# Safer Internet Day

Safer Internet Day

- Safer Internet Day is celebrated in over one hundred countries across the world on Tuesday 8th February 2022.

- It is a day for everyone to talk about how to look after each other and stay safe in an online space.

- The theme this year is, '**All fun and games? Exploring respect and relationships online**'.

- In school we will be completing age appropriate activities this afternoon.
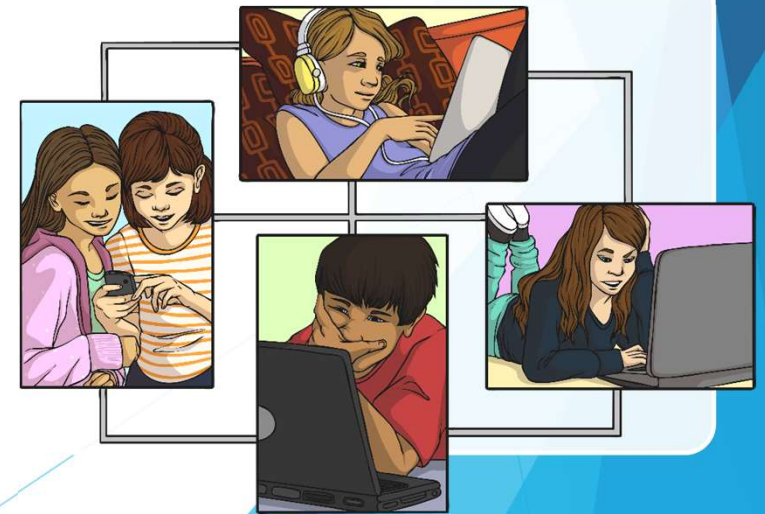
What does your child love doing online?
What services and devices do they use?

The online world can be exciting and inspiring. It has lots of opportunities to offer young people. However it is important to manage and minimise the associated risks.

https://parentzone.org.uk/advice/parent-guides

▶ A great website to find out age ratings, risks and parental controls for some of the latest apps and games.
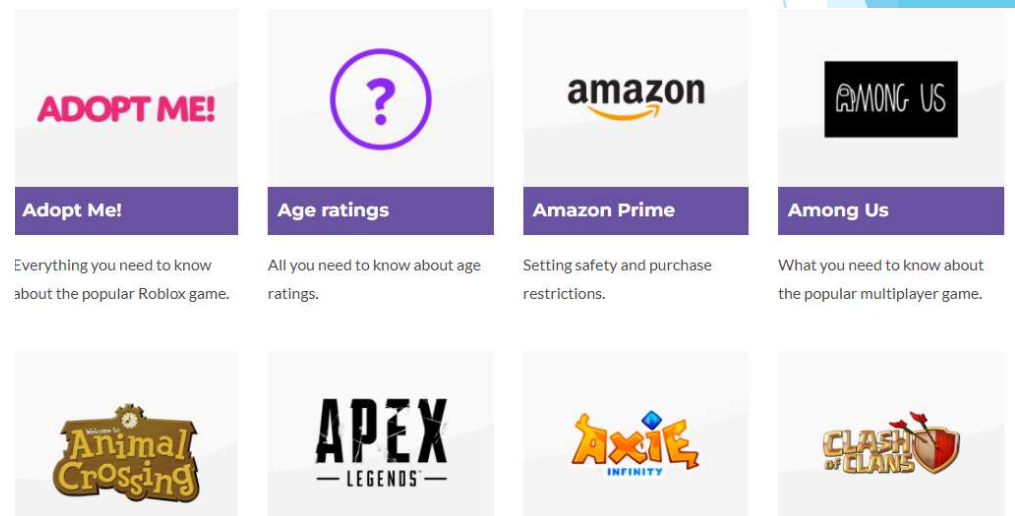
Key information

▶ The type of content your child consumes is far more important than how much time they spend on their screens.

▶ For older children, spending all your time doing any one thing isn't very healthy. Certainly, sitting all day is quite bad for us. But if children are using their screens to make contact with their friends, that may well be the most important and valuable thing for them right now.

▶ The more children are controlled and monitored, the less likely they are to know how to respond when things go wrong. What's more, monitoring doesn't guarantee that they will be protected from risk.

It's important for your child to think about their own screen time. Help them to establish their own boundaries.

CONDUCT

Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet.

It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted.

When using the internet, it's important to keep personal information safe and not share it with strangers.

CONTENT

Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites.

It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias.

There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.

CYBERBULLYING

Cyberbullying is bullying which takes place online or using technology. It is important that young people know what to do if they or their friends are the victims of cyberbullying.

Cyberbullying can happen in many different ways including unkind messages or comments, the sharing of embarassing photos or exclusion from group chats.

Children need to understand that their online actions can be just as hurtful as offline actions and that seeking to deliberately hurt or upset someone is always unacceptable.

ADVICE ON CYBERBULLYING

Discuss cyberbullying with your child - teach the importance of online respect and make sure they know they can talk to you if they have any worries or concerns.

If they are a victim of this type of behaviour:

Do save the evidence

Do report to your school/ the police

Do use online tools to report and block the perpetrator.

Don't deny your child access to a device or service. They may feel punished when they're already the victim.

Don't retaliate.

SEXTING

Sexting is taking and sharing a nude, partially nude or sexually explicit image or video.

If the person in the image is under-18 then it **breaks the law**. The Protection of Children Act states that it is illegal to create, distribute or possess an indecent image of a child, including self-generated images (e.g. selfies).

The police take a common sense approach and are not seeking to criminalise young people, but do have a duty of care if asked to investigate.

In the online world, content can get very far, very quickly and young people need to understand that they may lose control of who else sees their image. This can lead to emotional and reputational consequences.

Sexting is a risk even for younger children. A child with access to a device, who can take a photo and send it on, may not understand the possible consequences and just think they're being funny.

ADVICE ON SEXTING

Discuss sexting with your child - ensure they know that once this kind of content gets out there, it's very difficult to get it back and the consequences of this can be very upsetting.

Make sure they know they can talk to you if they have any concerns or worries.

With younger children, discuss which parts of their body should be kept private.

Do seek advice from your child's school if you need further support.

Do report to the Police or CEOP if you have any suspicions about the involvement of an adult or think you child has been coerced.

CONTACT

It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them.

If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person (including, but not limited to, a request to meet up or a request for images/videos), it's vital that you report it to the police via the Child Exploitation and Online Protection Centre (www.ceop.police.uk).

CEOP REPORT
ceop.police.uk

Have a conversation...

Family agreement...

Consider setting a family agreement to open discussion.
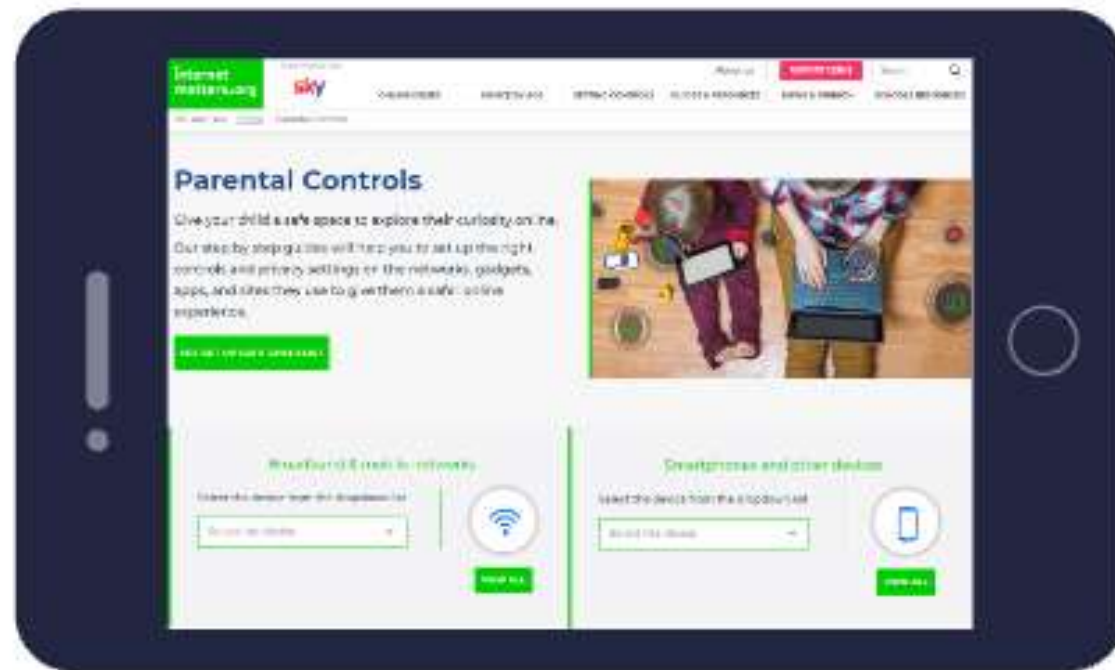
Establish boundaries and your expectations as a family.

Family agreement

childnet.com/resources/family-agreement

Setting...

Filtering software and settings can help block unwanted content.

Look at filters on individual devices and from mobile & internet providers

internetmatters.org/parental-controls/

Setting...

Familiarise yourself with safety and privacy settings on the services your family uses.

Learn how to report, block and mute other users on games and social media.

saferinternet.org.uk/advice-centre/social-media-guides

Settings...

Get involved with your child's life online. Learn about the apps, games and devices they use.

Play their favourite games with them, try out their favourite apps...

net-aware.org.uk

Tips...

Useful links

- https://parentzone.org.uk/advice/parent-guides

- https://www.parents.parentzone.org.uk/more articles/screen-time-everything-you-need-to-know

- https://www.internetmatters.org/