



# Quick Activities

## Parents and Carers Pack

These activities complement some of the activities that your child may take part in on or around 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.

### Compliments (Ages 3-7)

Explain to your child that you are going to practice giving a compliment. A compliment is when you say something nice to someone else e.g. I like you because you are kind to me, or you were a good friend when you shared your toy with me. You can give people a compliment online as well as face to face.

Show or read out the compliment starter sentences below and ask your child to choose one and finish the sentence:

- I like you because...
- Thank you for...
- I like the way you...
- It was kind of you to...
- You were a good friend to me when...

Who did they pay the compliment to? Who might they give a compliment to online (e.g. in a game)? Would the compliment be the same or different?

Encourage your child to try out some different sentences they might say to different people; both online and offline.

### Digital myth or digital truth? (Ages 11-18)

Look at **Appendix 2** with your child and ask them to sort the statements into **digital myths** or **digital truths**. Discuss with them the impact of these digital myths on how people feel and the choices they make online.

What advice would they give to a friend who believed some of these digital myths? What could they say to help them change their mind?

### How does being online make you feel? (Ages 7-11)

Print out **Appendix 1** and ask your child to colour code the online experiences based on how each one makes them feel. Talk to them about why they coloured the experiences the way they did; what do they think makes them feel that way about that activity?

Talk with and remind them about what they can do if something ever worries or upsets them online;

- Talk to an adult you trust
- Report any content you are concerned about to the networks [www.saferinternet.org.uk/safety-tools](http://www.saferinternet.org.uk/safety-tools)
- Contact Childline on 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

### Post positively (Ages 11-18)

Show your child **Appendix 3** and ask them what positive alternatives they could offer to the different online behaviours listed. How could they help their friends online to make these positive choices? Can they think of a way they could share these suggestions further using the internet; e.g. through social media, campaigns, online groups/forums?

# Appendix 1

## Quick activities

### How does being online make you feel?

**Task:** Colour code the online experiences below using the colour which best reflects how they would make you feel. Discuss with others how each of the experiences would make you feel and how you could improve your online experience.

#### Colour code

**Red = Angry**      **Orange = Worried**  
**Yellow = Happy**    **Green = Not affected**

Receiving comments  
on your pictures  
within an hour

Someone writing a  
joke under your  
picture

Receiving negative  
comments

Reading the  
comments section  
under a news story

Watching a funny  
video

Receiving no likes on  
your picture after 20  
minutes

Seeing quotes being  
posted online

Seeing two people  
argue over  
comments

Posting something  
different to what you  
would normally

Seeing that you have  
fewer followers than  
others

Seeing someone  
share online that they  
are feeling sad

Posting a picture

Seeing you have a  
notification on your  
profile

Changing your  
profile picture

Getting a message  
from someone new

Having someone  
unfriend or block  
you

Receiving a new  
friend request

Being included in a  
tag on a meme



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# Appendix 2

## Quick activities

### Digital myth or digital truth?

**Task:** Sort the statements below into digital myths or digital truths. Considering whether you think the statements about online life are true or false.

The more followers you have the more popular you are

true or false

Everyone is happy online

true or false

The internet is a great source of information

true or false

If you don't get likes on your picture then you should delete it

true or false

If you don't upload a picture then it didn't happen

true or false

It's more important how you look online than offline

true or false

Emojis help us to communicate feelings online

true or false

You can tell when someone is joking online

true or false

Everyone loves social media and being online

true or false

The internet impacts on your sleep

true or false



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# Appendix 3

## Quick activities

### How to post positively

**Task:** Read the online choices below and give a suggestion for how they could be improved in order to encourage positive posting.

#### Instead of this...

Someone writes something mean under your post so you respond to defend yourself straight away

You don't receive any likes on your picture so you delete it

Everyone seems to have more followers than you, so you change your account to public

Everyone's pictures look really good so you start to edit yours before posting

You send your friend a message but they still haven't responded even though they have been online so you get really angry

You see that your friend has shared online that they are feeling down but you ignore it

You see that your friend always gets loads of likes on their pictures so you think you're not as good as them

#### Try this.....