

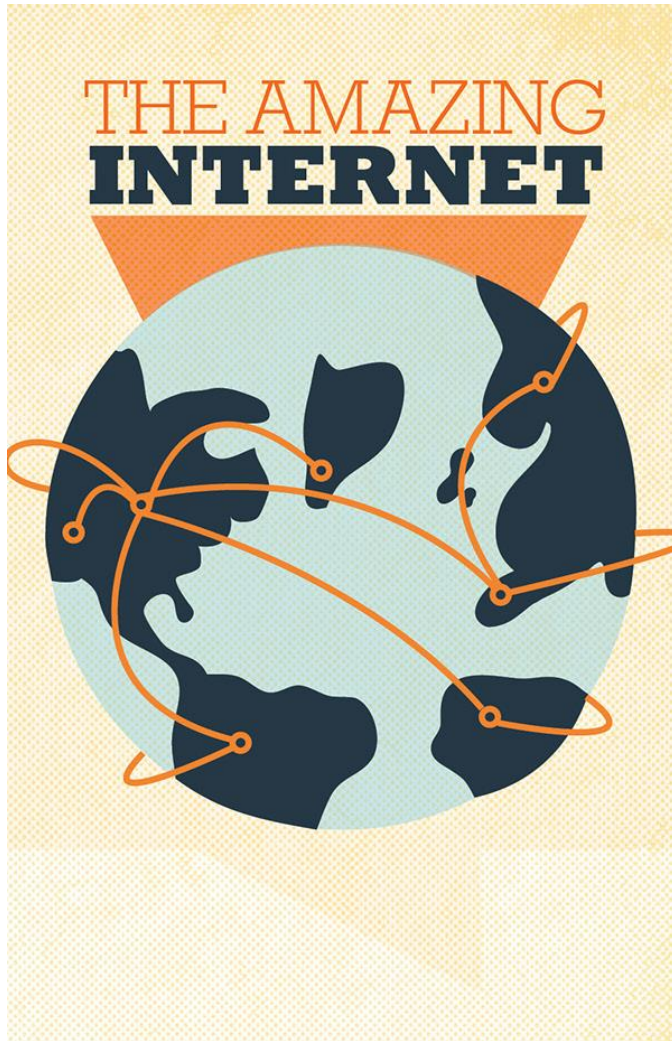


**Keeping Safe Week
2022**

Welcome to our Parent Workshop

Keeping Safe Week 2022

We want to offer you some top tips on how to keep your children safe online.



The internet

It's an amazing place to let your children express themselves, be creative, be collaborative and learn valuable skills.

However, in order for our children to enjoy this amazing resource we also need to teach them how to keep themselves safe and how to respect others.

Conversation starters

It is incredibly important that you talk to your children about their use of technology. Here are some suggestions of some questions to get the conversation going.

Start the conversation on a positive note:

- ❓ What do you like most about the internet and why?
- ❓ How do you have fun using the internet and technology?
- ❓ What's your favourite game, app or website?
- ❓ How does going online make you feel?
- ❓ How does the internet and technology make your life better?
- ❓ Do you most enjoy going online alone, or with other people?



Talk about relationships and communicating online:

- ❓ Who do you communicate with online? What different methods do you use to communicate online? (E.g. in-game chat, video calls, group chats, etc.)
- ❓ What is good about communicating online?
- ❓ What can be challenging about communicating online?
- ❓ What is different about talking to someone online compared to talking face to face?
- ❓ How much can you trust people you only know online?
- ❓ What do you and your friends do to keep yourselves safe and happy, when you are chatting and communicating online?

Talk about respect online:

- ❓ What does respect mean to you? What does it look like online?
- ❓ What does disrespect look like online?
- ❓ What makes a good friend online?
- ❓ What can you do if you fall out with a friend online?
- ❓ Do people disagree more online or offline? Why do you think that is?
- ❓ What could you do if someone you were talking to online was unkind to you, or made you feel worried, upset, or uncomfortable?



More and more games offer the function of being able to talk to other people whilst playing. Make sure you discuss these issues with your children!

Talk about looking after yourself and others online:

- ❓ How do you stay safe online? What tips do you have and where did you learn them?
- ❓ Do you know where to go for help and where to find the safety tools on your favourite apps and games?
- ❓ What could you do if being online is making you feel worse rather than better?
- ❓ What could you do if you saw that a friend online needed some help or support?



Having these conversations with your children, helps them to know where to go when they see or hear something uncomfortable. It means that they know how to behave and that they keep themselves safe.

Activities for 3-7 year olds

Ages
3-7

Whooo helps yooou?

Read the story 'Digiduck and the Magic Castle' with your child:
childnet.com/digiduck-magic

Discuss together how Wise_Owl and Eagle_Owl help Digiduck and his family.

Ask your child: Who helps you when you have a problem online?

Work with your child to write or draw a list of people they could speak to if they had a problem online. This might include you, other family members, a class teacher or trusted family friends. You could even practise what they might say or come up with a code word that everybody knows.

Here are some suggestions of activities that you can do with your youngest children.

The Digiduck Series

Did you know that 'Digiduck and the Magic Castle' is the fourth book in the Digiduck series?

Read all the stories and join Digiduck, Wise_Owl and more on their online safety adventures at:
childnet.com/diglduck.



Activities for 7-11 year olds

Ages
7-11

Childnet SMART Video Lessons

Watch this series of 6 mini video lessons hosted by the Childnet Education Team together with your child. You'll be guided through activities and discussions about different online safety topics. The sessions are aimed at children aged 6-9 and can be found here: childnet.com/resources/video-lessons.



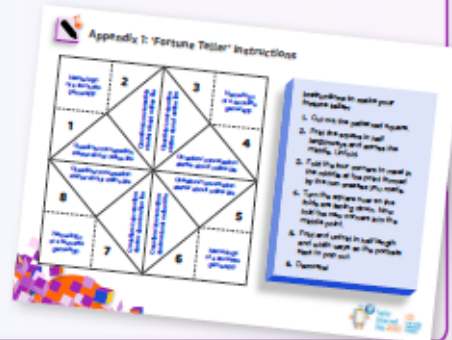
Family Fortunes

Create an origami fortune teller with your child using the template and instructions in Appendix 1. Have them decorate the outside with characters or logos from their favourite apps and games, label the inside with numbers, then write some questions about life online to put under the flaps.

Use the fortune teller by getting a family member to pick one of the characters or apps. Spell out the name and move the teller once for each letter. Then have them pick a number and move the teller again. Then ask them to choose a second number and read the question under the corresponding flap. Use to start a conversation about life online.

Questions could include:

- What's your favourite app/game and why?
- What tips do you have for staying safe online?
- Explain one family rule we have when using our devices.
- What's one thing you would change about how we use devices at home?
- Who can you tell if you have a worry about life online?



Here are some suggestions of activities that you can do with older children.

Apps guidance

Many apps have an age rating.

It is important that you follow these to protect your children.

If you log on to [net-aware.org.uk](https://www.net-aware.org.uk) you can type in the name of any app or game and it will give you the correct age rating.

Here are the age ratings for some social media apps that are prevalent at the moment.

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



13 years old



13 years old



13 years old



16 years old



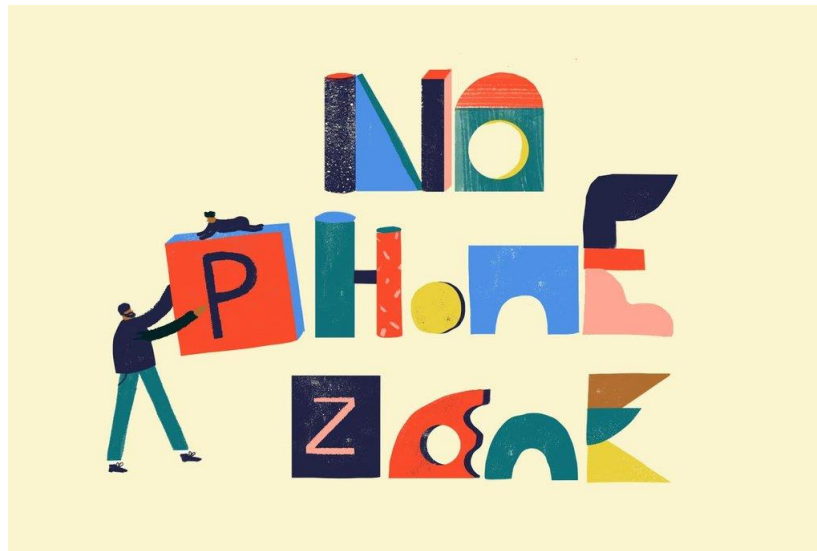
13 years old

Using technology

Physical health and mental health

Important studies have shown that using digital media at night can interfere with sleep quality.

Consider restricting the use of phones, tablets and computers for at least 1 hour before bed. Think twice about letting your child use those devices in his or her bedroom after lights out.



Safety websites

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.childnet.com/parents-and-carers>

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-parent-or-carer>

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