

★ Safer Internet Day 2019:



Together for a better internet

This year's Safer Internet Day (SID) celebrations will take place on Tuesday, 5 February 2019. The campaign is organised by the Safer Internet Centre and this year's slogan, "Together for a better internet", is a call to action for all of us to join together and play our part in creating a better internet for everyone, and especially for younger users.

Safety Net is a local children's safety charity, working with schools across Brighton & Hove. We are committed to doing our part to help keep children safe online and are delighted to be supporting Safer Internet Day 2019.

www.saferinternet.org.uk/safer-internet-day/2019



Last year we delivered online safety workshops to 1008 children and 80 parents and carers in schools across the city. We found that children, who would usually speak to adults about things that are worrying them, are not always talking about difficulties they experience online or when using screens.

How can you help? We want adults to ask children and young people about their online world as often as possible. This is a hugely neglected area and often parents and carers don't feel confident to do this because they know less about the online world than their children. The important thing is to be interested and listen. If we can start the conversations when things are going well it is much easier than when things go wrong. Safer Internet Day has produced a conversation starter document to help you. [Click here](https://tinyurl.com/ydcjqfcw) or visit: <https://tinyurl.com/ydcjqfcw>



- What do you like most about the internet - and why?
- What's your favourite game/app/site?
- How does going online make you feel?

More info on the next page >>

★ Making an Internet Safety Plan

We also recommend completing an Internet Safety Plan as a family, the Safer Internet Centre has one for you to complete with your child. **Click here to view or visit:**

One of the questions on it is: "What should we do if something worries, upsets or confuses us online?". The answer can be baffling for parents and carers who aren't always sure themselves what to do. Technology is constantly changing and with the best will

in the world, there are times when a child may see something they don't like. It is best to try not to overreact as we know that if technology is confiscated then children are unlikely to tell adults again if there is a problem.

The most helpful thing is to 'have a plan' for when things go wrong. This plan needs to ensure that if your child does feel in 'trouble' they will feel confident to tell you again and again if they need help with their online world.

★ Four point plan

- 1. Thank your child** for showing/telling you about the problem as it will make the internet a better place for all.
- 2. Work out a solution together,** involve your child in the problem solving or tell them how you solved it. This could be reporting an individual/image/video or blocking sites.
- 3. If you are not sure what to do seek help and advice.** NSPCC and Childline have helplines and chat facilities where you can log on together (see list below for contact details)
- 4. Check in with your child** that the issue has been resolved.

Ask us a question:

If you have an online safety concern or question, please email them to us at newsletter@safety-net.org.uk and we will do our best to answer them in our next 'Safety Rocks' newsletter which will be out after half-term.

★ Useful websites and helplines

NSPCC: web: <https://nspcc.org.uk/> & helpline (for adults concerned about a child) **0808 800 5000**

Thinkuknow: www.thinkuknow.co.uk/parents - used in schools and the place to start.

Childline: **0800 1111** (for children to call) / web: www.childline.org.uk - your child can contact anytime - calls are free and confidential. Online counsellor available 24 hours a day.

Common Sense: www.common sense media.org - honest reviews of games, apps and films by parents and children

Helping Kids Stay Safer Online. www.o2.co.uk/help/nspcc - the NSPCC joined forces with O2 to provide parents with the skills and tools to help keep children safe online.

Internet Matters: www.internetmatters.org - helping parents keep their Children Safe Online.

More useful web-sites can be found by clicking here or visiting this link: <https://tinyurl.com/ycdbymbtk>

Most importantly, the internet is a wonderful creative and educational place – enjoy it and do keep involved in your child's online life.