



6 February 2018

# Conversation starters for parents and carers

Safer Internet Day is a fantastic opportunity to have a conversation with children about using the internet safely, responsibly and positively. Whether you are a parent, grandparent, foster carer, aunt, uncle or older sibling – we can all play a role in empowering children to enjoy their time online!

This year, the UK Safer Internet Centre is particularly focusing on the role of the internet in young people's lives in terms of their relationships and digital wellbeing. These conversation starters are a great way to help you talk about these issues with children.

**Get the conversation started on a positive note with these fun topics!**

What do you like most about the internet and why?  
What's your favourite game/app/site?

The internet offers brilliant opportunities for making connections with others. Who do you like to keep in touch with online and what apps/-services do you use?

Do you like to be creative online?  
What have you created?  
  
(It could be anything from a picture or video to creating their own games, sites or apps.)

## Talk about safety

Do you know where to go for help, where to find safety advice and how to use safety tools on your favourite apps and games?

Help me!  
Can your child show you how to do something better/safer online?

What is okay/not okay to share online?  
Why?

What could you do if you saw a friend online needed some help or support?

How do you stay safe online? What tips do you have and where did you learn them?

# Conversation starters for parents and carers

## Discuss digital lives and wellbeing

How does the internet make you feel? Do different apps/games makes you feel differently?

How does the internet/technology make your life better?

What could you do if being online is making you feel worse rather than better?

How does the internet make you feel? Do different apps/games makes you feel differently?

How might you know if you are using the internet/technology too much?

## Talk about respect

What could you do if someone online is making you or someone you know feel worried or upset?

What is different about talking online to someone compared to talking face to face? Is there anything that is the same?

Who do you look up to/respect online? Why?

Can people say/do whatever they want online? Why/why not?

Do you have any tips for how to be positive and show respect online?