# Safer Internet Day
## Conversation Tips for Parents

Safer Internet Day 2023 | UK Safer Internet Centre

Children are growing up in an ever-increasing digital world and regularly opening up conversations about life online will help them to stay safe when online and feel comfortable discussing any concerns.
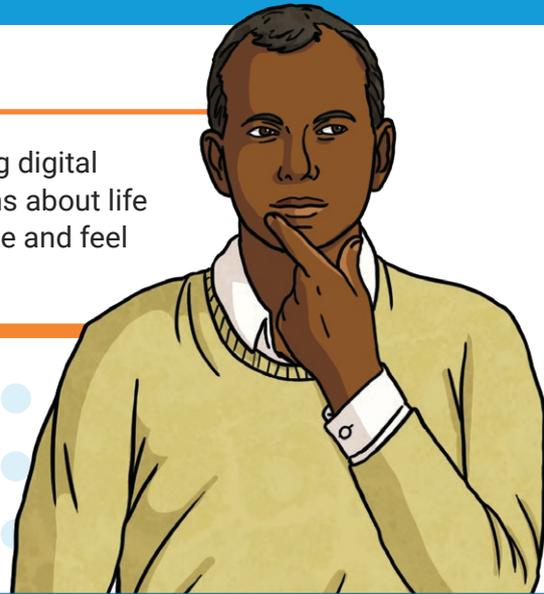
### Ask yourself the following questions:

- How is my child accessing the Internet? Can they access it in more than one way?

- What websites and/or apps is my child using?

- Does my child talk to anybody online? Do I know who they are? Can they be trusted?

- What information is my child sharing online?

Opening up regular dialogue with your child about their Internet use will help your child to stay safe online and to be a responsible digital citizen.

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Conversations about your child's online behaviour should be frequent and not a one-off. These regular interactions should allow children to lead the conversation, ask questions or share any concerns without fear of judgement.
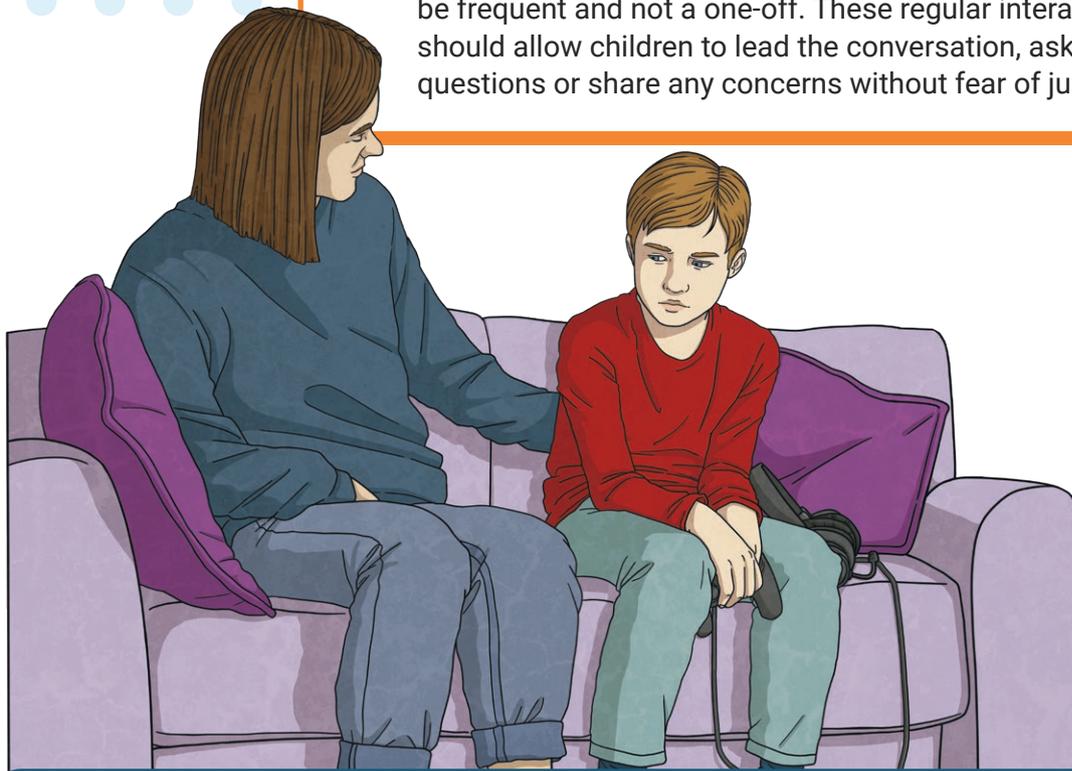
## Tips for Starting a Conversation

- Decide on a relaxed time and space for your conversation. This might be during a car journey, around the dinner table or when playing a board game. Children may find it easier to open up when there is no pressure so consider using a subtle approach.

- Show an interest in what your child is doing online. Children love to talk about something they like doing.

- Keep an eye out for anything happening in the news or on a TV programme that is related to online safety. This might be a useful starting point for a discussion.

- Watch an online safety video together, this might help to open up a discussion and give some really useful advice.

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### Setting Boundaries

- Alongside regular discussions about online safety, you may find it useful to set some boundaries to help keep your child safe.

- Setting parental controls on your child's devices allows you to monitor and limit their activity. Some parental controls set daily time limits on different apps or websites.

- Try to lead by example when setting rules about when devices can and cannot be used, such as during mealtimes and before going to sleep.

- Discuss what information is safe to share online and be clear on what information your child should and should not share online

- Depending on the age of your child, it could be worth discussing rules and boundaries before implementing them.
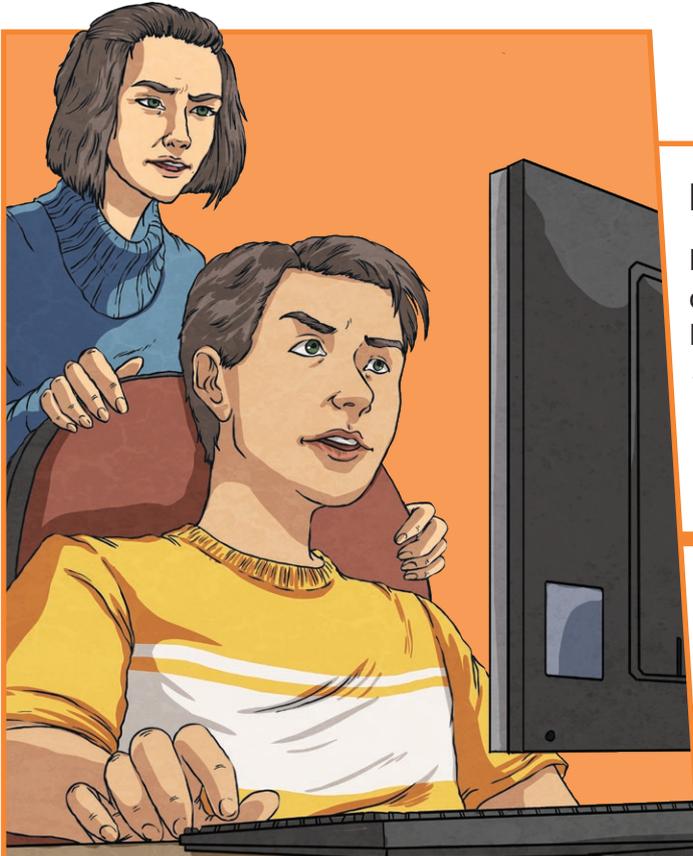
### Further Advice

For any further advice on helping your children stay safe online, UK Safer Internet Centre have created some free activities and information for parents and carers. These can be found at: **saferinternet.org.uk/guide-and-resource/ parents-and-carers**.

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You may find starting a conversation about online safety a little daunting. Below are some useful question prompts to help you get started.

## What are your favourite things to do online?

Start a discussion by asking your child what their favourite apps or websites are. Ask them to share them with you and give your child time to talk about what they can do on them and why they like them so much. This may be a good opportunity to explore the apps or websites with them and whether they are age-appropriate.

## Do you talk to people online?

Ask your child if they talk to people online. Ask them to show you what apps or websites they use to talk to people online. Discuss whether they know these people offline. Use this as a starter to discuss the importance of only talking to people online that you know and trust and not saying anything online that you wouldn't say in person.

## What should you do if you see something online that upsets you or makes you feel uncomfortable?

Use this as a prompt to discuss what your child should do if they experience something online that upsets them. Discuss the importance of talking to you or another trusted adult, they will not be in trouble and you are there to help them.

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