



2BeSafe Parent Information: Health, Wellbeing and Lifestyle

Introduction to 2BeSafe

At school, we help children learn how to stay safe in today's fast-changing digital world through 2BeSafe, a programme created by 2Simple on Purple Mash. Based on the national Education for a Connected World guidance, 2BeSafe covers eight key areas that prepare children for life online. Children will take part in short sessions across the year, giving them clear teaching points and time to reflect and discuss their digital choices.

Health, Wellbeing and Lifestyle

Technology is a big part of children's lives, offering great opportunities for learning and fun but also affecting health and wellbeing. This strand helps children explore how technology influences mood, sleep, health, and relationships, while recognising both positives (like fitness or mindfulness apps) and negatives (such as too much screen time or age-inappropriate content).

What the Children will be Learning:

Reception: Children learn simple rules for staying safe and healthy when using technology at home and beyond. They practice giving examples of these rules, such as taking turns, asking before using a device, or taking breaks.

Year 1: Children begin to explain the rules that help them stay safe when using technology, both at home and in other places.

Year 2: Children learn that technology is used in many different environments, such as at home or in public places. They discuss simple guidance to keep themselves and others safe when using devices in these settings.



Ways to Support Your Child at Home

- **Create healthy routines** – Encourage regular breaks from screens, especially before bedtime, to support good sleep.
- **Model balance** – Show your child how you balance online and offline activities in your own life.
- **Talk about age restrictions** – Explain why games, films, and apps have age ratings and why it’s important to stick to them.
- **Discuss online spending** – Teach children about in-app purchases and the importance of asking permission before buying anything online.
- **Encourage positive use** – Explore wellbeing apps, creative tools, or educational platforms together to show how technology can be helpful.
- **Support self-awareness** – Ask your child how they feel after using technology – happy, calm, frustrated, or tired – and discuss strategies to manage those feelings.
- **Help them recognise pressure** – Talk about how apps, games, and websites are sometimes designed to keep people online for longer, and explore ways to manage this, such as setting timers or using “night mode.”
- **Keep conversations open** – Reassure your child that they can talk to you if they feel pressured or if technology is affecting their health, sleep, or relationships.

Need more support? Contact us:

Call: 020 8203 1781 | Email: support@2simple.com | Visit: help.2simple.com