

SAFER INTERNET DAY: TUESDAY FEBRUARY 9TH 2021

The theme of **Safer Internet Day 2021** is: *“An internet we trust: exploring reliability in the online world”*.

The aim is to celebrate the amazing range of information and opportunities online and its potential to inform, connect and inspire us, whilst also looking at how young people can separate fact from fiction. The campaign focuses on how we can decide what to trust online, supporting young people to question, challenge and change the online world for the better. It explores how influence, persuasion and manipulation can impact young people’s decisions, opinions and what they share online. It looks at the emotional impact navigating a misleading online world can have on young people and why it is important to create a supportive, critical and questioning culture online that encourages debate and discussion. Hopefully young people will be able to develop the skills to support one another, and the strategies to spot and speak out against harmful and misleading content online.

Helpful resources: <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-parent-or-carer>

Helpful videos: <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-educator/safer-internet-day-films/films-parents-and>

TALK TOGETHER

Communication is the key to identifying online misinformation....

Talk regularly with your child about how they use technology and where they go for information online. Discuss who they follow, what types of adverts they see, and what stories they find surprising or suspicious. Listening to your child will give you the best possible idea of how you can support them.

SET AN EXAMPLE

Show your child how you question and evaluate online content....

If you come across a fake news story, or get sent a phishing email, discuss with your child how you spotted it and what you did. Why not ask them for a second opinion? Your child may have already heard about it or seen something similar, and if not, it’s a learning opportunity for both of you.

CHECK IN WITH YOUR CHILD

How does misleading information they see online make them feel?

False and misleading content online can be upsetting and confusing, e.g. harmful claims that target specific groups, or unhealthy lifestyle tips. Young people may feel powerless when faced with the amount of unreliable content they see. Regularly check-in with your child about their online life and ask them how what they see makes them feel. This is an issue that affects all of us. Reassure your child that you are there to talk about things that upset them and to support them with how they feel.

THINK BEFORE YOU SHARE

Fact-check and reflect before sharing content, posts or pictures....

It can be tempting to share surprising or attention-grabbing online content with your child or your family group chats, but make sure to fact-check these links before you do. As it’s come from a parent, some children may believe it without questioning it, and older children may find it difficult or awkward to point out if it is false or misleading.

SEEK HELP AND SUPPORT

Ask other parents how they address misleading online content....

Just as we ask young people to talk about what they are unsure of, make sure you do too! Chances are that you’ll find other parents or carers who are trying to figure out how to help their family avoid false information and get the most out of the internet.