

## What support is there?

There is a lot of support that can be accessed by parents and carers at home.

Safer Internet Centre:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Internet Matters:

<https://www.internetmatters.org/digital-family-toolkit/>

NSPCC- Keeping children safe online :

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

Gov.uk - Child Safety Online: A practical guide for parents and carers whose children are using social media:

<https://www.gov.uk/government/publications/child-safety-online-a-practical-guide-for-parents-and-carers/child-safety-online-a-practical-guide-for-parents-and-carers-whose-children-are-using-social-media>

ThinkUKnow - Parent homepage:

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

BBC Bitesize - keeping safe online:

<https://www.bbc.co.uk/bitesize/topics/zfcvnbk/articles/zkcj92p>



Save the date!

**6th February 2024**  
**Safer Internet Day**

*Inspiring change? Making a difference, managing influence and navigating change online.*



## Safer Internet day

### What is Safer Internet Day?

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively.

Safer Internet Day 2024 is on 6th February and will be celebrated with the theme

*“Inspiring change? Making a difference, managing influence and navigating change online.”*

Safer Internet Day is the UK’s biggest celebration of online safety. Each year we cover an online issue or theme that speaks to the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day will be focusing on change online, this includes covering:

- Young people’s perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline



## For parents and children

### Basic Advice

1. Have the conversation early and often
2. Explore online together
3. Know who your child is talking to online
4. Set rules and agree boundaries
5. Make sure that content is age-appropriate
6. Use parental controls to filter, restrict, monitor or report content
7. Check they know how to use privacy settings and reporting tools.

### Staying Safe

Staying safe on the internet is extremely important. Things to think about:

- Keep electronic devices in common areas
- Keeping track of what your child is looking at (use the browser history)
- Encourage the use of strong passwords to keep personal information safe
- Checking the privacy settings regularly
- Check mobile and tablet devices as well as computers
- Reminding everyone not to click on links we don’t know, including text messages.