

For many of you, we're aware that your contact with children and young people is likely to change over the next few weeks as lockdown continues to ease.

However, if you're continuing to support families with learning at home, we'll still be delivering our activity packs over the next couple of months. This week, all of our packs explore sharing images:

- [4-5s](#)
- [5-7s](#)
- [8-10s](#)
- [11-13s](#)
- [14+](#)

Download Welsh language versions of our activity packs from [Welsh Government's Hwb](#).

Sharing images: our new video guides for parents and carers

Our new video guides explore the positives and the risks of sharing images online and offer practical advice for parents and carers on:

- What they can do to reduce risks and;
- How they can seek help if they're concerned about an image that's been shared.

Share our primary or secondary guide alongside this week's new activity pack!

[Access the videos](#)

Screen time and boosting digital resilience

Our surveys have shown that screen time has been a key concern for many parents and carers over the lockdown period.

However, high-quality screen time can offer opportunities for learning, staying connected and boosting digital resilience.

Two new Parent Info articles take a look at:

- [What questions parents and carers should be asking about screen time](#)
 - [6 fun online activities to boost your child's digital resilience](#)
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Send me a pic? launching on Thursday!

The advertisement features a dark background with a white speech bubble containing the text "Send me a pic?". Below the speech bubble, the text "Education for 12 - 14 year olds on nude image sharing" is displayed. At the bottom, it says "Launching on Thursday 4 June". The background includes faint, semi-transparent text such as "Me", "Can't wait to see you tomorrow", and "would you send me a pic?". In the bottom left corner is the "THINK U KNOW" logo, and in the bottom right corner is the "CEOP" logo.

We're excited to announce that ***Send me a pic?***, our new education resource for 12 - 14 year olds on nude image sharing, is launching this week. We'll be in touch with more details on Thursday morning.