Safer Internet day

Tuesday 5th February 2019

Safer Internet Day is celebrated globally in **February** each year to promote the safe and positive use of digital technology for children.

Choose to have a conversation:

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 apps are and also how being online makes them feel. Listening to your child will give you the best possible idea of how you can support them. Not sure where to begin? Have a look at the suggested conversation starters on the school website (safeguarding).

Choose to take a balanced approach:

As parents it is 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. Remember that your child will use technology and the internet differently given they are growing up in a world immersed in all things digital. Try to look at both the positive and negative aspects of being online and empower your child with safe choices they can make instead of overwhelming them with restrictions.

Choose to make use of the tools available to you:

Here are lots of tool 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, check out the parents' guide to technology (https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology) and step by step parental control guides (https://www.internetmatters.org/parental-controls/).

Choose to be current and topical:

This safer Internet day focuses on the very relevant topic of consent in the digital world. Use this opportunity to support your child with how they tackle digital consent within relationships and friendships, as well as how online services use the data we provide. Use these quick activities as a family to help you unpick this topic together. (https://d1afx9quaogywf.cloudfront.net/sites/default/files/Safer%20Internet%20Day%202019/SID2019%20Parents%20and%20Carers%20-%20Quick%20Activities.pdf)