

# Safeguarding Bulletin – Internet Safety Day



**Internet Safety Day Tuesday 9 Feb**  
**An internet we trust: exploring reliability in the online world**

This week your son/daughter will be having an assembly and tutor time about Internet Safety day – there are some resources below and attached for you to get involved as well

1. **Conversation starters** - See the attached sheet to see how you can start conversations with your children about technology in a positive way:

Start the conversation on a positive note:

- ① What do you like most about the internet and why?  
What's your favourite game/app/site?
- ② How does going online make you feel?
- ③ How does the internet/technology make your life better?



While many parents and carers may be worried about their children spending more time online during lockdown, it's important to understand what they're doing online rather than setting limits on their total screen time.

For example, a child may spend hours searching the internet, while another child may spend less time each day talking to people they don't know on a livestreaming or video app.

Asking them about the sites, apps and games they use regularly can be a great way to start a conversation and help you identify any risks in what your child's doing online or who they may be talking to.

# Starting a conversation about online safety

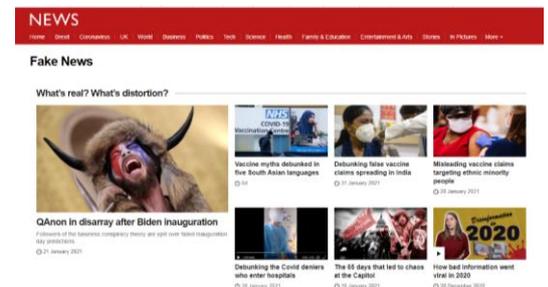
It can be difficult to know how to start talking to your child about what they're doing online or who they might be speaking to. But talking regularly, like you would about their day at school, will help your child feel relaxed and mean that when they do have any worries, they're more likely to come and speak to you. It can help to:

- reassure them that you're interested in their life, offline and online. Recognise that they'll be using the internet to research homework as well talking to their friends.
- ask your child to show you what they enjoy doing online or apps they're using so you can understand them.
- be positive but also open about anything you're worried about. You could say "I think this site's really good" or "I'm a little worried about things I've seen here."
- ask them if they're worried about anything, and let them know they can come to you.
- ask them about their friends online and how they know they are who they say they are.
- listen for the reasons why your child wants to use apps or site you don't think are suitable, so you can talk about these together.
- ask your child what they think's okay for children of different ages so they feel involved in the decision making.



## 2. Create an online safety plan for ALL members of the family to follow – see attached sheet to write up a plan

## 3. Fake news – yes it is out there! How do you spot it?



- Consider the source** Where/who has this information come from and do we have reason to trust it? (E.g. An advert will always want to make the product being sold sound good to convince us to buy it!)
- Consider the motive** Why is this information online? Is someone getting paid to post it, or trying to influence public opinion? (E.g. A political campaign will always want to make it sound like their candidate is the best choice!)
- Consider your own knowledge** What do you know about this already? Does what you see online say the same or something different? Do you know enough to decide whether to trust it? If not, then more research is needed.
- Check several sources** Check another website, watch another video or read a different article. The more sources that say the same thing, and the more reliable those sources, the more likely it is that the information can be trusted.
- What are other people saying?** Reach out to friends or family members to get a second opinion. What are others are saying online in comments, reviews, or ratings? Remember, there is a chance these could be influenced by financial or personal gain too.
- Use a fact-check website** There are independent organisations out there who find, uncover and counter any false or misleading claims going around online. In the UK, this is [fullfact.org](https://fullfact.org).
- Take action** The last thing we want to do is spread inaccurate information further. Consider reporting it, or letting friends and family know it can't be trusted. Maybe leave a comment, but don't share it on!

4. Watch this film to see what children think parents and carers can do to help them online

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-educator/safer-internet-day-films/films-parents-and>



**Useful places to go for information for your son/daughter:**

Samaritans: 116 123

Childline 0800 1111 specifically online safety 0808 800 5002

<https://www.nspcc.org.uk/>

<https://www.thinkuknow.co.uk/>

<https://www.ceop.police.uk/safety-centre/>

<https://youngminds.org.uk/> 0808 802 5544

<https://www.kooth.com/>

<https://www.net-aware.org.uk/>