



loudmouth

education & training through theatre

'Screen Time' Parents Resource

Who are we and what do we do?

- Loudmouth Education and Training is a theatre in education company.
- The company has been delivering Relationship and Health Education (RSHE) since 1994.
- Since 1994, reached over 1.5 million children, young people, professionals and parents.
- Based in Birmingham but travel all over the UK and deliver work internationally.
- Provides a range of programmes and formats to support safeguarding and relationship education.
- Each year delivers around 1,000 sessions reaching over 100,000 participants last year.
- Our aim is to ensure a future where all children and young people are healthy, happy and safe.
- Delivers live theatre performances and educational workshops in a range of educational venues.



Screen Time

Background to programme

- In September 2024, Loudmouth were successful in a tender by Ofcom for creating a media literacy and digital citizenship programme.
- From September to November, Loudmouth ran research with 123 children, teachers and parents to help with the creation of the programme.
- Loudmouth also used Ofcom's extensive research to support the development.
- In December and January, the script, workshops, and supporting lesson plans and parent resources were created.
- In February, the first Loudmouth team learned and rehearsed 'Screen Time'.
- March the first session of 'Screen Time' is delivered.

Our approach:

- Well researched drama and structured workshops.
- All staff DBS checked and level 3 safeguarding trained.
- In house training on handling disclosures.

Our live sessions:

- Live theatre performance between 30-40 minutes.
- Live Q&A with the characters where the audience get to ask questions directly.
- Small group discussions between 20-30 minutes to unpick the topics and explore where to go for help and support.





The Performance

- Follows the lives of Mia who is 10 and her Dad.
- Explores the challenges for young people of being online including:
 - Being respectful online.
 - Misogyny.
 - Disinformation and Misinformation and how to spot these.
- Covers tips for staying safe online.
- Explores the importance of talking to trusted adults about how we are feeling

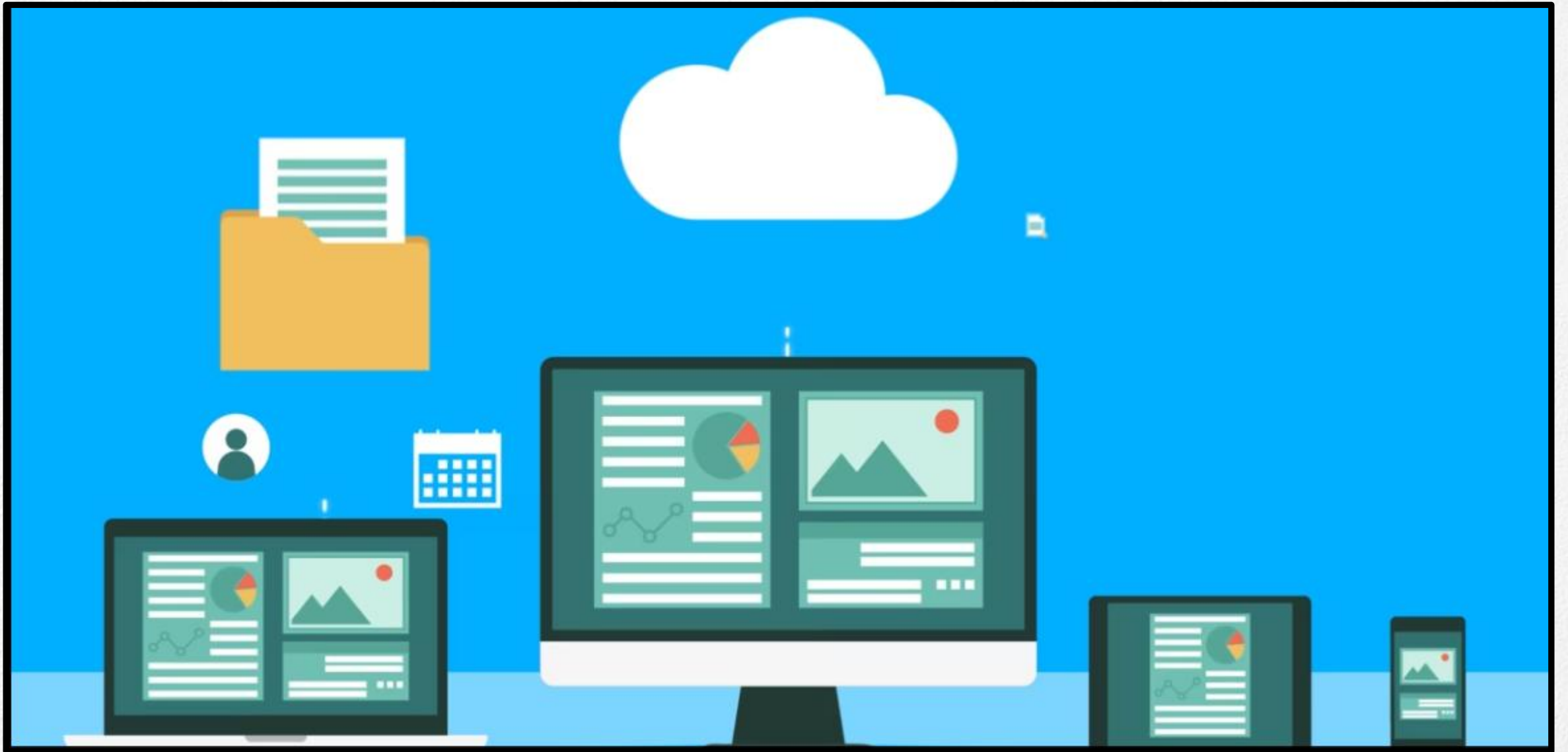
Live Q&A

- Learners get chance to chat to both characters.
- Allows for a deeper understanding of the perspectives of the characters.
- Dad shares the parents perspective and challenges/benefits of talking to children about internet use.
- Mia shares the pros and cons of being online, and approaches that have helped.”.

Small group discussions

- Discussions focus on:
 - *Feelings of the characters*
 - *Online safety*
 - *Respect online*
 - *Disinformation and misinformation*
 - *Signposting*





[Click here to watch a short explainer video on data and algorithms](#)



Tips for safer online use

- Set your privacy settings.
- Keep passwords safe.
- Have a strong password – using special characters, numbers etc. Use a password generator.
- Be cautious about what information you share online.
- Use 2 step verification.
- Switch off location settings and data access.
- Check is website is safe – check for HTTPS.
- Install latest software and app updates.
- Back up your data.
- Report any concerns.

Disinformation or Misinformation?



“FAKE NEWS”

[Click here to watch a short explainer video on disinformation and misinformation](#)

Tips for spotting Disinformation and Misinformation

Be curious and question things

How does it make you feel? Is it worth asking more questions?

What...?

What does the video show?

Does the image / video seem real? Check when the image / video was first used / created. Check if it has been used for other things.

Has the image or video been edited / AI generated?

Who...?

Who posted it? Who or what is the source? Is this reliable?

Why...?

Why has this been posted?

What is the intention of the person who posted it?



**Further tips
for parents on
how to open
up discussions**





- Find the right time to talk
 - Go for a walk.
 - On a car journey.
 - Talking over a messaging app if find it too hard to talk face to face.
- Share ideas and tips – learn from each other. Be honest about things that you each find difficult about being online and share skills and tips. Find things that you both enjoy doing like playing online games together, making content, sharing things you saw that you found funny.
- Talk about ways to balance screen time with other activities.



Click on a logo to find more helpful advice and support from these great organisations.





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Parent & Teacher Resources

Links to resources, organisations and websites that you might find super-useful

[Click here to access
our parent page](#)

Looking for something specific?



GUIDE

Bully 4 U Primary



GUIDE

Bully 4 U Secondary



WEBSITE

Calling It Out



**For more information and
support visit the
Loudmouth website**

www.loudmouth.co.uk

or email

enquiry@loudmouth.co.uk



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