

Ideas from the UK Safer Internet website to support parents and carers:

A better internet starts with you...

1. It starts with an open and honest dialogue.

Talk regularly with your child about how they use technology, and find out what their digital life is like, including what their favourite sites and services are and also how being online makes them feel. Not sure where to begin? Have a look at our suggested conversation starters for parents.

2. It starts with a balanced approach.

As parents it's natural to feel worried about the risks posed by your child being online, but for young people the online world is exciting and fun, as it brings so many opportunities for them. Connect with your child by asking them to share with you their favourite things to do online, as well as discussing the risks they might come across. Use our quick activities as a family this Safer Internet Day.

3. It starts with using the tools available to help you.

There are lots of tools to help you manage the devices used by your family. For example, knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online. For advice and guidance on how to make use of parental controls and other safety features on devices, check out our free Parents' Guide to Technology and see more advice in our advice centre for parents and carers.

4. It starts with knowing where to get help.

It can sometimes feel like young people are the experts in all things online, but remember – you are the life experts. You are always there to help your child but make sure you know how to get support too by visiting our Need Help? page. You can find more information about how you can help your child stay safe online by using features such as privacy settings on social media and understanding how to make a report on a range of apps, games and services.

5. It starts with a family agreement.

The online world is an increasingly large part of modern family life, so it makes sense to approach it as a family too. Why not make a pledge together on how as a family you're going **to use the internet** safely and positively? If you need help with this, have a look at our family pledge card for a great way to ensure that everyone is on the same page.