



An internet we trust

Exploring reliability in the online world



Safer
Internet
Day 2021

UK Safer
Internet
Centre

Conversation starters



Safer Internet Day 2021 is a fantastic opportunity to have a conversation with your child around this year's theme, **'A internet we trust: exploring reliability in the online world.'**

Use the questions below to help you get started with discussions around how we can all use the internet safely, responsibly, and positively.

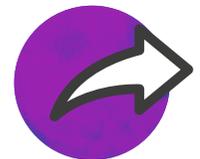
Start the conversation on a positive note:

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



Talk about sharing online:

- ? What is okay/not okay to share online? Why?
- ? What should we do before sharing things online?
- ? Can people say/do whatever they want online? Why/why not?
- ? What do we do if someone shares something about us that we don't like?
- ? How do you feel about your parents/carers sharing things about you online and vice versa?





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Talk about trust online:



- ? Can we trust everything we see online?
- ? Where do you go online to find trustworthy information?
- ? How do you know if you can trust something you are looking at online or not?
- ? What questions should we ask about things online before we trust them?
- ? What can you do if you see something online that you are not sure if you can trust or not?
- ? How much can you trust people you only know online? What is different about talking online to someone compared to talking face to face?

Talk about looking after yourself and others online:

- ? How do you stay safe online? What tips do you have and where did you learn them?
- ? Do you know where to go for help and where to find the safety tools on your favourite apps and games?
- ? What could you do if being online is making you feel worse rather than better?
- ? What could you do if someone was unkind to you online?
- ? What could you do if you saw a friend online needed some help or support?

