TAKEHOME

9th – 15th February

In the news this week

Adults in the UK are talking about whether children under 16 should be allowed to use social media, as the government is considering new rules to help keep children safe online. Some people believe social media helps children stay connected, while others worry it can affect wellbeing and mental health. During Children's Mental Health Week, the story reminds us how important it is to look after our mental health both online and offline.

Things to talk about at home ...

- What rules or agreements can help us feel safe when using technology at home?
- Can you think of ideas for families to help balance screen time and other activities?
- What are some of the activities that you do online? Do you do different things online to others at home?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others www.picture-news.co.uk/discuss

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