

## What is Safer Internet Day?



Safer Internet Day 2019  
Tuesday  
5th February 2019

Safer Internet Day is celebrated globally in February each year in over a hundred countries to promote the safe and positive use of digital technology for children and young people and inspire a national conversation. Coordinated in the UK by the UK Safer Internet Centre the celebration sees hundreds of organisations get involved to help promote the safe, responsible and positive use of digital technology for children and young people.

**Safer Internet Day is a fantastic opportunity to reflect as a family about how you can use the internet and technology safely, responsibly and positively. Whether you are a parent, grandparent, foster carer, aunt, uncle or older sibling – we can all play a role in empowering children to enjoy their time online!**







## What messages are covered this Safer Internet Day?

This year, the UK Safer Internet Centre is particularly focusing on how consent works in an online context and exploring how young people ask, give, and receive consent online. This could be in their friendships or relationships, how they take and share images and videos or how they manage their privacy and data. This pack has been created to support your family in having conversations and taking part in activities which will have a positive impact on your online experiences.

## About this pack

This pack for parents and carers includes ideas, information and activities to help you talk to your children about how to use the internet and technology positively and safely.

This pack contains:

|  |                                    |   |
|--|------------------------------------|---|
|  | <b>Conversation starters</b>       | Helpful questions and phrases to help start a conversation with young people about online safety.   |
|  | <b>Quick activities</b>            | Fun activities that you can do together to explore ways to stay safe and positive when using technology.  |
|  | <b>Fun things to do</b>            | Online activities and resources for parents/carers with younger children.   |
|  | <b>Family internet safety plan</b> | A plan to help your family shape the way you will use the internet and technology safely, responsibly and positively.                           |
|  | <b>Factsheet</b>                   | Useful sources of advice and information online, including how to report issues.  |
|  | <b>Get involved</b>                | Tips and information on how you can play your part and share messages about Safer Internet Day with people you connect with online and offline. |

## Further information

More information about Safer Internet Day and activities taking place across the UK to mark the day can be found at [www.saferinternetday.org.uk](http://www.saferinternetday.org.uk).

For more information and advice on helping young people to stay safe online, please visit [www.saferinternet.org.uk/parents-and-carers](http://www.saferinternet.org.uk/parents-and-carers).

To join in the conversation on social media use the hashtags **#SaferInternetDay2019** and **#OurInternetOurChoice**.

Safer Internet Day 2019 - Together for a better internet