



## **Advice for parents and carers**

Safer Internet Day is a great opportunity to focus on online safety with your child, whatever their age. We have created a range of pages to help you start a conversation with your child, whatever that may be about and no matter how much time you have.

Safer Internet Day 2023 is celebrated on 7th February 2023, with thousands of people across the UK working together to champion youth voice and engage in conversations about how we can all work together to make the internet a great and safe place.

## **Help and advice for you as a parent or carer**

### **★ About Safer Internet Day 2023**

Read more about the theme of the day.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers/about-safer-internet-day-2023>

### **★ Practical tips for starting a conversation about life online**

Advice and tips about how to start a conversation about the things your child is doing and seeing online.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers/practical-tips-for-starting-a-conversation-about-life-online>

### **★ How to talk about difficult topics**

Advice about how to talk about some of the more difficult or challenging things that may happen online.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers/how-to-talk-about-difficult-topics>

### **★ My child has said something worrying – what do I do?**

If your child mentions something in a conversation with you that you find worrying there are steps you can take, this page gives more information about what you can do.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers/my-child-has-said-something-worrying-what-do-i-do>

### ★ **What do I do if something goes wrong?**

Sometimes things do go wrong online, but there are always steps you can take to help support your child and get help. This page looks at what you can do if something does go wrong for your child online.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers/what-do-i-do-if-something-goes-wrong>

### ★ **How to make a report**

Information to help you if you need to make a report on a app or site.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers/how-to-make-a-report>

### ★ **Getting your child involved in online safety**

Resources that can help you engage your children in online safety education, no matter their age.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers/getting-your-child-involved-in-online-safety>

### ★ **Find out more about specific issues**

If you want more information about specific online safety issues there are a range of places you can go.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers/find-out-more-about-specific-issues>