

## What is Safer Internet Day?



Safer Internet Day 2019  
Tuesday  
5th February 2019

Safer Internet Day is celebrated globally in February each year in over a hundred countries to promote the safe and positive use of digital technology for children and young people and inspire a national conversation. Coordinated in the UK by the UK Safer Internet Centre the celebration sees hundreds of organisations get involved to help promote the safe, responsible and positive use of digital technology for children and young people.

**Safer Internet Day is a fantastic opportunity to reflect as a family about how you can use the internet and technology 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!**





## What messages are covered this Safer Internet Day?

This year, the UK Safer Internet Centre is particularly focusing on how consent works in an online context and exploring how young people ask, give, and receive consent online. This could be in their friendships or relationships, how they take and share images and videos or how they manage their privacy and data. This pack has been created to support your family in having conversations and taking part in activities which will have a positive impact on your online experiences.

## About this pack

This pack for parents and carers includes ideas, information and activities to help you talk to your children about how to use the internet and technology positively and safely.

This pack contains:

	<b>Conversation starters</b>	Helpful questions and phrases to help start a conversation with young people about online safety.
	<b>Quick activities</b>	Fun activities that you can do together to explore ways to stay safe and positive when using technology.
	<b>Family internet safety plan</b>	A plan to help your family shape the way you will use the internet and technology safely, responsibly and positively.
	<b>Factsheet</b>	Useful sources of advice and information online, including how to report issues.

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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 how consent works in an online context and exploring how young people ask, give, and receive consent online. This could be in their friendships or relationships, how they take and share images and videos or how they manage their privacy and data. 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 conversation starters!

1



- ✦ What do you like most about the internet and why? What's your favourite game/app/site?
- ✦ How does going online make you feel?
- ✦ How does the internet/technology make your life better?
- ✦ What could you do if being online is making you feel worse rather than better?
- ✦ 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?

- ★ 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?
- ★ What is okay/not okay to share online? Why?
- ★ What could you do if you saw a friend online needed some help or support?
- ★ How do you stay safe online? What tips do you have and where did you learn them?
- ★ Help me! Can you show me how to do something better/safer online?

2



Talk about safety



  
Talk about  
sharing  
online

- ◀ How many things can we share online? (pictures, comments, personal information, opinions etc.)
- ◀ What do we like to share online?
- ◀ What should we not share online?
- ◀ What should we do before sharing things online?
- ◀ What do we do if someone shares something about us that we don't like?
- ◀ Can your parents/ carers share things about you online and vice versa?

Talk about online  
consent and respect  
within young  
people's friendships  
and relationships

- ✓ What is consent online and when do we need to ask for it?
- ✓ How do we ask for consent online? How do we give consent online?
- ✓ How do we say no/not give consent?
- ✓ What happens if we share something about someone else without their consent? What happens if somebody doesn't want to give consent?
- ✓ How do we explain to our friends and family about consent? What would we like them to know/do?
- ✓ How do my friends and family ask for my consent and permission?
- ✓ Do you have any tips for how to show respect online and be considerate of others with what we share?

Talk about  
managing  
privacy and  
data online

- 
- 
- 🔒 Who owns content online?
  - 🔒 What is copyright and how can I use and share work?
  - 🔒 What does the internet know about us?
  - 🔒 How do you sign up to things? What are terms and conditions?
  - 🔒 Who owns your data?
  - 🔒 How do connected devices, apps, games ask for my permission to collect or share my information – can I ask for that back?
  - 🔒 What happens if something is used without my consent?

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These activities can be run at home to complement the activities your child may take part in for Safer Internet Day in their school, club or local group.

The below activities are sorted by age and provide a great opportunity to discuss online safety with your child and reinforce messages they may have also heard from other trusted adults, e.g. teachers.



### Yes or no? (Ages 3-7)

Ask your child to think about all the different ways we can say 'yes' or 'no'. Encourage them to think about verbal and non-verbal ways for both online and offline, e.g. giving a thumbs up offline or clicking on a tick button online.

Next look at the images on [Appendix 1](#) and decide whether by clicking on these buttons you would be saying yes or no to something online. Follow up by discussing what we should click yes to and what we should click no to or check first. You may wish to also complete the ['Family Internet Safety Plan'](#) within this pack.

### What would you do? (Ages 7-11)

Get your child to think about how they would respond to online scenarios and help them to come up with a plan of action using [Appendix 2](#).

You could also create your own scenarios as a family and decide what you would do next. These could be added in to the ['Family Internet Safety Plan'](#) within this pack.

### App Attack (Ages 11-14)

Use this Safer Internet Day as a chance to go through your current apps, online accounts and subscriptions. Clear out any old posts or contacts you no longer wish to keep and spend 10 minutes having a closer look at those terms and conditions and privacy policies. It's a great time to go through your privacy settings and ensure everything is in order. It might even be the time to deactivate any old accounts that are still lingering.

You can find out more on how to control your settings and keep your information safe by visiting [www.saferinternet.org.uk/safety-tools](http://www.saferinternet.org.uk/safety-tools)

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### No Data Day (Ages 14-18)

As a family challenge yourselves to go data free for a day. Discuss - How would you do this? Is it even possible? What would you have to do/not do in order to be data free? Is it practical to be data free? Does it even matter to you?

Use these questions to discuss how much data we generate in one day and what happens to that data. You could use it as chance to go through the settings of your favourite apps like in the [App Attack](#) activity for 11-14 year olds.

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# Yes or No? (Ages 3-7)

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## What would you do? (Ages 7-11)

What would you do next in each of these scenarios about technology and the internet?

### This happens online...

Your parent/carer shares their favourite picture of you on their social media, but you don't like it.

You give your phone to a friend to take a photo of you and they start looking through all your other photos as well.

You've invited your friend to join your online game and they invite some other people to join as well.

You download a new game and a window appears asking for permission to know your location.

Your parent/carer agrees to let you go on their phone, but is angry when you go on their emails.

Your older brother or sister posts an embarrassing video of you dancing on their social media.

Your friend's parents won't let them have their own phone, so they ask if they can have your old one.

### What would you do?

Questions to ask as a family:

- ▶ Do you need to ask someone for permission in any of these situations?
- ▶ Should someone have asked you for permission in any of these situations?
- ▶ Has permission already been given or denied in any of these situations?
- ▶ How can someone decide when they should or shouldn't give permission?
- ▶ What can you do if something upsets you online?
- ▶ How can you resolve a situation where you've made a mistake?
- ▶ What could you do if somebody else has done something without your permission?

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## The \_\_\_\_\_ family

Go on a hunt around the house. Search for all the devices which connect to the internet and record below:

We have \_\_\_ devices which connect to the internet in our house.

### It's time to talk

How do we use the internet as a family?



### How can we keep our family safe online?

Where will we keep our devices?



What can we use our devices for?



When can we use our devices?



What shouldn't we do online?



What should we do if something worries, upsets or confuses us online?



### Our next steps

Adults next steps:

Young people's next steps:

Date:

Signed by:

This plan has been shared with:  
(Grandparents, auntie and uncle, childminder etc.)

# Information and Online Resources

## 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. Resources include a parent's guide to technology, information about parental controls and safety tools on social networks and other online services. You can access a range of resources from across the UK, Europe and wider afield at [www.saferinternet.org.uk/parents](http://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 online safety topics in the hot topics section. [www.childnet.com](http://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](http://www.swgfl.org.uk)



### Internet Watch Foundation:

The Internet Watch Foundation 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. 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](http://www.iwf.org.uk)

## Safer Internet Day information, resources and further support



### Safer Internet Day:

Celebrated globally every year, Safer Internet Day 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. This year's theme is 'Together for a Better Internet' and in the UK the campaign will particularly empower young people to take control of their digital lives and consider how consent works in an online context. It will explore how young people ask, give and receive consent online. This could be in their friendships or relationships, how they take and share images and videos of how they manage their privacy and data. [www.saferinternetday.org.uk](http://www.saferinternetday.org.uk)



### Children's Commissioner – Young people's rights on social media:

The Children's Commissioner has created a set of one page documents explaining what the terms and conditions mean for the social media sites Facebook, Instagram, WhatsApp, Snapchat and YouTube. Each of the guides are also broken down into three sections – 'our rules', 'your rights' and 'our rights'. [bit.ly/SID2019CC](http://bit.ly/SID2019CC)



### Newsround – Terms and Conditions explained:

Newsround has produced a useful guide and video explaining what terms and conditions really mean. [bit.ly/SID2019newsround](http://bit.ly/SID2019newsround)



### UK Safer Internet Centre advice:

The UK Safer Internet Centre produces weekly blogs which offer information and advice on a range of topics. They are written to reflect current and emerging trends as well as questions received during training sessions. Some useful ones for this year's theme would be:

- Social media and the age of digital consent [bit.ly/SID2019blog1](http://bit.ly/SID2019blog1)
- How do I decide if a game is right for my child? [bit.ly/SID2019blog2](http://bit.ly/SID2019blog2)
- Sharenting: how am I adding to my child's digital footprint? [bit.ly/SID2019blog3](http://bit.ly/SID2019blog3)
- Age restrictions on social media services [bit.ly/SID2019blog4](http://bit.ly/SID2019blog4)

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5 February 2019



#SaferInternetDay2019  
[www.saferinternetday.org.uk](http://www.saferinternetday.org.uk)



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## Resources to use with children



### Family Agreement:

As a family you may wish to set up a family agreement which is a great way to start a conversation with your whole family about how you all use the internet and discuss together how to behave in a positive way when online at home, at school or at a friends house. [www.childnet.com/resources/family-agreement](http://www.childnet.com/resources/family-agreement)



### Digiduck's Big Decision:

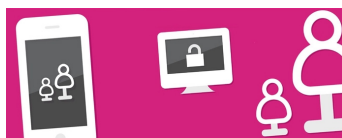
The Digiduck® story collection has been created to help parents and teachers educate children aged 3 - 7 about how to be a good friend online. The collection includes a book, PDF and interactive app. [www.childnet.com/digiduck](http://www.childnet.com/digiduck)



### Family Lives advice for talking about consent:

Family Lives is a charity which offers support with all aspects of family life. They have advice on talking about consent with children which can be applied to online consent as well. [www.familylives.org.uk/advice/teenagers/sex/talking-about-consent/](http://www.familylives.org.uk/advice/teenagers/sex/talking-about-consent/)

## 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](http://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](http://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](http://www.childnet.com/resources/keeping-under-fives-safe-online)

## 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](http://www.saferinternet.org.uk/need-help)



### 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](http://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](http://www.thinkuknow.co.uk)



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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](http://www.iwf.org.uk)



### 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**.

They also provide the Childline helpline for children where they can talk to someone for advice and support at any time by contacting **0800 1111** or chatting to a counsellor online at [www.childline.org.uk](http://www.childline.org.uk)



### 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](http://www.youngminds.org.uk) and they also offer a free confidential helpline for parents on **0808 802 5544**.



### ParentPort:

ParentPort is run by the UK's media regulators and is a central hub of advice and reporting tools for across the media in order to protect children from inappropriate material. [www.parentport.org.uk](http://www.parentport.org.uk)

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