



Online Safety Newsletter

Safer Internet Day

Established by the UK Safer Internet Centre (UKSIC), Safer Internet Day is celebrated around the world. This year, on **Tuesday 7th February 2023**, it will be celebrated with the theme:

'Want to talk about it? Making space for conversations about life online'

Safer Internet Day provides us with a great opportunity to have a conversation with our children about their online lives as well as provide us with an opportunity to brush up on our own knowledge of all things online with lots of resources and online activities available.

How can I get involved?

The UK Safer Internet Centre (UKSIC) Resources

As usual, the UKSIC have created some fantastic resources, which includes top tips, quizzes, how to talk about difficult topics and what to do if something goes wrong. Find out more here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers>

Ask the Experts from Internet Matters

On Safer Internet Day, Internet Matters will be hosting a Q&A session on Instagram and Facebook. You can send them your questions and then an expert will answer them throughout the day. You can find out more here:

<https://www.internetmatters.org/safer-internet-day/>

Let's Chat

The NSPCC provide fantastic advice on how to start conversations about Online Safety with your child, including how to tackle difficult conversations. You can find out more here:

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

Join an online safety webinar

For Safer Internet Day 2023, Webwise will be hosting two online safety webinars in February – supporting young children online and supporting teens online.

<https://www.webwise.ie/trending/talklistenlearn-parent-events/>

UKSIC join LFC

Learn about what happened when UKSIC joined up with Liverpool FC. You can also watch a video stream at 10am on SID.

<https://saferinternet.org.uk/blog/uksic-join-liverpool-fc-in-preparation-for-safer-internet-day>

Create a Family Agreement

LGFL have created a Digital Family agreement to help you set ground rules such as how much time your child can spend on devices. Find out more here:

<https://parentsafe.lgfl.net/digital-family-agreement>



Find monthly newsletters with advice and links to online safety resources to support you as digital parents on our website:

www.fir-ends.cumbria.sch.uk/e-safety



Top Tips for Parents and Carers

These top tips have been written for you (parents and carers) to help you support your child to stay safe and happy online.

This Safer Internet Day make space for...

Make space for regular conversations about life online

Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

Make space for enjoying and exploring the online world together!

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

Make space for working as a family to agree expectations for going online

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

Make space for learning about the apps, games and websites your child is using

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

Make space for supporting and reassuring your child if things go wrong

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.