

Our young people need to:

- Be as safe as possible online
- Have healthy and positive digital lives
- Be respectful when they create and share online.

Create, Connect and Share Respect:

A better internet starts with you.

As Parent/Carers you should pay attention to the four C's of online risks, dangers and harms:

- **Content**—What are they being exposed to or sharing?
- **Contact**—Who are they talking to?
- **Conduct**—Is their behaviour appropriate?
- **Commercialism**—Pop up adverts, marketing/hidden cost.

For more information and further advice:



www.saferinternet.org.uk/parents

www.childnet.com



www.iwf.org.uk



If you suspect it report it. Look for and click on the eye:



**CITY
ACADEMY**

Information for Parents and Carers



Safer Internet Day

2020 | Tuesday 11 February

Together for a better internet

DELIVERING A CORE EDUCATION

Here At City Academy we believe it is extremely important that our young people know how to protect themselves whilst online.

This year, we are celebrating national **SID (Safer Internet Day) 2020** and we would like to share this day with you as parents/carers.

Whether you are a parent, grandparent, foster carer, aunt, uncle or older sibling we can all play a role in empowering children to enjoy their time online! We hope you will use this fantastic opportunity to have a conversation with your children about being safe, responsible and positive online.

This is about us helping young people live their best digital life and having a healthy digital wellbeing.



#ItStartsWithUs

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Technology is changing and updating faster than most of us can keep up with. Unfortunately with this comes the potential for 'Online Exploitation' of our young people. Online exploitation can be sexual, emotional, physical, radical and or reputational.

To understand 'Online Exploitation' as parent/carers we need to be aware of the risks, dangers and harms.

Risk - Downloading and using applications, websites or operating systems (Windows, iOS, Android).

Danger - Illegal or inappropriate online behaviour as a result of contact, online conduct or content.

Harm - Emotional, sexual, physical online exploitation, online radicalisation and online reputation damage.



#SID2020

We encourage our parent/carers to have these conversations with their children about their online activities. Why not try some of these conversation starters:

Do you like to be creative online? What have you creat-

What do like most about the internet and why?

Who do you do keep in touch with the most online?

What apps do you use the most?

Do you know where to go for help when using different apps?

What type things do you post online?

Do you think we can all do/say whatever we like online? Why/why not?

Do you ever think you are online too much?

How does being online make you

Have you ever felt dissed whilst online? What have you done about it?

Who do you look up to or follow online? Do you respect/like them? Why?