

These activities can be run at home to complement the activities your child may take part in for Safer Internet Day in their school, club or local group.

The below activities are sorted by age and provide a great opportunity to discuss online safety with your child and reinforce messages they may have also heard from other trusted adults, e.g. teachers.



Yes or no? (Ages 3-7)

Ask your child to think about all the different ways we can say 'yes' or 'no'. Encourage them to think about verbal and non-verbal ways for both online and offline, e.g. giving a thumbs up offline or clicking on a tick button online.

Next look at the images on [Appendix 1](#) and decide whether by clicking on these buttons you would be saying yes or no to something online. Follow up by discussing what we should click yes to and what we should click no to or check first. You may wish to also complete the ['Family Internet Safety Plan'](#) within this pack.

What would you do? (Ages 7-11)

Get your child to think about how they would respond to online scenarios and help them to come up with a plan of action using [Appendix 2](#).

You could also create your own scenarios as a family and decide what you would do next. These could be added in to the ['Family Internet Safety Plan'](#) within this pack.

App Attack (Ages 11-14)

Use this Safer Internet Day as a chance to go through your current apps, online accounts and subscriptions. Clear out any old posts or contacts you no longer wish to keep and spend 10 minutes having a closer look at those terms and conditions and privacy policies. It's a great time to go through your privacy settings and ensure everything is in order. It might even be the time to deactivate any old accounts that are still lingering.

You can find out more on how to control your settings and keep your information safe by visiting www.saferinternet.org.uk/safety-tools

No Data Day (Ages 14-18)

As a family challenge yourselves to go data free for a day. Discuss - How would you do this? Is it even possible? What would you have to do/not do in order to be data free? Is it practical to be data free? Does it even matter to you?

Use these questions to discuss how much data we generate in one day and what happens to that data. You could use it as a chance to go through the settings of your favourite apps like in the [App Attack](#) activity for 11-14 year olds.

Yes or No? (Ages 3-7)

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What would you do? (Ages 7-11)

What would you do next in each of these scenarios about technology and the internet?

This happens online...

Your parent/carer shares their favourite picture of you on their social media, but you don't like it.

You give your phone to a friend to take a photo of you and they start looking through all your other photos as well.

You've invited your friend to join your online game and they invite some other people to join as well.

You download a new game and a window appears asking for permission to know your location.

Your parent/carer agrees to let you go on their phone, but is angry when you go on their emails.

Your older brother or sister posts an embarrassing video of you dancing on their social media.

Your friend's parents won't let them have their own phone, so they ask if they can have your old one.

What would you do?

Questions to ask as a family:

- ▶ Do you need to ask someone for permission in any of these situations?
- ▶ Should someone have asked you for permission in any of these situations?
- ▶ Has permission already been given or denied in any of these situations?
- ▶ How can someone decide when they should or shouldn't give permission?
- ▶ What can you do if something upsets you online?
- ▶ How can you resolve a situation where you've made a mistake?
- ▶ What could you do if somebody else has done something without your permission?

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