

SAFER INTERNET DAY – Tips for parents & carers



Advice for Parents/Carers

Safer Internet Day 2023 will take place on the **7th of February 2023**, with celebrations and learning based around the theme **'Want to talk about it? Making space for conversations about life online'**.



Be positive and open minded about the internet

It's important to recognise the exciting opportunities that going online can offer children and young people. Although your children may use the internet differently to you, their experiences are still significant. If your child mentions something you haven't heard of, ask them to show you, or explain in more detail. You may need to do your own research.



Conversation starters



Family online safety plan

Create a safe space for conversations

Look for opportunities to talk together. Often, talking face-to-face can feel difficult, so talking alongside each other when out for a walk, or travelling in the car for example, are options that might make it easier. The environment needs to be right; free from distractions, so that your child has your undivided attention. Remind them often that they can talk to you about anything, no matter how difficult, and that they will not be judged or blamed. Your child might not be ready to talk about something straight away, so show them that you are there to listen whenever they are ready.

Keep it relevant

As they get older, your children will use technology differently from when they first went online. Their knowledge and understanding will grow too, as will the challenges they may face on the internet. To get a sense of how much they know and what support they still need, ask open-ended questions to let your child lead the conversations you have. There are appropriate ways to approach all online safety topics with different ages. For example, with a teenager, nude images can be spoken about in wider conversations around consent and healthy relationships. For younger children, you could discuss what types of images are okay to share online, and what areas of our bodies are private.

Scan the QR codes for more help for parents/carers



Family activities



If something goes wrong



Further Support links

Be proactive

Working together to create an agreement, outlining how the internet and technology will be used within the family, is a useful way to set clear expectations and boundaries for your children.

Use the QR codes below, for some further tips on how to protect your children whilst using internet enabled technology.



Smartphones



Laptops



Social media



Smart TV's



Games consoles



Tablets