

Online safety at home:

Safer Internet Day



Tuesday 9 February 2021

With the majority of pupils now learning from home, you will be spending more time online doing your school work, playing games or socialising. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can help ourselves stay safer online during this lockdown, and always. Here's some information about things you may enjoy online and what you can do to help keep yourself safer:

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect yourself, watch this short video with your parents or trusted adult:

[In-game chat: a guide for parents and carers](#) .

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are more risky than others.

For information about the contexts in which images are shared and how best to respond, take a look at this video with your parents or trusted adult [nude selfies: a parents guide](#).

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.



Steps you can take to help keep yourself safer online

Have an ongoing conversation with your parents or an adult you trust: Continue to talk about the apps, games and sites you like to use, and what you like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report..

Make sure you know where to go for support: You can always speak to your parents or an adult you trust if anything happens online that makes you feel worried or upset. You won't be in trouble they are there to help.

Make sure you know about NCA CEOP: You can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

Together for a better internet

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This year, Safer Internet Day explores reliability online. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction?

Question the source

Checking the source can help you make a judgement on whether the information they are sharing is trustworthy. Consider where the information has come from and if you know the person or company sharing it. This could give you a reason to be suspicious or to feel that you can trust it. Can you find the same information somewhere else? The more sources that say the same thing, and the more reliable those sources, the more likely it is that the information can be trusted. Watch this [short video](#) for tips to help you decide if the source is reliable.

Fact or opinion

Take the time to examine the information you see online and compare it to what you already know about that topic. Do you know enough to decide whether to trust it? If not, then do a little more research. Think about what the information is telling you and look for facts or quotes to support the argument. Be aware that a lot of what we see online is other people's opinions and that there could be another side of the argument. Remember you do not have to follow them and your opinion is just as important. If the viewpoint of the writer is very clear this could be a sign of bias.

Is it too good to be true?

Think about the reasons behind the things you see online and why they are there. If a celebrity is promoting a product it is likely that they are being paid to do so. Understanding the motive behind the things you see online can really help you to decide what to trust. Look at the way the information or products are presented. Reviews can be useful but they cannot always be trusted. Be sure to think about what you already know before you trust something online. Remember that if something looks too good to be true it probably is.

Check with your friends

If you are suspicious or not sure about something you see online talk to your friends for a second opinion. You might not all agree but it can be really useful to share your knowledge and talk it through. One of your friends may have taken the time to research it further or have some useful experience in this area. You can also work together to think about other people or sources that will help you to decide.

Talk it through

It can be hard to know what to do about false or misleading content online, but if you see something misleading, upsetting or worrying online then speak to a trusted adult. This is an issue that affects everyone – talking it through with someone who supports you can help you feel less alone. Even if you don't know all the answers, together you could take some small steps like making a report, and letting others know not to share it on.