



## 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.

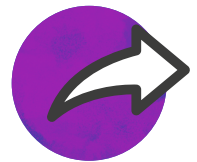
### Start the conversation on a positive note:



- ? 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?

