WHAT IS DIGITAL RESILIENCE?

A child who is digitally resilient will be able to:

! Understand when they are at risk online

Know what to do to seek help

Learn from experience

 Recover when things go wrong

This involves:

- Recognising potentially risky scenarios.
- Understanding how to deal with them.
- Using these experiences to adapt what they do online in the future.

www.ParentZone.org.uk