

**Fostering
Digital
Skills**

Fostering Digital Skills Workbook

In partnership with:



Support by:



Introduction

This workbook accompanies the 'Fostering Digital Skills' online learning course. You can use this workbook to record your responses to the questions and activities throughout the course.

Module 1: Understanding

1.1 Digital Technology Update

Tech Trends Video

Do you have any thoughts on the video? Thinking about digital technologies, what have you learned to do in the last year? What have your children learned to do? Why is that what you learned? How confident do you feel about being up-to-date with technology? What do you need to know?

Scenario 1

How do you feel about the scenario? Why?
What are the benefits to Lucy and Jack of being online?
Are there any risks to Lucy and Jack that you would be concerned about?

What would you do? What information do you need?

Benefits of Being Online

What are the benefits of being online? Think about benefits to yourself and other adults, as well as young people:

1.2 Vulnerability and Online Safety

Who's At Risk?

Some people are more at risk online than others. What factors do you think could lead to one person being more at risk online than someone else?

Introducing Digital Resilience

What are the benefits of being digitally resilient?

What might be the barriers to care experienced young people becoming digitally resilient?

How can foster carers provide opportunities for care experienced young people to develop their digital resilience?

Scenario Review

Please reflect on your initial response to the scenario. Would you respond any differently now? Take a note of any key points you would like to remember:

Reflection

What have you learned from Module 1: Understanding?

Did you have a 'lightbulb' moment? If so, what was it?

Module 2: Empowering

2.1 Parenting in a Digital World

Scenario 2

Linda refused to allow Hassan to install the app. Later she decided to confiscate his phone. What are the benefits and risks of these decisions?
Do you feel Linda's approach is empowering or controlling? Could she have done anything differently to support Hassan's digital resilience?
What could Linda do now to help Hassan feel more empowered in his online life? What other support might Hassan need?

We asked care experienced young people for their thoughts on the digital parenting they'd received. Do you think these young people felt empowered online?

What are the challenges for parents and carers in empowering care experienced young people online? How can those challenges be overcome?

2.2 Confident Parenting in a Digital Age

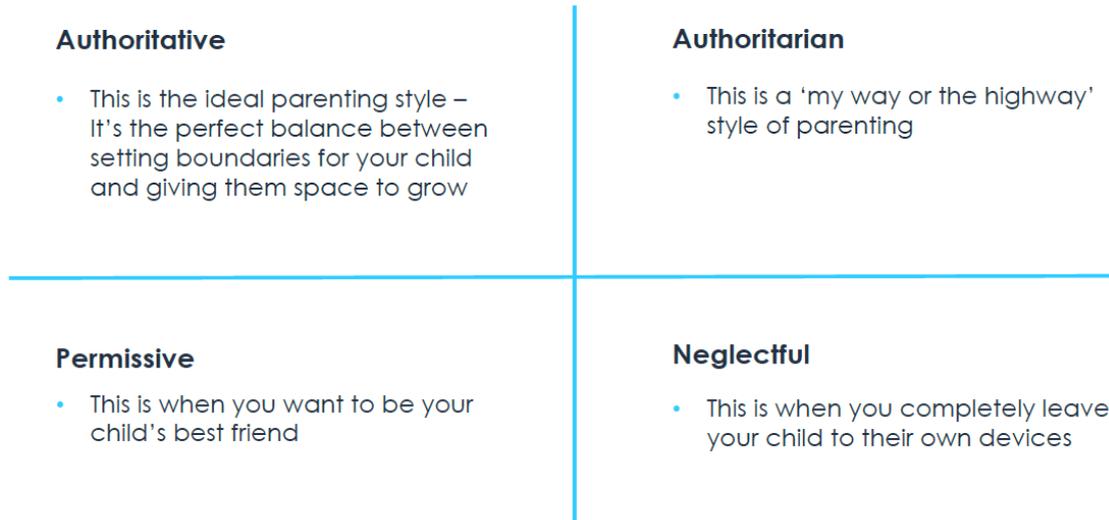
Parenting Styles

Take a look at the [Digital Resilience Toolkit](#). Think about which approaches are more empowering and which are more controlling. What is your current approach to supporting online activities, or do you use different approaches in different situations?

Empowerment Enabler

Now that you have thought about different parenting styles, it's time to consider your confidence in your own parenting in a digital world.

Which of the following best describes how you feel about parenting in a digital age?



Scenario Review

Please reflect on your initial response to the scenario. Would you respond any differently now? Take a note of any key points you would like to remember:

Reflection

What have you learned from Module 2: Empowering?

Did you have a 'lightbulb' moment? If so, what was it?

Module 3: Nurturing

3.1 Digital Relationships

Scenario 3

How is Paul providing a nurturing environment for Sophia?
What are the benefits to Paul and Sophia of using digital technology?
What are the benefits and risks to Sophia of the relationship she's disclosed?
What are the opportunities and risks of this disclosure to Paul?
What are Paul's options now? What do you think he should do?

3.2 Nurturing Trust

How can you help your child identify who or what to trust online?

Trust Buster

What is digital resilience?

Digital resilience is a dynamic personality asset that grows from digital activation i.e. through engaging with appropriate opportunities and challenges online, rather than through avoidance and safety behaviours.

Features associated with resilience

- Planning tendency (propensity to plan).
- A style of self-reflection as to what worked, and what didn't work.
- A sense of agency or determination to deal with challenge.
- Self-confidence in being able to deal with challenges successfully.

UK Council for Internet Safety

Trust is a key component in digital resilience. Digital resilience requires learning from mistakes. We can't learn and grow if we don't try new things. How can we balance a desire for a trusting relationship with the need to protect our children online? Note down your thoughts:

Scenario Review

Please reflect on your initial response to the scenario. Would you respond any differently now? Take a note of any key points you would like to remember:

Reflection

What have you learned from Module 3: Nurturing?

Did you have a 'lightbulb' moment? If so, what was it?

Module 4: Flourishing

4.1 Raising Digital Citizens

Scenario 4

What are the benefits to Jake of digital technology?
What are the risks to Jake?
What are Susan's options, and what should she do now?
How can Susan prepare Jake for the opportunities and risks that being online may present to him in future?

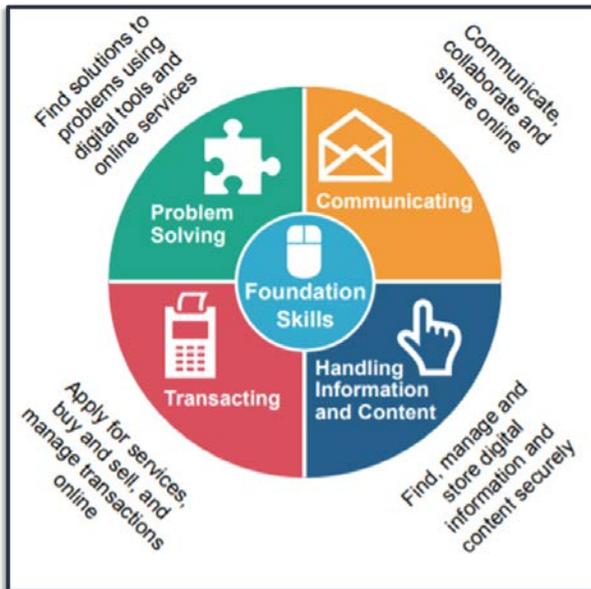
Digital Resilience Skills

What do your children need to be active, responsible and safe digital citizens (now, next year and in the longer term)?

What can you do to support them?

4.2 Digital Skills

Digital Skills Snapshot



Scenario Review

Please reflect on your initial response to the scenario. Would you respond any differently now? Take a note of any key points you would like to remember:

Reflection

Did you have a 'lightbulb' moment? If so, what was it?

What have you learned from the Fostering Digital Skills course as a whole?

Personal Action Plan

What's the main thing you want to remember from doing this course?

What is one thing you can do to support your child to be digitally resilient?

What actions will you take as a result of your learning? Identify three things you're going to do.

Actions I am going to take	By this date
1. 2. 3.	

And finally, are there any barriers you will face in achieving these actions? Identify your barriers here, along with the support you will need to overcome them.

Barriers I will face	Support I will need to overcome these barriers
1. 2. 3.	