



## #Safer Internet Day 2017 – Top Tips for Young People and Parents

### How can young people 'Be the Change'?

- **Be kind:** use images and videos to make a positive impact, and think carefully about the impact on others before you share something online.
- **Be a critical thinker:** seeing is not believing... when you see something online take a moment to see the full picture.
- **Be you:** technology provides a powerful way to express yourself. Think about what your images and videos say about you, are you happy with the story you are telling? Don't be pressured into doing something online you don't feel comfortable with.
- **Be a digital citizen:** report anything you see online, including images and videos, which are offensive, upsetting or inappropriate. Speak to a trusted adult if something worries you.
- **Be a good friend:** look out for your friends online and make sure you are only posting images and videos that they would want to go online.
- **Be the change:** use the positive power of images and videos to help create a better internet.

**Check out these top tips and resources below to help you make a positive change online, to stay safe and to help your friends!**

#### 1. Be the change

Play your part in making the internet a better place. Be positive, show respect and help people if they are upset.

#### 2. Be sensible

Always tell a trusted adult if you are ever worried or upset by something that happens online. They are always there for you to ask for help if you are unsure about anything you see online.

Watch our SID TV film for 5-7 year olds to hear Red and Murphy's advice about watching videos online: <https://vimeo.com/195924633>

## Be careful

Keep your personal information safe and check with an adult before you share anything online. Personal information includes your email address, phone number and password.

### 3. Be aware

Make sure you know the rules about how to behave and stay safe on the sites, games and apps you use. Look out for buttons that let you block, mute and report other users who aren't behaving.

### 4. Be a detective

The internet is full of brilliant things to watch, explore and learn from but not everything or everyone online can be trusted. Think carefully by checking at least three different websites for your information and talking to someone about what you have seen to see if they agree.

### 5. Be safe

Never agree to meet up offline with someone you only know online. No matter how friendly they might seem or how well you think you know them, they are still a stranger. Always tell a trusted adult if someone online asks to meet up.

## How can parents and carers 'Be the Change'?

- **Be engaged:** talk regularly with your children about how they use technology, and find out what their digital life is like, including how they communicate using images and videos. Perhaps you can start off by discussing your favourite emojis?
- **Be curious:** technology continually changes, and while you don't need to be a tech expert, you do need to be curious about the apps and services your children use, how they are used and what safety tools they have available.
- **Be there:** the most important thing is to ensure that you are there if something goes wrong. Your child might be very embarrassed to discuss the issue they are facing so reassure them that they can turn to you no matter what.

