

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.

<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

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Common Sense
Says

Parents Say
269 Reviews

Kids Say
819 Reviews

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

 Apple iPhone and iPad parental control guide	 Android Smartphone guide	 Samsung smartphones and tablets parental controls
 Google Family Link guide	 Sky Glass parental controls	 Microsoft Family Safety
 Digital Wellbeing tool	 Samsung Family Hub	 Samsung Kids parental

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.
- **ChatGPT / 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 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

ChatGPT or Copilot

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

Help your daughter to ask AI (ChatGPT/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 $10 = 2x + 3$



ChatGPT

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 examiner. 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 Chat/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 endings for the French verb avoir.*

 **You**

Please show me how to work out the verb ending for the french verb Avoir

 **ChatGPT**

Certainly! "Avoir" is another irregular verb in French, but it's very important as it's one of the most frequently used verbs. Here's how you conjugate "Avoir" in the present tense:

- **Je** ai (I have)
- **Tu** as (You have, singular informal)
- **Il/Elle/On** a (He/She/One has)
- **Nous** avons (We have)
- **Vous** avez (You have, plural or formal singular)
- **Ils/Elles** ont (They have)

How to Work Out the Verb Endings

To work out the verb endings for "Avoir" in the present tense, here's a breakdown:

- 1. First Person Singular (Je):**
 - **Ending:** ai
 - **Example:** Je ai (usually contracted to J'ai due to pronunciation rules)
- 2. Second Person Singular (Tu):**
 - **Ending:** as

 **ChatGPT**

Certainly! Here are five multiple choice questions designed to help you practice the verb endings for "avoir" (to have) in various tenses. Remember, "avoir" is an irregular verb, so its conjugations don't follow the regular patterns.

Question 1: Présent (Present Tense)

What is the correct first person singular form of "avoir" in the present tense?

- A) avais
- B) ai
- C) avons
- D) aura

Question 2: Imparfait (Imperfect Tense)

What is the correct third person plural form of "avoir" in the imperfect tense?

- A) avaient
- B) avez
- C) auront
- D) aviez

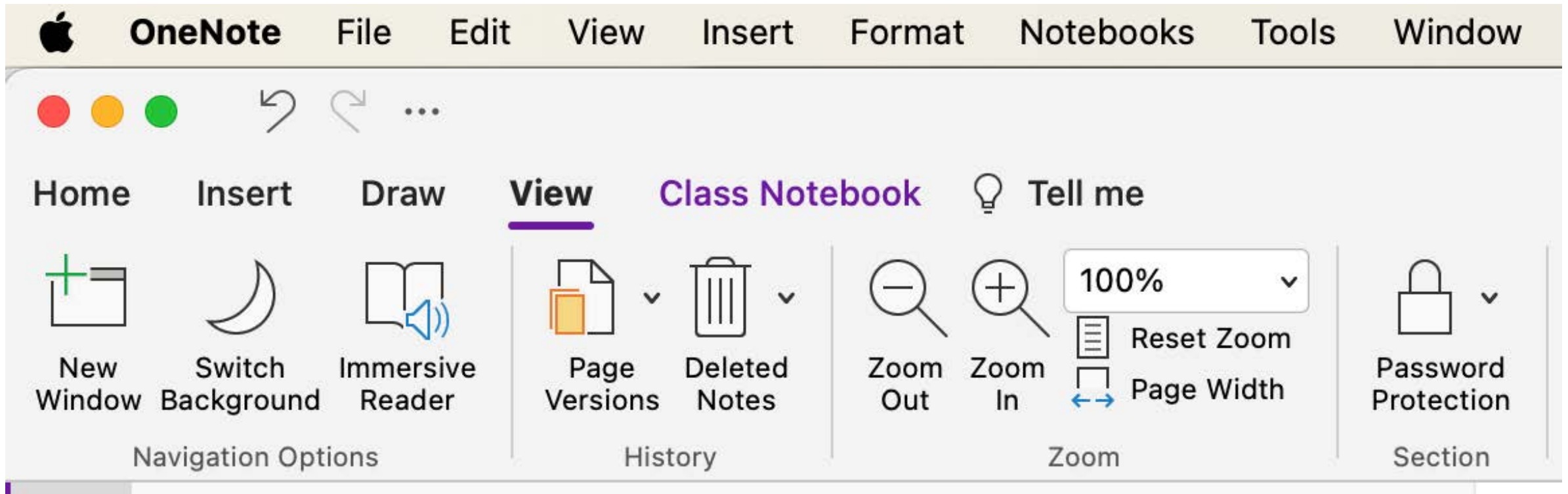
Question 3: Futur Simple (Future Simple)

What is the correct first person plural form of "avoir" in the future simple?

- A) avons
- B) aurons
- C) avions
- D) avons eu

OneNote – Reading coach

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



My notes translated into French

Note always a perfect translation but a good place to start

1. Click here

The screenshot shows a mobile application interface for translating text. The main area displays a document titled "About me" with the following text: "My name is Ruth and I go to school at JCG. I am 13 years old. I have two dogs called Henry and Gracie. My hobbies are cycling and swimming." The text is in English, and the app is set to translate to French. The sidebar on the right contains various settings: "Line Focus" (disabled), "Picture Dictionary" (enabled), "Translate" (set to "French (France)"), "By word" (enabled), "Document" (enabled), and "Reading practice" (disabled). Three pink arrows point to specific elements: the first arrow points to the "Translate" icon in the top right corner of the sidebar; the second arrow points to the "French (France)" dropdown menu in the "Translate" section; the third arrow points to the "Document" toggle switch in the "Translate" section.

← About me Original | French

My name is Ruth and I go to school at JCG. I am 13 years old.

I have two dogs called Henry and Gracie. My hobbies are cycling and swimming.

2. Select language

3. Select whole document

1. Click here

AA

Line Focus

Picture Dictionary

Translate

French (France)

By word

Document

Reading practice

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

Images to help with vocab and pronunciation

À propos de moi

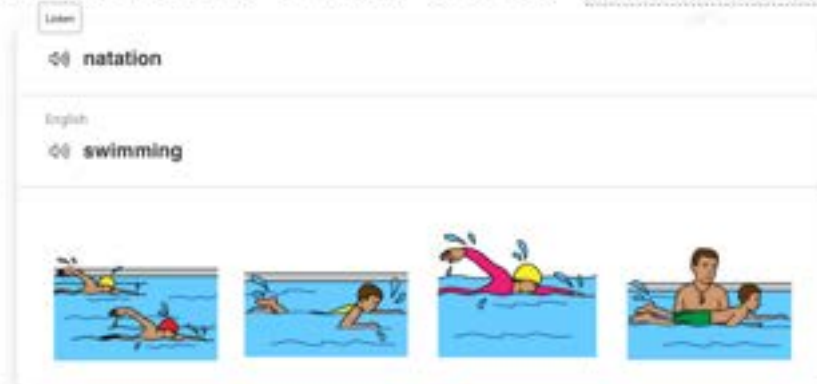
Original | French



Je m'appelle Ruth et je vais à l'école JCG. J'ai 13 ans.

J'ai deux chiens qui s'appellent Henry et Gracie. Mes

hobbies sont le vélo et la natation.



Tap a word

Improve listening skills

À propos de moi

Original | French



Reading Performance

Je m'appelle Ruth et je vais à l'école JCG. J'ai 13 ans.

J'ai deux chiens qui s'appellent Henry et Gracie. Mes

hobbies sont le vélo et la natation.



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

Improve Reading Skills.

Improve French or English pronunciation and public speaking skills

1. Tap here



À propos de moi

Original | French

Je m'appelle Ruth et je vais à l'école JCG. J'ai 13 an

J'ai deux chiens qui s'appellent Henry et Gracie. Me

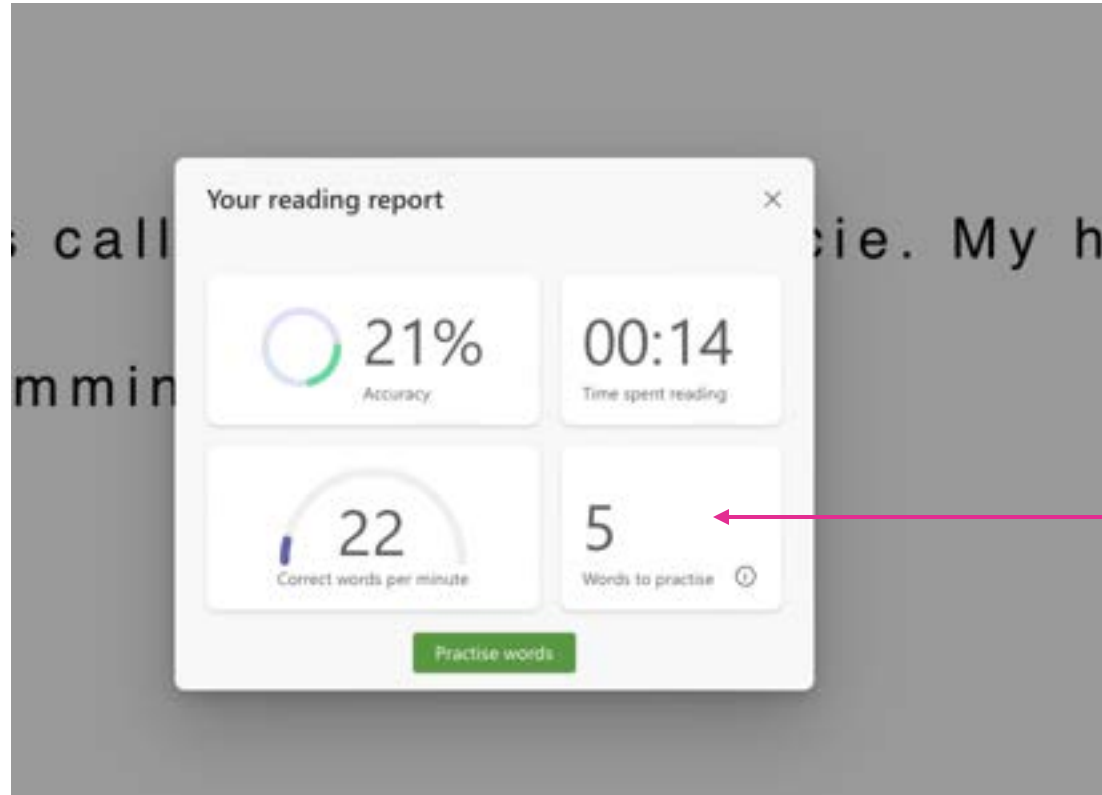
hobbies sont le vélo et la natation.

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



Acids and Alkalis, and Testing for gases

Share Settings R

Sources

+ Add source

Select all sources

GCSE Chemistry: Acids, Alkalis, ...

Sulphur Dioxide: Potassium Per...

Testing for Acids and Alkalis

Chat

Acids and Alkalis, and Testing for gases

3 sources

The provided texts outline fundamental chemistry concepts, specifically the nature of **acids** and **alkalis**, including their **definitions**, **properties**, and **examples**. Furthermore, they describe **various chemical tests** used to identify different gases such as sulphur dioxide, hydrogen, oxygen, chlorine, and carbon dioxide. Finally, the sources detail methods for **testing for acids and alkalis** using indicators like litmus paper and universal indicator, as well as pH meters, explaining the resulting colour changes or readings for each.

Save to note

Add note

Audio Overview

Briefing doc

Start typing... 3 sources

How do acids and alkalis differ in their fundamental chemical p...

Studio

Audio Overview

Click to load the conversation. Load

Interactive mode BETA

Notes

+ Add note

Study guide

FAQ

Briefing doc

Timeline

Acids, Alkalis, and Gas Testing: FAQs
Frequently Asked Questions About Acids, Alkalis, and Gas Testing 1. What defines an aci...

Acids, Alkalis, Neutralisation, and Gas Tests: ...
Acids, Alkalis, Neutralisation, and Gas Tests: A Study Guide Quiz Answer the following...

Acids and Alkalis: Ion Release and...
The distinct reactions and behaviours of acids and alkalis arise directly from their fundament...

Acids, Alkalis, and Gas Testing: Core Concepts
Here is a detailed timeline of the main events and a cast of characters based on the provide...

Acids, Alkalis, and Gas Testing: FAQs
Frequently Asked Questions About Acids, Alkalis, and Gas Testing 1. What defines an aci...

1. Upload revision notes

2. Generate the podcast

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

3. Generate additional revision resources

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

