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 images and videos in young people's lives and has provided some conversation starters to help you talk about these issues with children.

Get the conversation started on a positive note with these fun topics!

1. Ask your child about what they like most about the internet and why, such as their favourite app, game or website.
2. Ask your child if they like sharing images and videos online and why. You could talk about your favourite family photos.
3. Share your favourite emoji and ask your child what emoji they like best and why. You could discuss whether emojis make it easier to communicate what you mean.

You could get involved with our Safer Internet Day emoji charades. Find out how **www.saferinternet.org.uk/emoji-charades**.

Talk about young people's experiences, responsibilities and boundaries

1. Ask your child whether they have seen people in their school posting images to be mean or embarrass someone. What would they do if they saw this? Who could they turn to for help?
2. You could ask whether they think young people are sometimes embarrassed about the photos their parents/carers post of them. You could talk about what you could do to make sure they are happy with images of them online.
3. Ask your child how they can tell if an image or video is truthful. For example, they might have seen images edited to make people look better, or videos that are fake. Can we always tell?

Discuss how we can all 'be the change' and help make the internet a better place

1. What could your child do to make the internet a better place? Can they share images and videos that have a positive message, or do they have creative skills to make their own videos?
2. Ask your child if they know where to go for help, where to find safety advice and privacy settings, and how to report or block on the services they use.
3. Encourage your child to do good digital deeds to help others. Perhaps they can show you how to do something better online or they might have a friend that would benefit from their help and support.

For more information and advice visit **www.saferinternet.org.uk**.

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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**.

Registered UK Charity: 1080173

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**

Registered UK Charity: 1120354

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**

Registered UK Charity: 1112398

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**

Information and online resources

Parents Pack

Be the change: Unite for a better internet

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Information and online resources

Safer Internet Day 2017

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/sns**

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**

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**

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**

True Vision: Online content which incites hatred on the grounds of race, religion and sexual orientation can be reported to True Vision; a UK website set up to tackle all forms of hate crime, including those on the grounds of disability and transgender identity. **www.report-it.org.uk**

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enquiries@saferinternet.org.uk

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Information and online resources

Parents Pack