



INDIAN SCHOOL MUSCAT
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July 12, 2020

**CIRCULAR TO PARENTS OF CLASSES VII – XII (Revised)
REGARDING STUDENT TRAINING ON DIGITAL SAFETY AND ONLINE WELL-BEING, IN
ASSOCIATION WITH FACEBOOK**

Dear Parent,

Greetings from Indian School Muscat!

At this time, with growing internet access and usage, online abuse, bullying, misinformation, fake news, internet addiction etc. are increasingly becoming important issues to deal with. Several people are dealing with anxiety, stress due to physical distancing and loss of jobs due to COVID-19. Besides, the closure of schools has created a need now more than ever for teachers and students to connect online.

The ability to navigate through these challenges and situations has become more vital than ever. Considering this, **CBSE** has partnered with **Facebook India** to launch free and comprehensive training program for students of its affiliated schools in the following areas in the first phase from August - November 2020 in virtual mode.

Category	Programme Launch date
a) Digital Safety and Well-being	August 6, 2020
b) Instagram Toolkit: Building Healthy Digital Habits	

Certification: Facebook & CBSE will provide a joint e-certificate upon successful completion of a full session of either of the programmes and submission of a brief assessment/feedback form.

Registration :

Interested students may give their names to their respective class teachers latest by Thursday, July 16, 2020.

Session timings:

- ♣ From 6th August onwards, sessions will be offered daily from Monday to Friday
 - Digital Safety & Online Well-Being: 11:30 am -1:00 pm
 - Instagram Toolkit for Teens: 2:30 pm - 4:00 pm
- ♣ Each session shall be of 1.5 hours (90 minutes)

With warm regards,

Dr Rajeev Kumar Chauhan

Principal

P.S. Details about the programme are given overleaf.

1. Digital Safety & Well-Being:

Through the training, students will understand their digital identity and become responsible digital users. We will explore the essentials of how to communicate responsibly online, how to identify and respond to threats and harassment, and the tools with which they can empower themselves to stay safe and communicate safely online. Good digital habits that can support students' online well-being and keep their online experience healthy and happy will also be explored. Besides, the program will help students to differentiate various kinds of information available on digital platforms and explore options available to identify misinformation, report and reduce its spread.

2. Instagram's Guide for Building Healthy Digital Habits:

This training is intended to support students to reflect on their Instagram usage, with the goal of ensuring that the time they spend on Instagram is positive, inspiring, and balanced. It encourages participants to talk openly about their time spent online, its impact on their socio-emotional well-being and learn more about safe and effective ways to manage online interactions. The training will also include understanding the use of Instagram features such as being able to limit certain pieces of content to a small group of close friends or being able to turn off comments on certain posts.