SAFER INTERNET

PARENT WORKSHOP

TUESDAY/WEDNESDAY 6TH/7TH JANUARY 2018

Digital Parenting - Safer Internet Day 2018 film for parents and ca...
Do your Mum and Dad know what you do online?
0:04 / 2:27
YouTube

We are supporting
Safer Internet Day
6 Feb 2018
www.saferinternetday.org.uk #SID2018

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.

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

Safer Internet Day

6 February 2018

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.

CONVERSATION STARTERS

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It starts with an open and honest dialogue.

Talk regularly with your child about how they use technology, and find out what their digital life is like, including what their favourite sites and services are and also how being online makes them feel. Not sure where to begin? Have a look at our suggested conversation starters for parents.

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?

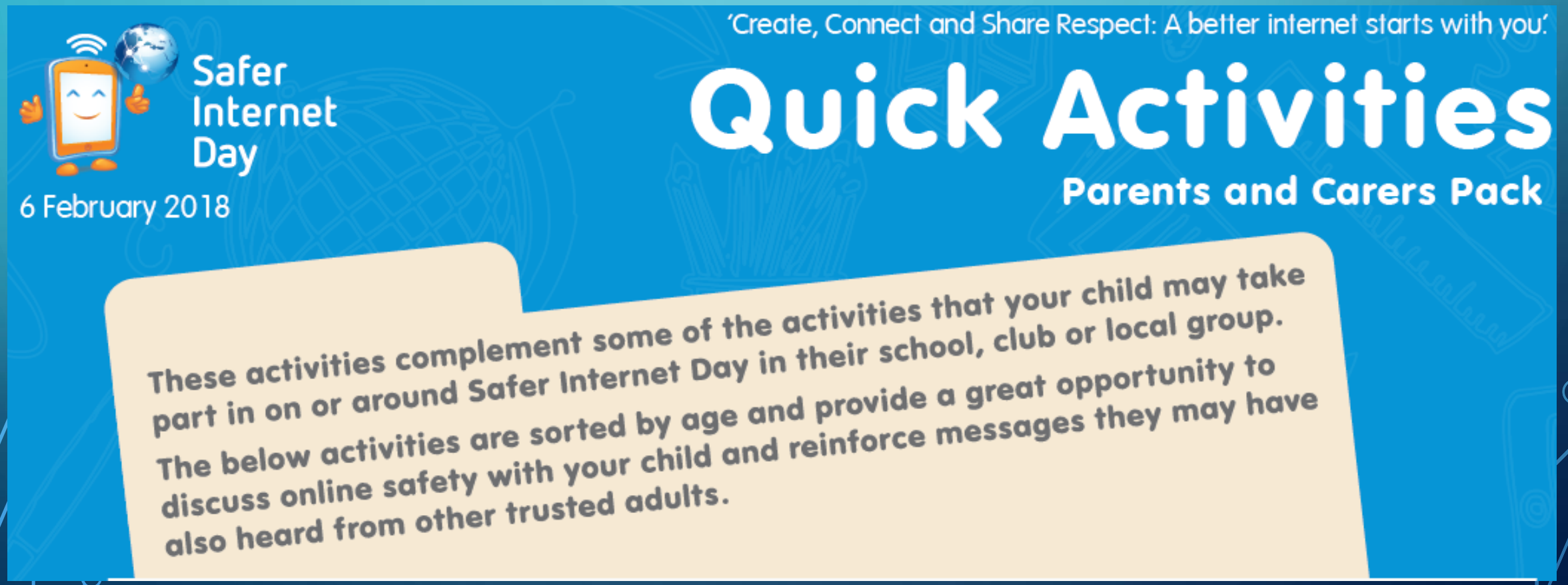
Can people say/do whatever they want online? Why/why not?

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

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

It starts with a balanced approach.

As parents it's natural to feel worried about the risks posed by your child being online, but for young people the online world is exciting and fun, as it brings so many opportunities for them. Connect with your child by asking them to share with you their favourite things to do online, as well as discussing the risks they might come across. Use our quick activities as a family this Safer Internet Day.



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'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:

Smartie the Penguin (Ages 3-7)	Childnet's **Smartie the Penguin** story highlights the importance of always telling a trusted adult if you are unsure about something online or when using technology. 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. **www.childnet.com/smartie**
Digiduck's Big Decision (Ages 3-7)	**Digiduck's Big Decision** 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. **www.childnet.com/digiduck**
SIDTV (Ages 3-11)	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. **www.saferinternet.org.uk/sid-tv**

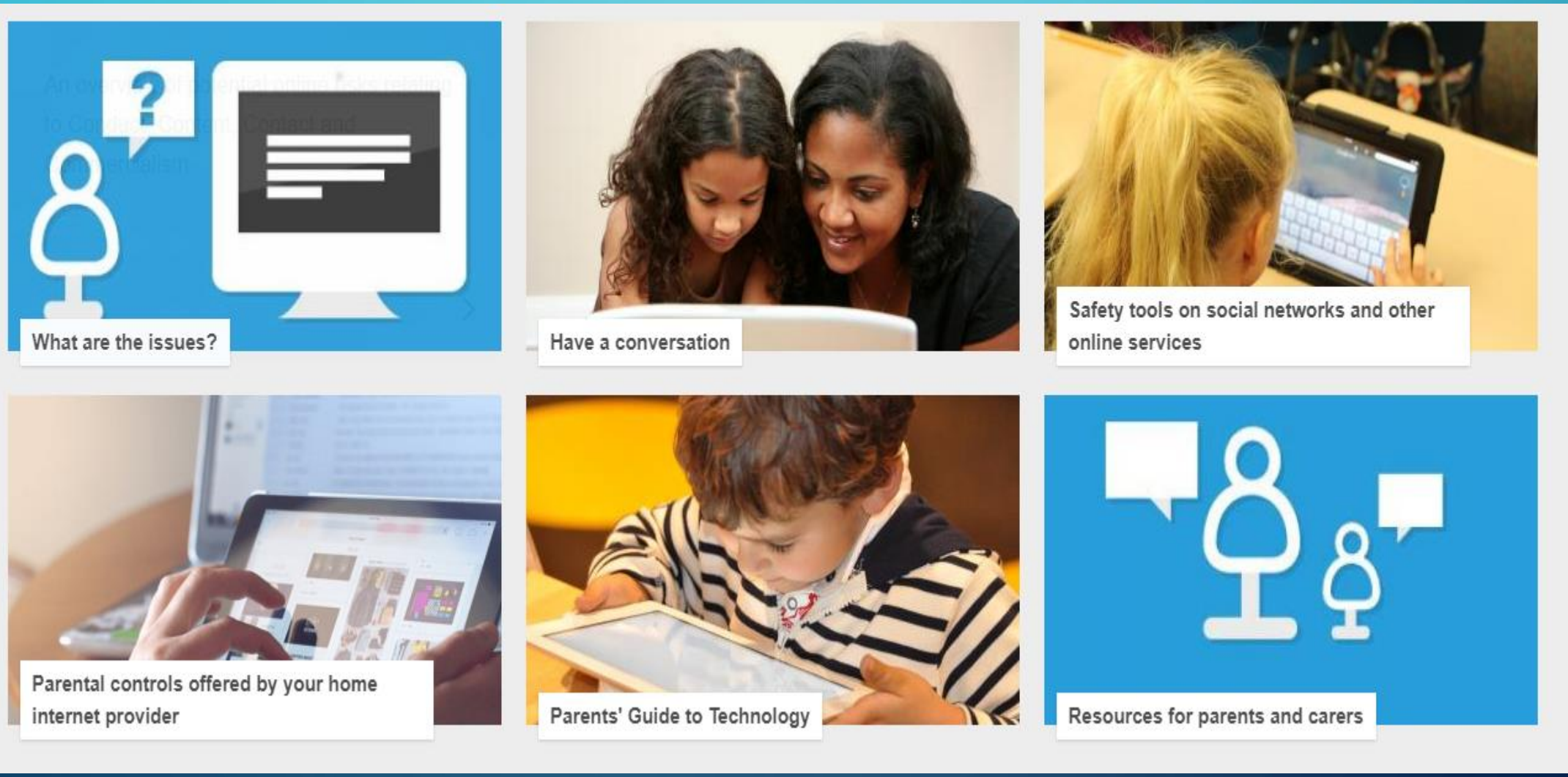
The Adventures of Kara, Winston and the SMART crew (Ages 7-11)	Five cartoons for children on how to stay safe online. Each cartoon covers one of the five SMART rules which help children to make positive and safe online choices for themselves and their friends. **www.childnet.com/kara**
SMART Rules Quiz (Ages 7-11)	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? **www.childnet.com/quiz**
Further resources and information: UK Safer Internet Centre	**www.saferinternet.org.uk**
Childnet International	**www.childnet.com**

It starts with using the tools available to help you.

There are lots of tools to help you manage the devices used by your family. For example, knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online. For advice and guidance on how to make use of parental controls and other safety features on devices, check out our free Parents' Guide to Technology and see more advice in our advice centre for parents and carers.

https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology

ADVICE CENTRE FOR PARENTS AND CARERS



https://www.saferinternet.org.uk/advice-centre/parents-and-carers

FAMILY PLEDGE CARD

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It starts with a family agreement.

The online world is an increasingly large part of modern family life, so it makes sense to approach it as a family too. Why not make a pledge together on how as a family you're going to use the internet safely and positively? If you need help with this, have a look at our family pledge card for a great way to ensure that everyone is on the same page.

Safer Internet Day 2018

Create, connect and share respect: A better internet starts with you!

To help make the internet a better place, our family pledges to:

FAMILY PLEDGE CARD

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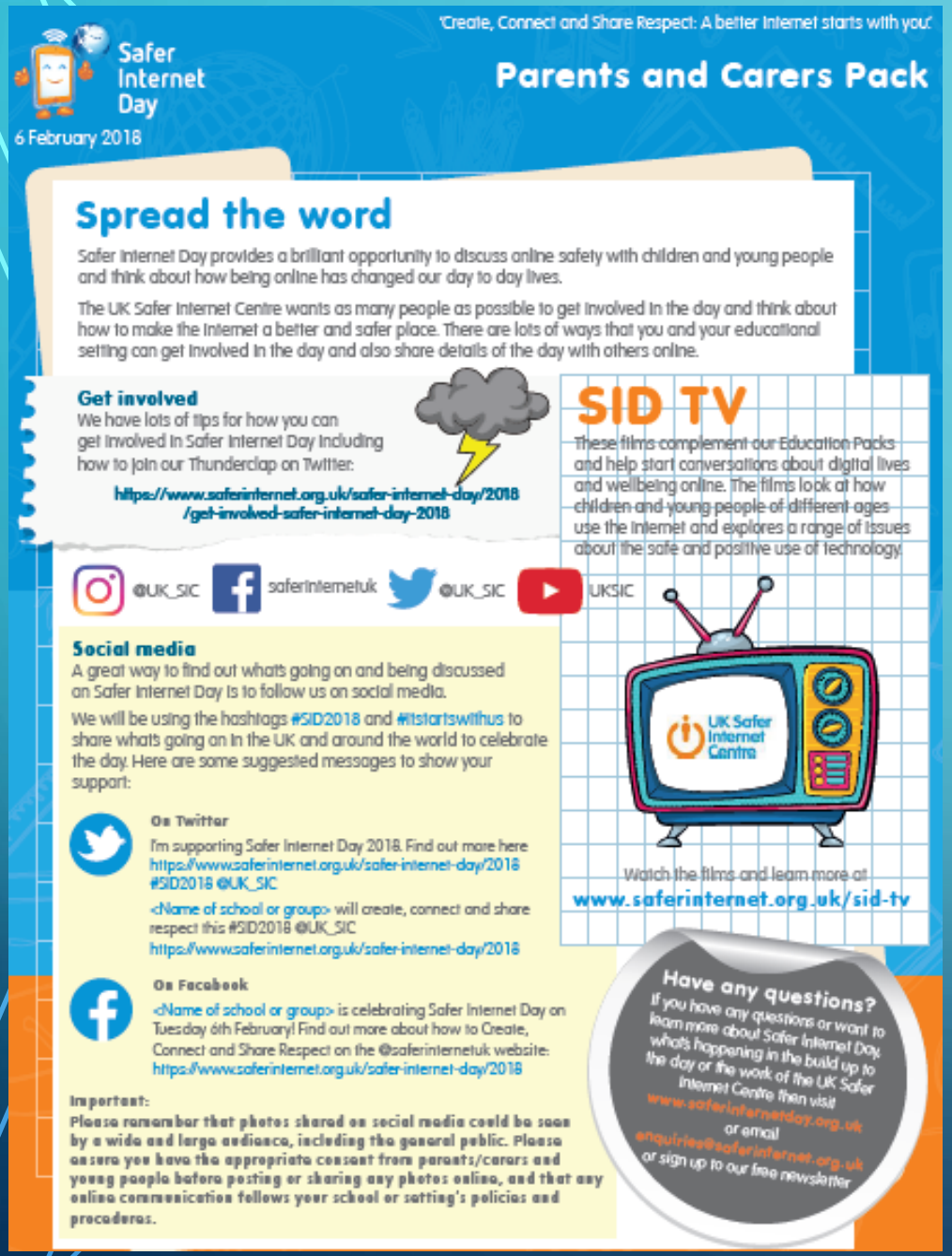
Safer Internet Day 2018

Create, connect and share respect:
A better internet starts with you!

To help make the internet a better place, I promise I will:

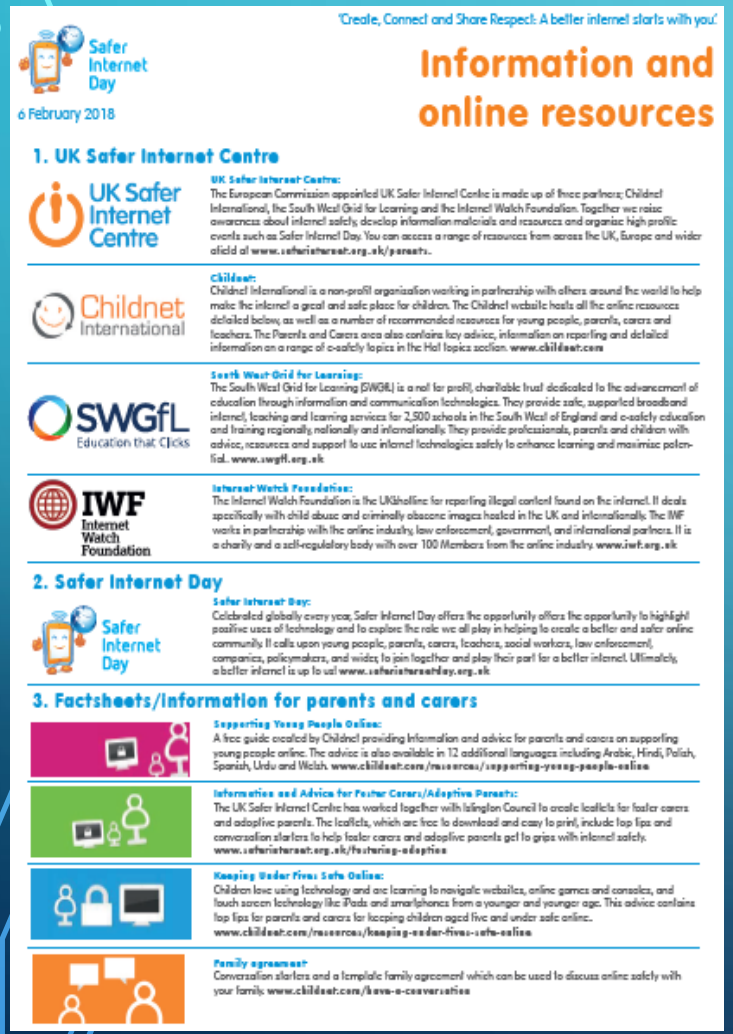


SPREAD THE WORD!

- Look on our Twitter page
- WatersideStoke
- Retweet your child's tweets made in school and get involved.

It starts with knowing where to get help.

It can sometimes feel like young people are the experts in all things online, but remember – you are the life experts. You are always there to help your child but make sure you know how to get support too by visiting our Need Help? page. You can find more information about how you can help your child stay safe online by using features such as privacy settings on social media and understanding how to make a report on a range of apps, games and services.



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

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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'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

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

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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/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/ufa

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

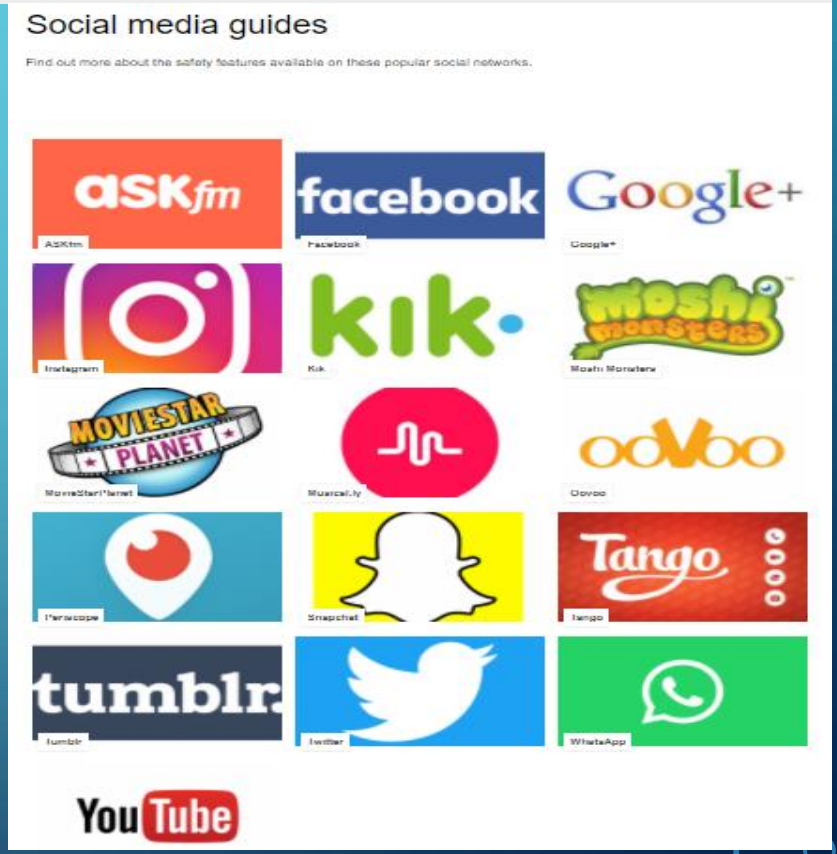
Child Exploitation and Online Protection (CEOP):
A police agency tackling child abuse on the internet. This website includes a unique facility that enables parents and young people to make reports of actual or attempted abuse online www.ceop.police.uk. CEOP's Think U Know website contains information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

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

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:
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

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.



https://www.saferinternet.org.uk/advice-centre/social-media-guides

TO FINISH

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#ItStartsWithUs Play your part, together we can build a better internet
Safer Internet Day 2018
Co-financed by the European Union
Connecting Europe Facility
UK Safer Internet Centre
#SID2018
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