



# Safer Internet Day

**This year the theme for Safer Internet Day is 'Free to be Me' with activities for 7 - 11 year olds that focus on online identity.**

So what do we mean by online identity? First the children will explore what identity means and then they will discuss the different aspects that could be considered as building your identity, such as hobbies, interests, family, qualities, gender, age and, personality. It will be important for them to consider which of these aspects may change and which parts of our identity might be ok to share online. How they represent themselves online can start as simply as the image they choose as a profile picture, the username they choose or even how they depict themselves as characters or avatars in games.

The activities examine how online stereotypes and discrimination are challenged or reinforced online, and what young people can do in response to discrimination, hate or bullying online.

Focusing on identity online supports young people to consider whether they feel free to experiment and express themselves online, or if they feel limited in who they can be when they're online. By opening up conversations around identity online, young people can be inspired and empowered to support each other to be who they want to be, both online and offline.

For infant aged children we have included some advice and activities on the back page of this leaflet. They will also receive a special lesson from their class teacher appropriate for their age and understanding.

This week the Safer Internet Day activities were planned and executed by three Year 6 pupils, who run the Computer Club on Wednesday lunchtimes, Aoibh, Emily and Georgia.

Well done for all their hard work and effort!

Free  
to be ME

Dear Parents, Carers & Guardians  
of primary aged children,

Whether you're a mum, dad, carer, auntie, uncle, granny or grandpa, it's important for you to understand what children are doing online, so you can help make them safer.

We are delighted to invite you to download our new 'Safer Schools' App' provided by our school insurance provider Zurich Municipal.



★ *Make sure to enable push notifications to keep up-to-date with our tips, advice and guidance on how to make your children safer.* ★

### About the App

The App is designed to support and protect children by educating and empowering them both at school and at home. Through their access, your children get access to information that is relevant to them and you will receive tips and advice on how to keep them safer online.

Excited? Ready to make  
your children safer?  
Download the 'Safer  
Schools' app now!



February 10, 2020

You are invited to  
'An Introduction to the



App'

In the **Junior Hall** on

Friday **14th** at 9:05.



This presentation will take around 15 minutes.<sup>3</sup>

The activities below provide suggestions of fun and engaging activities that you can do with younger children to help them think about being safe and positive online:



### Smartie the Penguin (Ages 3-7)

Childnet's Smartie the Penguin story highlights the importance of always telling a trusted adult if you are unsure about something online or when using technology. The story can be downloaded/read for free and there are also free colouring pages and fun activity suggestions to help reinforce the messages of the story.

[www.childnet.com/smartie](http://www.childnet.com/smartie)

### Digiduck's Stories (Ages 3-7)

The Digiduck collection has been created to help parents and carers educate children aged 3-7 about online safety.

The collection includes a ebooks, PDFs, a poster and an interactive app.

Follow Digiduck and his pals in these stories of friendship, responsibility and critical thinking online.

[www.childnet.com/digiduck](http://www.childnet.com/digiduck)



### Safer Internet Day 2020 films

Our Safer Internet Day films provide a great way to start a discussion with children about how the internet makes them feel and what tips they have about staying safe. Some of the videos are aimed at younger children and can be watched on the UK Safer Internet Centre website or on YouTube (Search: UKSIC).

[www.saferinternet.org.uk/sid-films](http://www.saferinternet.org.uk/sid-films)

### The Adventures of Kara, Winston and the SMART crew (Ages 7-11)

Five cartoons for children on how to stay safe online. Each cartoon covers one of the five SMART rules which help children to make positive and safe online choices for themselves and their friends.

[www.childnet.com/kara](http://www.childnet.com/kara)



### Childnet primary pages (Ages 8-11)

On the Childnet website you can find a range of information pages specifically designed for children aged 8-11 years old. Each section answers some of the frequently asked questions we hear directly from young people and includes a quiz to review at the end.

Go to [www.childnet.com/primary](http://www.childnet.com/primary) and choose 'Get Answers'.

### Further resources and information:

Find tip tops, conversation starters and advice for supporting children online by visiting:



[www.saferinternetday.org.uk](http://www.saferinternetday.org.uk)



[www.childnet.com](http://www.childnet.com)