Safer Internet Day

2024

SAFER INTERNET DAY

What is it?

https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/sid-films-2024

Inspiring change?

Making a difference, managing influence and navigating change online.

In School

https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/sid-films-2024

Key Stage 1

- This film is part of our Safer Internet Day 2024 campaign resource materials. The film is intended for children aged 3-7 and can be used alongside the Safer Internet Day 2024 education packs for this age group.

- The film is made more accessible by using key word signing.

Key Stage 2

- This film is part of our Safer Internet Day 2024 campaign resource materials. The film is intended for children aged 7-11 and can be used alongside the Safer Internet Day 2024 education packs for this age group.

- It aims to support activities and to kickstart conversations around this year's theme of change and influence on the internet. The film explores and stimulates discussion around AI, the change children and young people see online and how they are influenced by it.

Parents and Carers

How to support at home…

- **Safer Internet Day is a great opportunity to focus on online safety with your child**, whatever their age. This year's theme is all about change and influence online and we have created a range of pages to help you talk about these issues and ideas with your child, no matter how much time you have and in an age-appropriate way.

- Safer Internet Day 2024 is celebrated on 6th February 2024, with thousands of people across the UK working together to champion youth voice and engage in conversations about how we can all work together to make the internet a great and safe place.

Things change so fast online, it's hard to keep up with what my child is doing

■ Staying up to date with what children are doing online can feel like a challenge sometimes. However, you don't have to be an expert in every new app or service. Simply having conversations with your children about their lives online, and what to do if they need help or something goes wrong, is what's most important. Here are a few simple steps you can take to help bridge the gap.

Talk little and often

■ Having a regular open dialogue with your children about their favourite apps, the games they enjoy, and their online friends, will help create an environment where chatting about online experiences becomes a normal part of family life.

Stay proactive

■ As a result of discussions with your children about their online activities, take time to research the apps they're using, the accounts or channels they're following, and the games they're playing, to get a better idea of what they're experiencing and what your thoughts are towards it.

Seek support

■ Knowing where to get help is essential. Each app or platform will have its own safety guidelines and reporting features, and having knowledge of how to use these will ensure you can make a report, seek help, and support your child to get the best out of the services they're using.

My child keeps asking to play a game, or download an app that I don't know.

about, what can I do?

The easiest way to address this is to research the game or app before you download it. It's important to know what the age rating is, what kind of content it involves, whether you can connect with other users or players in any way, and if it allows in-app or in-game purchases. Once you have this knowledge, you can decide whether it's suitable for your child.

Three useful websites to help are:

- [Ask About Games](#)
- [Family Gaming Database](#)
- [Common Sense Media](#)

My child is asking for a new device and I'm not sure they're ready for one.

It's important to think carefully before getting any kind of device for your child. Not only can it be an expensive decision, it's also necessary to consider the 5 'Ws'.

What kind of device is it and what level of connectivity does it offer?

Does the device allow you to connect with friends, online friends, and other people you might not know? Our [Parents and Carers Guide to Technology](#) provides specialist advice for phones, consoles, laptops, smart speakers, and TVs, including information on privacy and security settings and how to set them up.

Who will be using it?

Will it be a family owned device, or just for your child? If it's a personal device then it's important that you're aware of the in-built settings that are available, such as the content and privacy restrictions that can help to control things like age ratings, location sharing, downloading, and screentime etc.
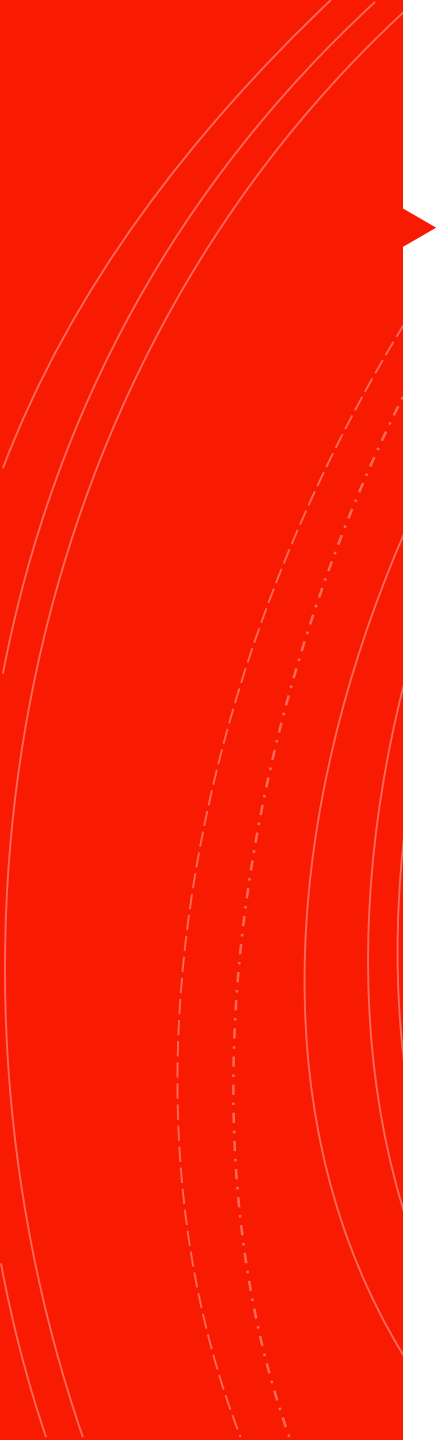
When and where will the device be used?

Is it portable, or will it stay in one place in the home? Will it go into your child's bedroom, or will they take it out and about with them? Creating a [Family Agreement](#) for your technology use can help set out your rules and expectations.

Why does your child want one?

Is this an upgrade to an existing device that might be past its best, or are they asking because, 'all their friends have one!'? As a parent or carer, it can be difficult to explain the cost of new devices and relay your concerns in a child-friendly way. If your child is asking for their first phone, then Childnet's '[First Phone Checklist'](#) has all the advice you need to make an informed decision.

Remember, even if your child is putting pressure on you, as their parent or carer only you know if they're ready to use the device they're asking for, and if they can demonstrate the responsibility and maturity needed to enjoy it safely.

I'm not sure if the content my child is watching is a good influence on them, what can I do?

Children begin to be influenced by the content they watch as soon as they're old enough to go online. They develop strong preferences for their favourite characters, videos, and games from an early age and these preferences can also be influenced by the content that their friends like, and talk about, too.

Watch
The best way to understand the content that your children enjoy is to watch it yourself. It might not be to your own personal tastes, but this will allow you to see what is being said and how this may affect your child.

Talk
If you're worried about it in any way, it's important to talk to your children and let them know what it is that you're concerned about. E.g., if you think it's affecting their behaviour or mood.

Report
If you see anything inappropriate online, that might go against the platform's community guidelines, then it's important to report it (and anyone who is sharing that content too), using the reporting, and blocking tools provided.

What does an influencer do and how can they affect children's behaviour?

Influencers are people who use their internet presence, celebrity status, or relationship with their audience to affect the behaviour of their followers. Influencers can range in popularity, with some having 1,000 followers right up to those with millions of fans.

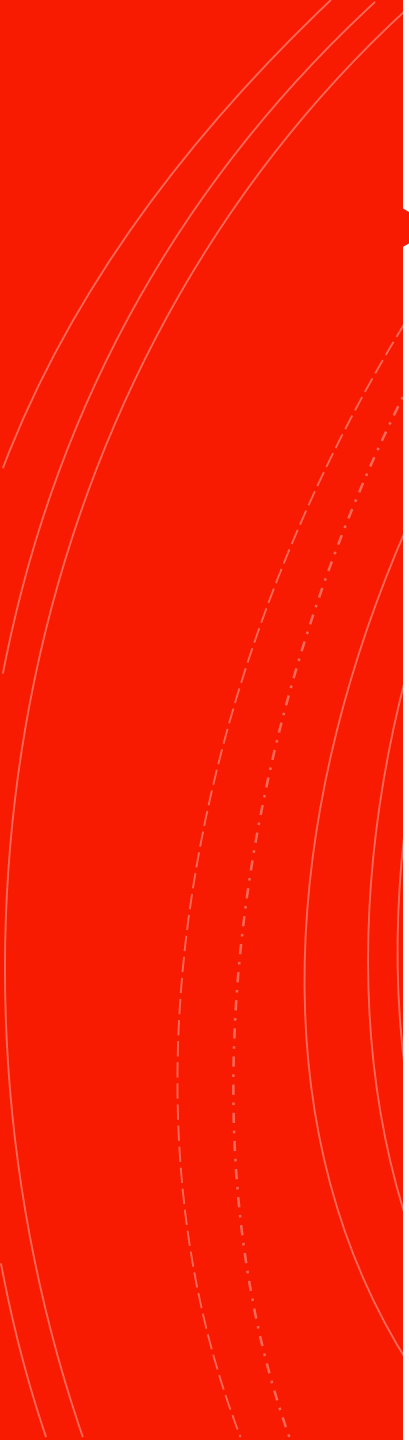Influencers use their platforms in a variety of ways, including encouraging people to:

•buy specific brands, products, or services, that the influencer is advertising

•spend money on other things, for example wanting to replicate the activities or lifestyle that the influencer enjoys

•change people's ideas and opinions about topics, to match the influencer's own values

Influencers often have a large following of people who pay close attention to their views. The content they share can affect a young person's mood and mental health in both positive and negative ways.

Many influencers use their platforms for worthy causes, for example:

•to raise awareness about issues that are hard to talk about

•to fundraise for charity

•to celebrate difference

•to promote social change

However, if you think that the content your child is seeing is affecting them in a negative way, it's important that you talk to your child about it and seek the appropriate help if necessary.

My child is keen to share content and make a change online. How can I help them achieve this safely?

Lots of young people are turning to the internet to talk about issues they're passionate about, to help raise awareness, and promote social change. Creating and sharing content online can be exciting, even more so if it reaches lots of people.
However, it's important that young people consider the messaging and language of their posts, and how it might reflect on them.

Check regularly
A young person's opinions and values might change over time, and the internet never forgets! Encourage young people to regularly check their accounts and delete old posts that they no longer want to share.

Know your audience
Ask your child if they know what privacy options are available, if they're happy with the settings they currently have, and offer help if needed. Knowing who can see your posts helps to keep track of how widely things are being shared.

Be positive
Content posted privately can still be shared further than a young person expects, for example by screenshots being taken. However, if the content is positive and supports a worthy cause then social media platforms can be a great way for young people to be part of supportive online communities with like-minded people.

How to make a report online.

It's important to know how to make a report, so that you know where to go and what to do if your child is upset or worried about something they've seen online.
There are many places you can go to report and get help for yourself and your child, as well as receive ongoing support and reassurance from experts.
Here are some best practice tips for parents and carers, followed by a list of places to turn to:

Know when to report
If you or your child has seen something online that is illegal, upsetting or harmful, then it is always best to report it.
Report to the correct place
Depending on the content, reports need to go to specific places for the correct support. See below for a list.
Understand community guidelines
Many online platforms will have their own community guidelines when it comes to harmful online content. Familiarise yourself with the platform being used, so you know when the community guidelines are violated and when to make a report.
If you have made an unsuccessful report but still feel it violates community standards, you can visit Report Harmful Content for further escalation and review.
Encourage reporting
Ignoring a piece of harmful online content can lead towards others experiencing this type of harm. Encourage discussion around the importance of children and young people reporting upsetting content to a parent, carer, or trusted adult.
Where you can report to
https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/how-to-make-a-report-online

How to find out more about specific issues.

Often, when your child is spending time on new apps or services, or if something goes wrong, we know there are specific issues you will want to discuss with them.
The following list of resources, and support networks, aims to provide you with detailed information so that you feel confident in starting a conversation with your child about anything to do with their life online.

UK Safer Internet Centre Help & Advice & Childnet Help & Advice

https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/find-out-more-about-specific-issues

The internet is a brilliant place to learn and explore,
just remember to always be **SMART**!

IS FOR SAFE

Never give out personal information to strangers on the internet. Personal information includes things like your home address and your birthday.

IS FOR MEET

Never ever meet up with a stranger you have met online unless a parent or guardian has said it is ok and is present. Never, never, never, never, never.

IS FOR ACCEPTING

Don't open emails from people you don't know, they could contain viruses. If you get a strange email from a friend and you think they might have a virus make sure you let them know!

IS FOR RELIABLE

Don't believe everything you read online, check your facts! Did you read it on a reliable website like the BBC? Are other websites saying the same thing? Does it tell you where they got the information from?

IS FOR TELL

If you have an online safety problem, make sure you tell someone. Tell a parent, guardian, or teacher as soon you can.

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