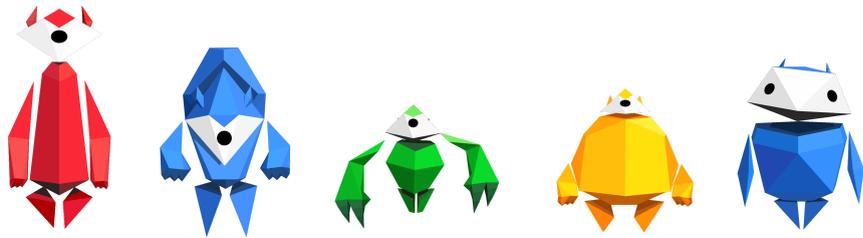


Be Internet Legends.



Dear parent/carer,

Your child is learning how to be safer and more confident online as part of Google and Parent Zone's **Be Internet Legends programme**.

Like many families, you might be **using technology more** at the moment, to work, talk and play – and that's great!

Be Internet Legends teaches children how to look after their '**digital wellbeing**' at the same time.

We've put together this **Legendary Learner Wellbeing Kit** to help you do that together – during lockdown and beyond! It's full of fun activities and tips which encourage your child to:

- think about how using technology makes them feel
- form healthy digital habits
- find a balance that works for them.

You can find more info about Be Internet Legends – and play Interland, the interactive game – on Google's website: [g.co/beinternetlegends/parents](https://www.google.co.uk/beinternetlegends/parents)

Google and Parent Zone are also holding a series of **virtual parent sessions** to answer any questions you might have about online safety. Simply ask your child's school to share the link with you – or encourage them to get in touch with us if they haven't booked one yet.

If you have any questions in the meantime, don't hesitate to get in touch with us on legends@parentzone.org.uk. We're always happy to help.

Have fun!

The Be Internet Legends Team