

These activities complement some of the activities that your child may take part in on or around Safer Internet Day in their school, club or local group. The below activities are sorted by age and provide a great opportunity to discuss online safety with your child and reinforce messages they may have also heard from other trusted adults.

& R P S O L P H Q W V \$ J H V

Explain to your child that you are going to practice giving a compliment. A compliment is when you say something nice about someone else e.g. I like you because you are kind to me. You can give people a compliment online as well as in person. You can give people a compliment online as well as in person.

Show or read out the compliment starter sentences below and ask your child to choose one and finish the sentence.

- I like you because _____
- Thank you for _____
- I like the way you _____
- It was kind of you to _____
- You were a good friend to me when...

Who did they pay the compliment to? Who might they pay the compliment to online (e.g. in a game)? Would the compliment be the same or different?

Encourage your child to try out some different sentences. They might say to different people; both online and offline.

' L J L W D O P
G L J L W D O W
\$ J H V

Look at \$ S S H Q G L [] with your child and ask them to sort the statements into digital myths or digital truths. Discuss with them the implications of these digital myths or how people feel about them and the choices they make online.

What advice would they give to a friend who has believed some of these digital myths? What could they say to help them change their mind?

+ R Z G R H V E H L Q J
P D N H \ R X I H H O

Print out \$ S S H Q G L [] and ask your child to colour in the online experiences based on how each one makes them feel. Talk to them about why they coloured the experiences the way they did; what do they think makes them feel that way about that activity?

Talk with and remind them about what they can do if something ever worries or upsets them online;

- Talk to an adult you trust
- Report any content you are concerned about to the reporting networks www.saferinternet.org.uk/safety-tools
- Contact Childline on 0800 11 11 or www.childline.org.uk

3 R V W S R V L W
(Ages 11-18)

Show your child \$ S S H Q G L [] and ask them what positive alternatives they could offer to the different online behaviours listed. How could they help their friends online to make these positive choices? Can they think of a way they could share these suggestions further using the internet; e.g. through social media, campaigns, online groups/forums?



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Colour code the online experiences below using the colour which best reflects how they would make you feel. Discuss with others how each of the experiences would make you feel and how you could improve your online experience.

BRGRH
EG :RHG
HSSNHQRWDIIHFWHG

- Receiving comments on your pictures within an hour
- Someone writing a joke under your picture
- Receiving negative comments
- Reading the comments section under a news story
- Watching a funny video
- Receiving no likes on your picture after 20 minutes
- Seeing quotes being posted online
- Seeing two people argue over comments
- Posting something different to what you would normally
- Seeing that you have fewer followers than others
- Seeing someone share online that they are feeling sad
- Posting a picture
- Seeing you have a notification on your profile
- Changing your profile picture
- Getting a message from someone new
- Having someone unfriend or block you
- Receiving a new friend request
- Being included in a tag on a meme

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Safer
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Day

6 February 2018

SSA

NO FOMO

DRAMA

Sort the statements below into digital myths or digital truths. Considering whether you think the statements about online life are true or false.

The more followers you have the more popular you are

true or false

Everyone is happy online

true or false

The internet is a great source of information

true or false

If you don't get likes on your picture then you should delete it

true or false

If you don't upload a picture then it didn't happen

true or false

Its more important how you look online than offline

true or false

Emojis help us to communicate feelings online

true or false

You can tell when someone is joking online

true or false

Everyone loves social media and being online

true or false

The internet impacts on your sleep

true or false

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Read the online choices below and give a suggestion for how they could be improved in order to encourage positive posting.



Someone writes something mean under your post so you respond to defend yourself straight away

You don't receive any likes on your picture so you delete it

Everyone seems to have more followers than you, so you change your account to public

Everyone's pictures look really good so you start to edit yours before posting

You send your friend a message but they still haven't responded even though they have been online so you get really angry

You see that your friend has shared online that they are feeling down but you ignore it

You see that your friend always gets loads of likes on their pictures so you think you're not as good as them



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