



Safer  
Internet  
Day

6 February 2018

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

## Parents & Carers Pack

### What is Safer Internet Day?

#### Safer Internet Day 2018 – Tuesday 6th February 2018







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.

The 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. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet.

#### 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>Fun things to do</b>	Online activities and resources for parents/carers with younger children
	<b>Pledge cards</b>	These pledge cards can be used by your family to make a pledge about how you will make the internet a better place
	<b>Factsheet</b>	Useful sources of advice and information online, including how to report issues
	<b>Spread the word</b>	Tips and information on how you can play your part and share messages about Safer Internet Day with people you connect with online and offline

#### Further information

More information about Safer Internet Day and activities taking place across the UK to mark the day can be found at [www.saferinternetday.org.uk](http://www.saferinternetday.org.uk)

For more information and advice on helping young people to stay safe online, please visit [www.saferinternet.org.uk/parents-and-carers](http://www.saferinternet.org.uk/parents-and-carers)

To join in the conversation on social media use the hashtags #SID2018 and #itstartswithus



UK Safer  
Internet  
Centre

#SID2018

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)



Co-financed by the European Union  
Connecting Europe Facility



Safer Internet Day

6 February 2018

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

# 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 field at [www.saferinternet.org.uk/p/parents](http://www.saferinternet.org.uk/p/parents).



### Childnet:

Childnet International is a nonprofit 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](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)

## 2. Safer Internet Day



### 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. 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](http://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](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/the-starting-adaptives](http://www.saferinternet.org.uk/the-starting-adaptives)



### 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)



### Family agreement:

Conversation starters and a template family agreement which can be used to discuss online safety with your family. [www.childnet.com/home-a-conversation](http://www.childnet.com/home-a-conversation)



#SID2018  
[www.saferinternet.org.uk](http://www.saferinternet.org.uk)





6 February 2018

# Information and online resources

## 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/parents-tech](http://www.saferinternet.org.uk/parents-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](http://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](http://www.saferinternet.org.uk/safety-tools)



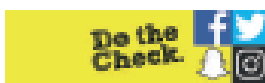
### Online Gaming:

Children's guide contains helpful advice and information on supporting children and young people playing games online. [www.childline.com/online-gaming](http://www.childline.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.childline.com/usa](http://www.childline.com/usa)



### 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. [www.saferinternet.org.uk/checklists](http://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](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)



### 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](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



CALLER, OR 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](http://www.childline.org.uk)



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



#SID2018  
[www.saferinternet.org.uk](http://www.saferinternet.org.uk)





**Safer  
Internet  
Day**

6 February 2018

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

# Fun things to do (with younger children)

## Parents & Carers Pack

The activities below provide suggestions of fun and engaging activities that you can do with younger children to help them think about being safe and positive online:

<p><b>Smartie the Penguin</b> (Ages 3-7)</p> 	<p>Childnet's <i>Smartie the Penguin</i> story highlights the importance of always telling a trusted adult if you are unsure about something online or when using technology.</p> <p>The story can be downloaded/read for free and there are also free colouring pages and fun activity suggestions to help reinforce the messages of the story.</p> <p><a href="http://www.childnet.com/smartie">www.childnet.com/smartie</a></p>
<p><b>Digiduck's Big Decision</b> (Ages 3-7)</p> 	<p><i>Digiduck's Big Decision</i> is a story by Childnet about the importance being a good friend online. It can be read for free online or downloaded as a free app for Apple and Android tablets.</p> <p><a href="http://www.childnet.com/digiduck">www.childnet.com/digiduck</a></p>
<p><b>SIDTV</b> (Ages 3-11)</p> 	<p>Our SIDTV short videos provide a great way to start a discussion with children about how the internet makes them feel and what tips they have about staying safe. Some of the videos are aimed at younger children and can be watched on the UK Safer Internet Centre website or on YouTube.</p> <p><a href="http://www.saferinternet.org.uk/sid-tv">www.saferinternet.org.uk/sid-tv</a></p>
<p><b>The Adventures of Kara, Winston and the SMART crew</b> (Ages 7-11)</p> 	<p>Five cartoons for children on how to stay safe online. Each cartoon covers one of the five SMART rules which help children to make positive and safe online choices for themselves and their friends.</p> <p><a href="http://www.childnet.com/kara">www.childnet.com/kara</a></p>
<p><b>SMART Rules Quiz</b> (Ages 7-11)</p> 	<p>A fun way to check how well your child knows how to stay safe online is to challenge them to the SMART rules quiz on the Childnet website. Why not have a go too and see if your online safety skills are up to date?</p> <p><a href="http://www.childnet.com/quiz">www.childnet.com/quiz</a></p>
<p><b>Further resources and information:</b></p>  	<p><a href="http://www.saferinternet.org.uk">www.saferinternet.org.uk</a></p> <p><a href="http://www.childnet.com">www.childnet.com</a></p>



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?

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.)

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?

## 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?

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

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

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

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



Safer  
Internet  
Day

6 February 2018

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

# Quick Activities

Parents and Carers Pack

These activities complement some of the activities that your child may take part in on or around 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.

## Compliments (Ages 3-7)

Explain to your child that you are going to practice giving a compliment. A compliment is when you say something nice to someone else e.g. I like you because you are kind to me, or you were a good friend when you shared your toy with me. You can give people a compliment online as well as face to face.

Show or read out the compliment starter sentences below and ask your child to choose one and finish the sentence:

- I like you because...
- Thank you for...
- I like the way you...
- It was kind of you to...
- You were a good friend to me when...

Who did they pay the compliment to? Who might they give a compliment to online (e.g. in a game)? Would the compliment be the same or different?

Encourage your child to try out some different sentences they might say to different people, both online and offline.

## Digital myth or digital truth? (Ages 11-18)

Look at Appendix 2 with your child and ask them to sort the statements into **digital myths** or **digital truths**. Discuss with them the impact of these digital myths on how people feel and the choices they make online.

What advice would they give to a friend who believed some of these digital myths? What could they say to help them change their mind?

## How does being online make you feel? (Ages 7-11)

Print out Appendix 1 and ask your child to colour code the online experiences based on how each one makes them feel. Talk to them about why they coloured the experiences the way they did; what do they think makes them feel that way about that activity?

Talk with and remind them about what they can do if something ever worries or upsets them online;

- Talk to an adult you trust
- Report any content you are concerned about to the networks [www.saferinternet.org.uk/safety-tools](http://www.saferinternet.org.uk/safety-tools)
- Contact Childline on 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

## Post positively (Ages 11-18)

Show your child Appendix 3 and ask them what positive alternatives they could offer to the different online behaviours listed. How could they help their friends online to make these positive choices? Can they think of a way they could share these suggestions further using the internet, e.g. through social media, campaigns, online groups/forums?



UK Safer  
Internet  
Centre

#SID2018  
[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

Co-financed by the European Union  
Connecting Europe Facility

# Conversation starters for parents and carers

## 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?

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

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

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



Safer Internet Day

6 February 2018

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

# Parents and Carers Pack

## Spread the word

Safer Internet Day provides a brilliant opportunity to discuss online safety with children and young people and think about how being online has changed our day to day lives.

The UK Safer Internet Centre wants as many people as possible to get involved in the day and think about how to make the internet a better and safer place. There are lots of ways that you and your educational setting can get involved in the day and also share details of the day with others online.

### Get involved

We have lots of tips for how you can get involved in Safer Internet Day including how to join our Thunderclap on Twitter:



<https://www.saferinternet.org.uk/safer-internet-day/2018/get-involved-safer-internet-day-2018>

## SID TV

These films complement our Education Packs and help start conversations about digital lives and wellbeing online. The films look at how children and young people of different ages use the internet and explores a range of issues about the safe and positive use of technology.



@UK\_SIC



saferinternetuk



@UK\_SIC



UKSIC

### Social media

A great way to find out what's going on and being discussed on Safer Internet Day is to follow us on social media.

We will be using the hashtags #SID2018 and #itsstartswithus to share what's going on in the UK and around the world to celebrate the day. Here are some suggested messages to show your support:



On Twitter

I'm supporting Safer Internet Day 2018. Find out more here <https://www.saferinternet.org.uk/safer-internet-day/2018> #SID2018 @UK\_SIC

<Name of school or group> will create, connect and share respect this #SID2018 @UK\_SIC <https://www.saferinternet.org.uk/safer-internet-day/2018>

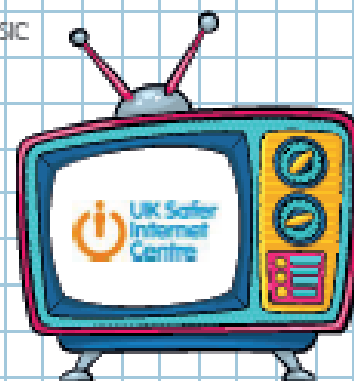


On Facebook

<Name of school or group> is celebrating Safer Internet Day on Tuesday 6th February! Find out more about how to Create, Connect and Share Respect on the @saferinternetuk website: <https://www.saferinternet.org.uk/safer-internet-day/2018>

### Important:

Please remember that photos shared on social media could be seen by a wide and large audience, including the general public. Please ensure you have the appropriate consent from parents/carers and young people before posting or sharing any photos online, and that any online communication follows your school or setting's policies and procedures.



Watch the films and learn more at [www.saferinternet.org.uk/sid-tv](http://www.saferinternet.org.uk/sid-tv)

### Have any questions?

If you have any questions or want to learn more about Safer Internet Day, what's happening in the build up to the day or the work of the UK Safer Internet Centre then visit [www.saferinternetday.org.uk](http://www.saferinternetday.org.uk) or email [enquiries@saferinternet.org.uk](mailto:enquiries@saferinternet.org.uk) or sign up to our free newsletter



UK Safer Internet Centre

#SID2018

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)



Co-financed by the European Union  
Connecting Europe Facility