Safer Internet Day

6 February 2018

'Create, Connect and Share Respect: A better internet starts with you.'

Conversation starters for parents and carers

Safer Internet Day is a fantastic opportunity to have a conversation with children about using the internet safely, responsibly and positively. Whether you are a parent, grandparent, foster carer, aunt, uncle or older sibling – we can all play a role in empowering children to enjoy their time online!

This year, the UK Safer Internet Centre is particularly focusing on the role of the internet in young people's lives in terms of their relationships and digital wellbeing. These conversation starters are a great way to help you talk about these issues with children.

Get the conversation started on a positive note with these fun topics!

> What do you like most about the internet and why? What's your favourite game/app/site?

> The internet offers brilliant opportunities for making connections with others. Who do you like to keep in touch with online and what apps/-services do you use?

> Do you like to be creative online? What have you created?
>
> (It could be anything from a picture or video to creating their own games, sites or apps.)

Talk about safety

> Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?

> Help me! Can your child show you how to do something better/safer online?

> What could you do if you saw a friend online needed some help or support?

> What is okay/not okay to share online? Why?

> How do you stay safe online? What tips do you have and where did you learn them?

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Discuss digital lives and wellbeing

How does the internet make you feel? Do different apps/games makes you feel differently?

How does the internet/technology make your life better?

What could you do if being online is making you feel worse rather than better?

How does the internet make you feel? Do different apps/games makes you feel differently?

How might you know if you are using the internet/technology too much?

Talk about respect

What could you do if someone online is making you or someone you know feel worried or upset?

What is different about talking online to someone compared to talking face to face? Is there anything that is the same?

Can people say/do whatever they want online? Why/why not?

Who do you look up to/respect online? Why?

Do you have any tips for how to be positive and show respect online?

Information and online resources

1. UK Safer Internet Centre

UK Safer Internet Centre:
The European Commission appointed UK Safer Internet Centre is made up of three partners; Childnet International, the South West Grid for Learning and the Internet Watch Foundation. Together we raise awareness about internet safety, develop information materials and resources and organise high profile events such as Safer Internet Day. You can access a range of resources from across the UK, Europe and wider afield at **www.saferinternet.org.uk/parents.**

Childnet:
Childnet International is a non-profit organisation working in partnership with others around the world to help make the internet a great and safe place for children. The Childnet website hosts all the online resources detailed below, as well as a number of recommended resources for young people, parents, carers and teachers. The Parents and Carers area also contains key advice, information on reporting and detailed information on a range of e-safety topics in the Hot topics section. **www.childnet.com**

South West Grid for Learning:
The South West Grid for Learning (SWGfL) is a not for profit, charitable trust dedicated to the advancement of education through information and communication technologies. They provide safe, supported broadband internet, teaching and learning services for 2,500 schools in the South West of England and e-safety education and training regionally, nationally and internationally. They provide professionals, parents and children with advice, resources and support to use internet technologies safely to enhance learning and maximise potential.. **www.swgfl.org.uk**

Internet Watch Foundation:
The Internet Watch Foundation is the UK hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. The IWF works in partnership with the online industry, law enforcement, government, and international partners. It is a charity and a self-regulatory body with over 100 Members from the online industry. **www.iwf.org.uk**
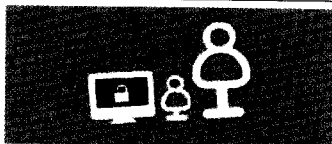
2. Safer Internet Day

Safer Internet Day:
Celebrated globally every year, Safer Internet Day offers the opportunity offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together and play their part for a better internet. Ultimately, a better internet is up to us! **www.saferinternetday.org.uk**

3. Factsheets/information for parents and carers

Supporting Young People Online:
A free guide created by Childnet providing Information and advice for parents and carers on supporting young people online. The advice is also available in 12 additional languages including Arabic, Hindi, Polish, Spanish, Urdu and Welsh. **www.childnet.com/resources/supporting-young-people-online**

Information and Advice for Foster Carers/Adoptive Parents:
The UK Safer Internet Centre has worked together with Islington Council to create leaflets for foster carers and adoptive parents. The leaflets, which are free to download and easy to print, include top tips and conversation starters to help foster carers and adoptive parents get to grips with internet safety. **www.saferinternet.org.uk/fostering-adoption**

Keeping Under Fives Safe Online:
Children love using technology and are learning to navigate websites, online games and consoles, and touch screen technology like iPads and smartphones from a younger and younger age. This advice contains top tips for parents and carers for keeping children aged five and under safe online.. **www.childnet.com/resources/keeping-under-fives-safe-online**

Family agreement
Conversation starters and a template family agreement which can be used to discuss online safety with your family. **www.childnet.com/have-a-conversation**

UK Safer Internet Centre
#SID2018
www.saferinternet.org.uk
Co-financed by the European Union Connecting Europe Facility

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4. Online resources for parents and carers

A Parents' Guide to Technology:
The UK Safer Internet Centre has created this guide to answer commonly asked questions and introduce some of the most popular devices used by children, highlighting the safety tools available and empowering parents with the knowledge they need to support their children to use these technologies safely and responsibly. **www.saferinternet.org.uk/parent-tech**

Internet Parental Controls:
The four big internet providers - BT, Sky, Talk Talk and Virgin Media - provide their customers with free parental controls that can be activated at any time. Video tutorials on how to download and use these controls are available on the UK Safer Internet Centre website. **www.saferinternet.org.uk/parental-controls**

Safety Tools on Social Networks and other Online Services:
Information and advice on the safety tools, age requirements and terms and conditions for a variety of online services popular with young people. **www.saferinternet.org.uk/safety-tools**

Online Gaming:
Childnet's guide contains helpful advice and information on supporting children and young people playing games online. **www.childnet.com/online-gaming**

Young People & Social Networking Sites:
Aims to help parents understand the positive and creative ways young people are using social networking spaces (e.g. Facebook, Twitter and Instagram). It also points out the potential risks of using these sites and ways to minimise these risks. **www.childnet.com/sns**

Do the Check.

Social Network Checklists:
Free guides produced by the UK Safer Internet Centre that contain detailed instructions and information on privacy and account settings on Facebook, Twitter, Snapchat and Instagram.s. **www.saferinternet.org.uk/checklists**

5. Where to report / get help

Need help? Information about what to do if a child comes to you for help and advice about how to report online concerns such as cyberbullying, inappropriate content or illegal behaviour. **www.saferinternet.org.uk/need-help**

CLICK CEOP Internet Safety

Child Exploitation and Online Protection (CEOP):
A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online www.ceop.police.uk. CEOP's Think U Know website contains information for children and parents, as well as a link for children to report abuse online. **www.thinkuknow.co.uk**

IWF Internet Watch Foundation

Internet Watch Foundation:
Part of the UK Safer Internet Centre, the IWF is the UK's hotline for reporting illegal content found on the internet. It deals specifically with child abuse and criminally obscene images hosted in the UK and internationally. **www.iwf.org.uk**

O₂ NSPCC
Let's keep kids safe online

NSPCC:
The NSPCC has partnered with O2 to provide an online safety helpline for parents and carers to answer questions and address concerns about a child's online safety: 0808 800 5000

childline
ONLINE, ON THE PHONE, ANYTIME

Childline:
Children can talk to someone for advice and support at any time by contacting Childline on 0800 1111 or chatting to a counsellor online at **www.childline.org.uk**

MiNDS

Young Minds:
Young Minds: The UK's leading charity committed to improving the wellbeing and mental health of children and young people. Information and advice for young people and parents/carers can be found at **www.youngminds.org.uk** and they also offer a free confidential helpline for parents on 0808 802 5544.