le mercredi, je joue au foot avec mes copains. C'est génial ! J'aime

Click to hear the passage read out loud.  
Adjust speed and voice.



# Improve Reading Skills.

Improve French or English pronunciation and public speaking skills

French text

Bonjour ! Je m'appelle Alex et j'a  
ans. Normalement, après l'école,  
mes devoirs parce que c'est impo  
Cependant, le mercredi, je joue  
avec mes copains. C'est génial !



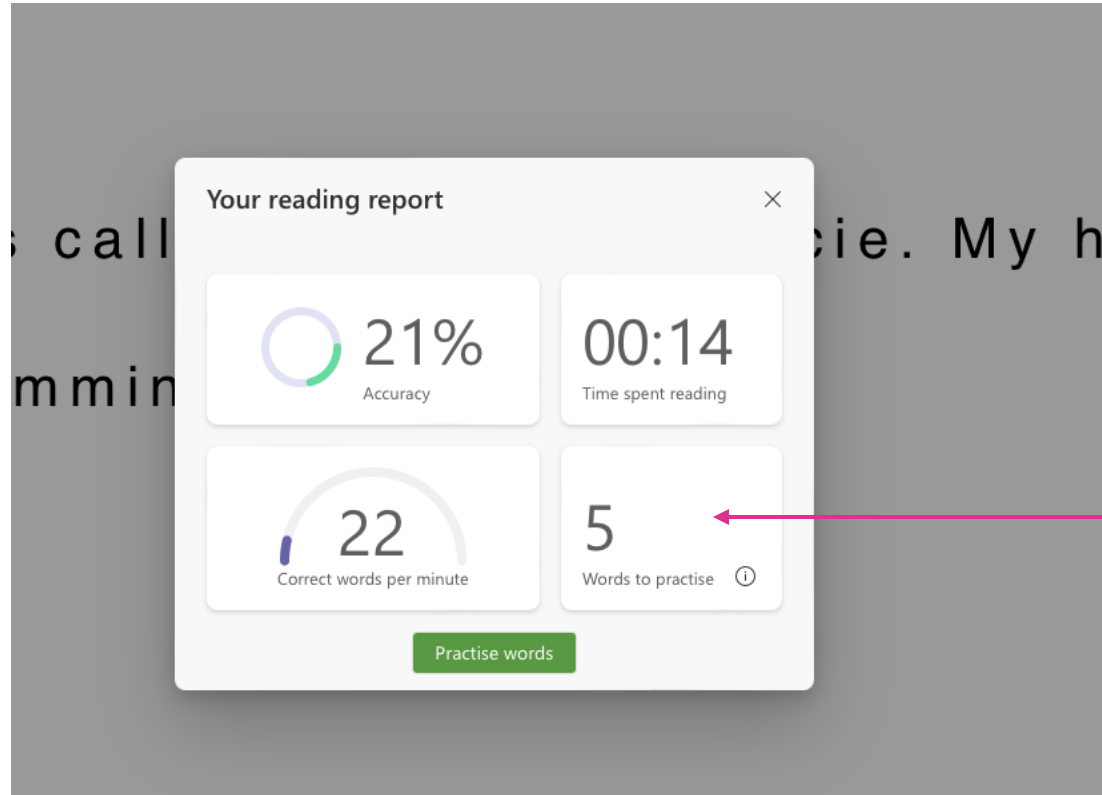
A vertical settings menu from a mobile application. At the top, there are three icons: a font size icon (AA), a text-to-speech icon (speaker with sound waves), and a document icon (two pages). Below these are several settings sections: 'Line Focus' with a toggle switch and three line selection icons; 'Picture Dictionary' with a toggle switch and the text '© Boardmaker'; 'Translate' with a dropdown menu set to 'English (United Kingdom)'; 'By word' and 'Document' each with a toggle switch; and 'Reading practice' with an 'Edit' button and a toggle switch. At the bottom, there is a short paragraph of text: 'Read aloud for word accuracy, speed, &amp; pronunciation practice. Powered by Reading Coach.'

1. Tap here

2. Tap here

3. Tap the microphone to begin reading

# Reading statistics



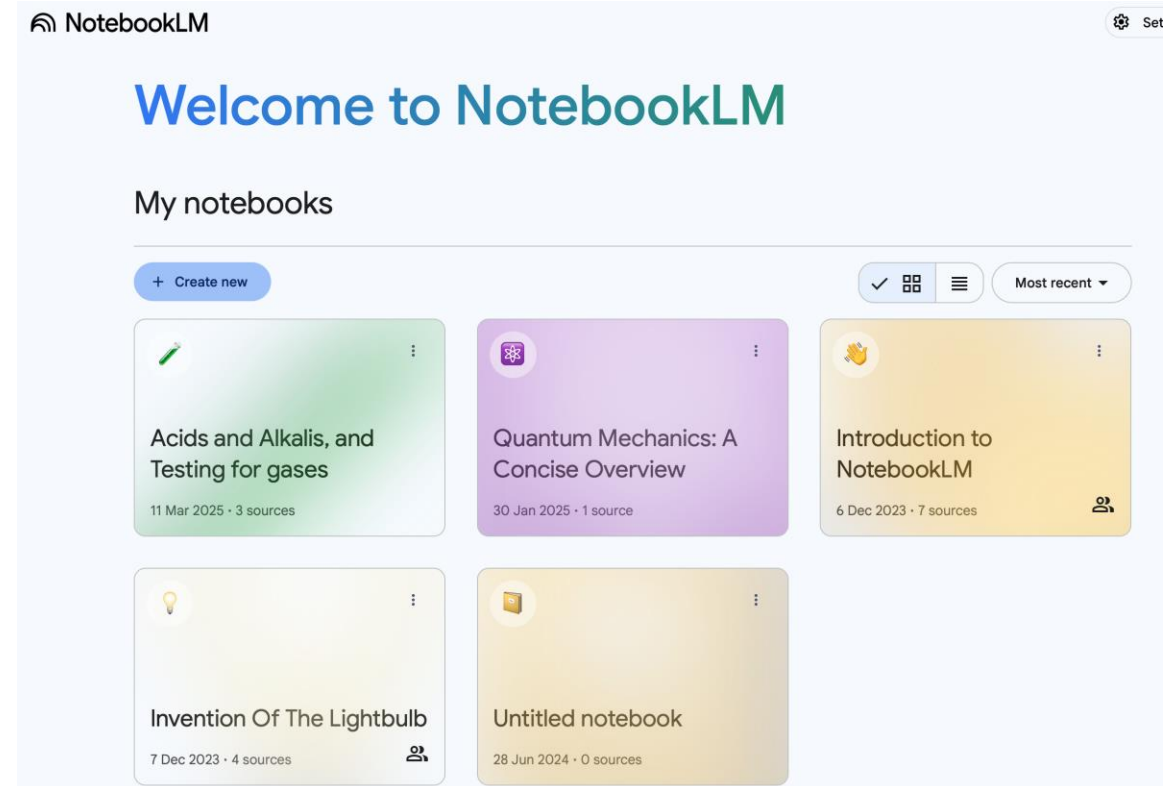
Tap here to show the words  
That require more practice

Google NotebookLM – need a parent google account. Create the resource with your daughter

<https://notebooklm.google>

Create:

- An interactive podcast of revision resources.
- A Study guide
- FAQs



+ Create notebook

Share

Settings

S

Sources

Chat

Studio

Search the web for new sources

- Select all sources
- 1. Africa before the Slave Tr...
- 2. Triangular trade and mid...
- 3. Life on a Plantation and ...
- 4. Abolition.pdf
- 6. Revision lesson.pdf
- The transatlantic slave trad...
- The transatlantic slave trad...

# Transatlantic Slave Trade Revision and Essay Guide

7 sources

These educational resources provide a comprehensive look at the **Transatlantic Slave Trade**, focusing on its **economic motivations** and the **triangular route** connecting Europe, Africa, and the Americas. The materials explain how the high demand for **sugar production** led to the forced movement of people from **West Africa** to work on plantations under brutal conditions. Students explore the three stages of the trade, including the infamous **Middle Passage**, and t... orrific treatment of captives as legal property rather than humans. The sources also examine the role of key

Start typing... 7 sources

Audio...

Slide deck

Video...

Mind Map

Reports

Flashcards

Quiz

Infograp...

Data table

Generating Audio Overview...  
Come back in a few minutes

Gener...  
Come...  Add note

2. Generate the podcast

The podcast can be exported and your daughter can listen to it without the need for a google login

1. Upload revision notes

3. Generate additional revision resources

If you need any assistance, please email either Ruth Lea, [r.lea@jcg.sch.je](mailto:r.lea@jcg.sch.je) or/and Emily Le Hegarat, [e.lehegarat@jcg.sch.je](mailto:e.lehegarat@jcg.sch.je)

