

Safer Internet Day 2024

Resources for use with 3-7s

**Inspiring
change?**

Making a difference

managing influence

**and navigating
change online**

Introducing Safer Internet Day 2024

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. Safer Internet Day 2024 is on 6th February.

In the UK, Safer Internet Day is organised by the UK Safer Internet Centre (UKSIC), a partnership of three charities – Childnet International, the Internet Watch Foundation (IWF) and SWGfL.

This year the campaign will be focusing on change online, this includes covering:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline



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5 things you need to know about participating in Safer Internet Day

1. Inspiring change?

Technology has the power to change all our lives. Let's celebrate all the amazing ways technology is shaping the world we live in, whilst also working together to ensure children and young people can stay safe in an ever changing online world. By having fun, working together, and engaging with the online issues young people care about the most, we can all create a safer internet for the future.

2. Establish a safe space.

The online world can change how we think, feel and act – positively and negatively. Consider how to establish a supportive environment for young people to learn and talk about potentially sensitive topics. For ideas visit: childnet.com/learning-environment.

3. Be ready to respond to safeguarding concerns.

While discussing their online lives, it is possible that children and young people will raise concerns about things they have experienced online. Make sure you are up to date with your school or setting's safeguarding procedures and, for further advice, visit: childnet.com/safeguarding.

4. Know where to get more information or help.

Remember that there's plenty of help and advice available if you need more information about anything online safety related.

The UK Safer Internet Centre's 'Need Help?' page contains further information on reporting specific concerns to organisations outside of your school/setting: saferinternet.org.uk/advice-centre/need-help

The Professionals Online Safety Helpline is a free helpline offering advice and support to all members of the children's workforce on any online safety issues: saferinternet.org.uk/professionals-online-safety-helpline

5. Kickstart conversations that last all year round

The online world is changing all the time, but talking with young people about their online experiences can help you understand what's going on. Kickstart the conversation today but make it a regular habit all year round.

Activity 1: Tech through time

Time: 20 mins Age Range: 3-7

Learning Objective:

To describe how technology and the internet has changed over time and continues to impact people's lives.

You will need:

- Tech through time printable images

Activity instructions:

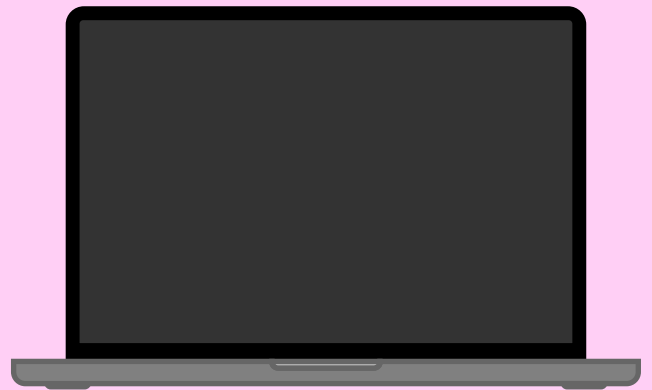
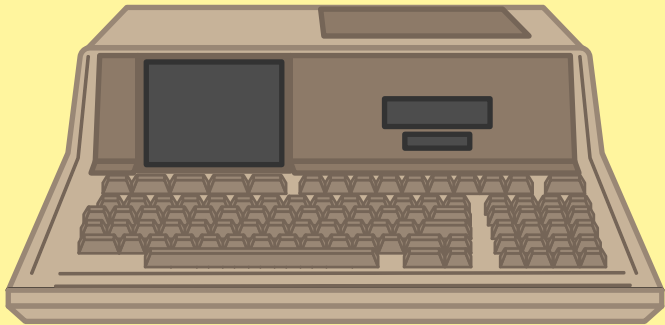
An activity exploring how different types of technology have changed and improved over time.

1. Explain that you're going to look at how technology has changed over the years.
2. In small groups or pairs, ask learners to sort the '**Tech through time**' printed images into the 4 categories: computers, phones, games, and music devices. The pictures will need to be pre-cut and mixed up. Older learners could try to order them from oldest to newest too.
3. Once learners have finished, talk through the answers.
4. For each category, ask your learners which devices they would prefer to use and why. Can learners identify something that helped people or made the technology easier to use as it changed over time?

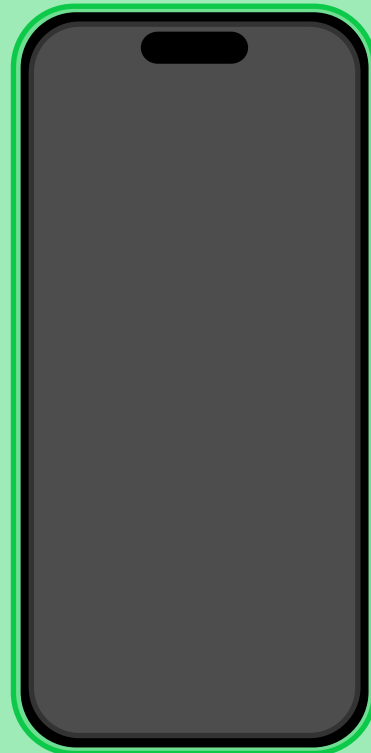
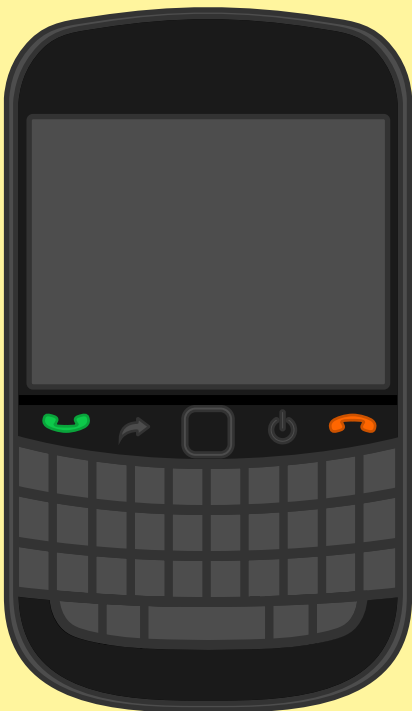
Want to extend it?

- Ask learners to design a new piece of technology that they would like to see in the future. Learners will need to decide what it is, how it works, and how it makes our lives easier or helps us in some way.

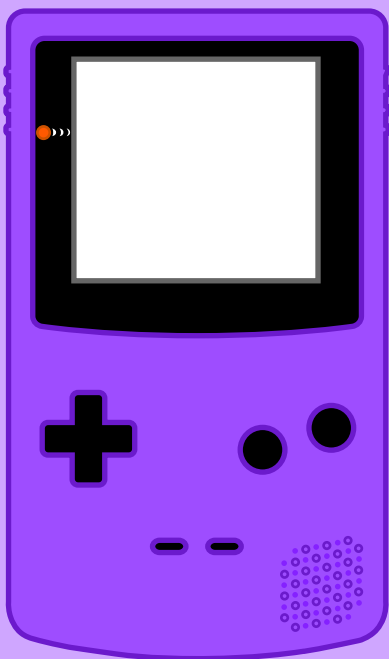
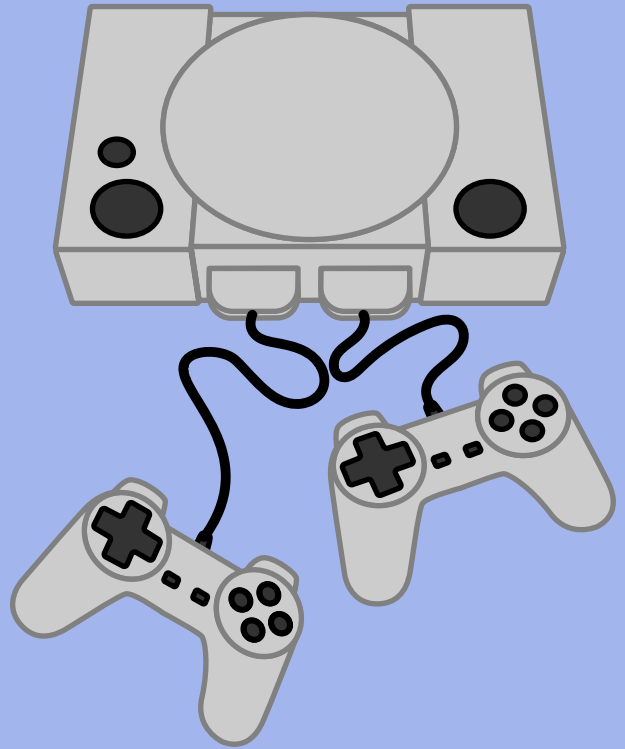
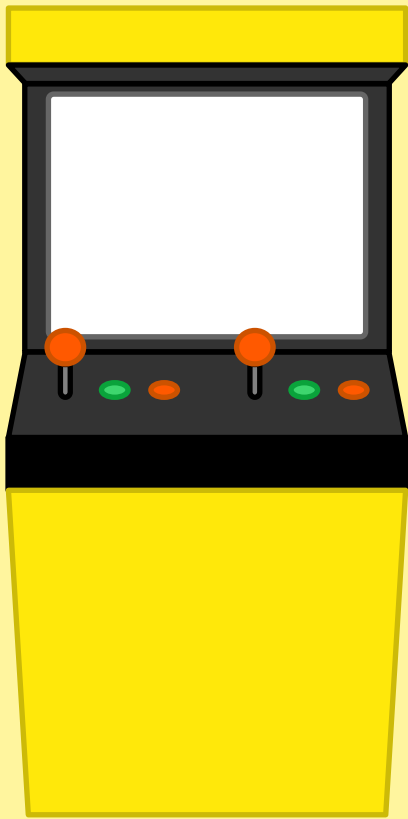
Computers



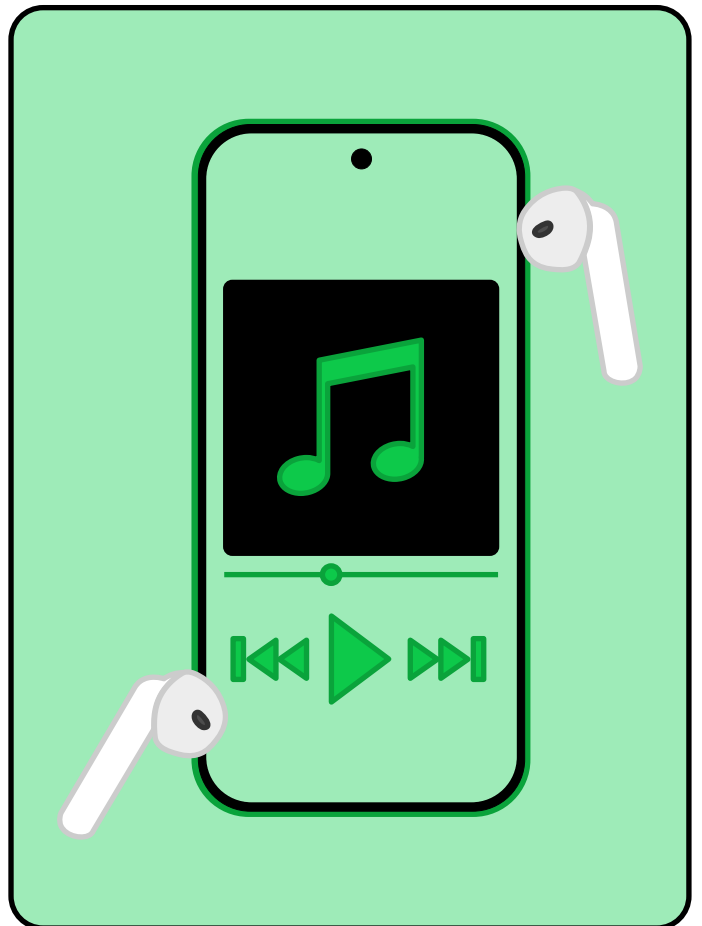
Phones



Games



Music devices



Activity 2: Mo and Jaz's Story

Time: 20 mins Age Range: 3-7

Learning Objective:

To describe how technology and the internet can change people's feelings and know how to get help from a trusted adult.

You will need:

- Mo and Jaz's story slides
- Mo and Jaz's story questions printable sheet

Activity instructions:

An interactive story that explores how changes online can make you feel. In this story, we meet Mo and Jaz, two children who love playing games online. When something happens in their game that makes them feel worried, they realise they need to let an adult know. The 'noise' words in the story (whoosh, ping, pop, etc.) have all been designed to stand out. You could ask the class to join in with these words or create an action for them.

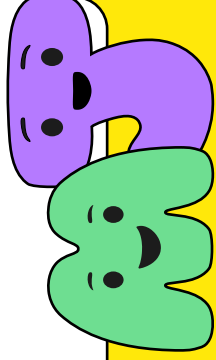
1. Display '**Mo and Jaz's Story**' slides and read the story with your learners. Use the questions at the end to explore your learners' understanding of what happened.
2. Ask learners to complete the '**story questions**' sheet. Answers could be written or drawn.

Want to extend it?

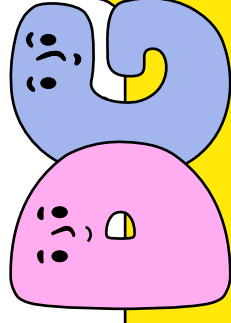
- Print the slides with the illustrations only. Learners can reorder the images and retell the story in their own words.
- Learners could act out the story.

Story Questions

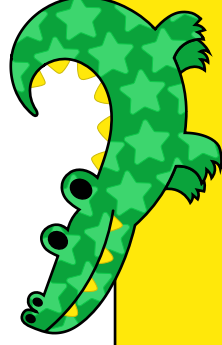
**How did Mo
and Jaz feel?**



**Who are your
trusted adults?**



**What did you learn
from the story?**



**What do you like
doing online?**



Activity 3: Mo and Jaz's Story (SEND) (ALN)

Time: 15 – 20 mins Age Range: 3-7

Learning Objective:

To describe how technology and the internet can change people's feelings and know how to get help from a trusted adult.

You will need:

- Mo and Jaz's Story slides
- Audio and recording devices

Activity instructions:

This activity has been designed to support young people aged 3-7 with Special Educational Needs and Disabilities (SEND) and Additional Learning Needs (ALN).

Mo and Jaz love watching videos online. When something changes online that makes them feel worried, they realise they need to let a trusted adult know.

1. Display '**Mo and Jaz's story**' slides and read the story with your learners.
2. Use the questions at the end to explore your learners' understanding of what happened.
3. Record the children saying what they've learned from the story or ask them to give a sentence of advice to Mo and Jaz (e.g. tell an adult if you need help). This could be an audio-only recording, or to camera.

Activity 4: What has changed?

Time: 10-15 mins Age Range: 3-5

Learning Objective:

To explain what change means and recognise simple changes.

You will need:

- What has changed? slides

Activity instructions:

An introductory activity for the youngest learners to introduce the concept of change.

Display the **'What has changed?' slides**. Explain that you are going to show two pictures, one by one. For each pair of pictures, learners must identify what is different or what has changed each time. Explain that change means when something becomes different.

Answers:

- A: Child is dressed for hot weather [L]. Child is dressed for cold weather [R].
- B: The animal is a baby [L]. The animal has grown into its adult version [R].
- C: The child is sad [L]. The child is happy [R].
- D: The battery is low [L]. The battery is full [R].

Alternatively, create changes around the room. Ask the children to close their eyes whilst the change happens, and then ask what is different.

You could:

- Put on a hat or sunglasses. Talk about how your appearance has changed.
- Begin by holding a teddy but change it to a different toy. Talk about the objects that have changed.
- Hold a cup of water and put a drop of food colouring in. Talk about the colours that have changed.
- Hold a baby animal toy and change it to a fully grown version.
- Change your facial expression e.g. from happy to sad. Talk about how feelings can change and why this might happen.

Ask your learners if they can think of any other changes that happen in their lives.

Activity 5: What changes online?

Time: 15 – 20 mins Age Range: 3-7

Learning Objective:

To express a range of feelings that could be caused by using technology and the internet.

You will need:

- What changes online? slides
- Emotion cards to be printed and cut out
- Emotion cards to display
- White boards and pens (optional)

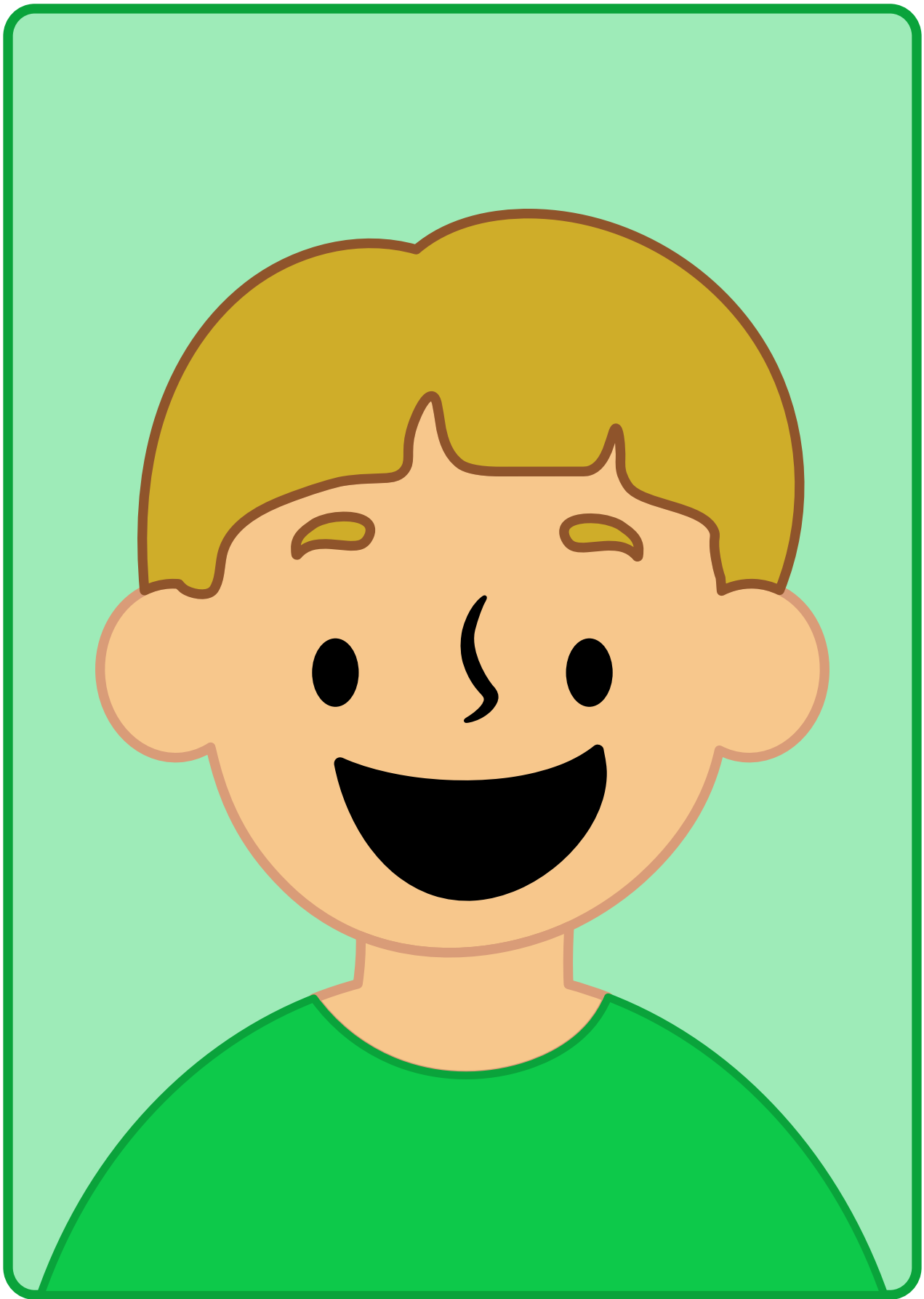
Activity instructions:

An activity exploring how different changes online might make children feel, and how to deal with them.

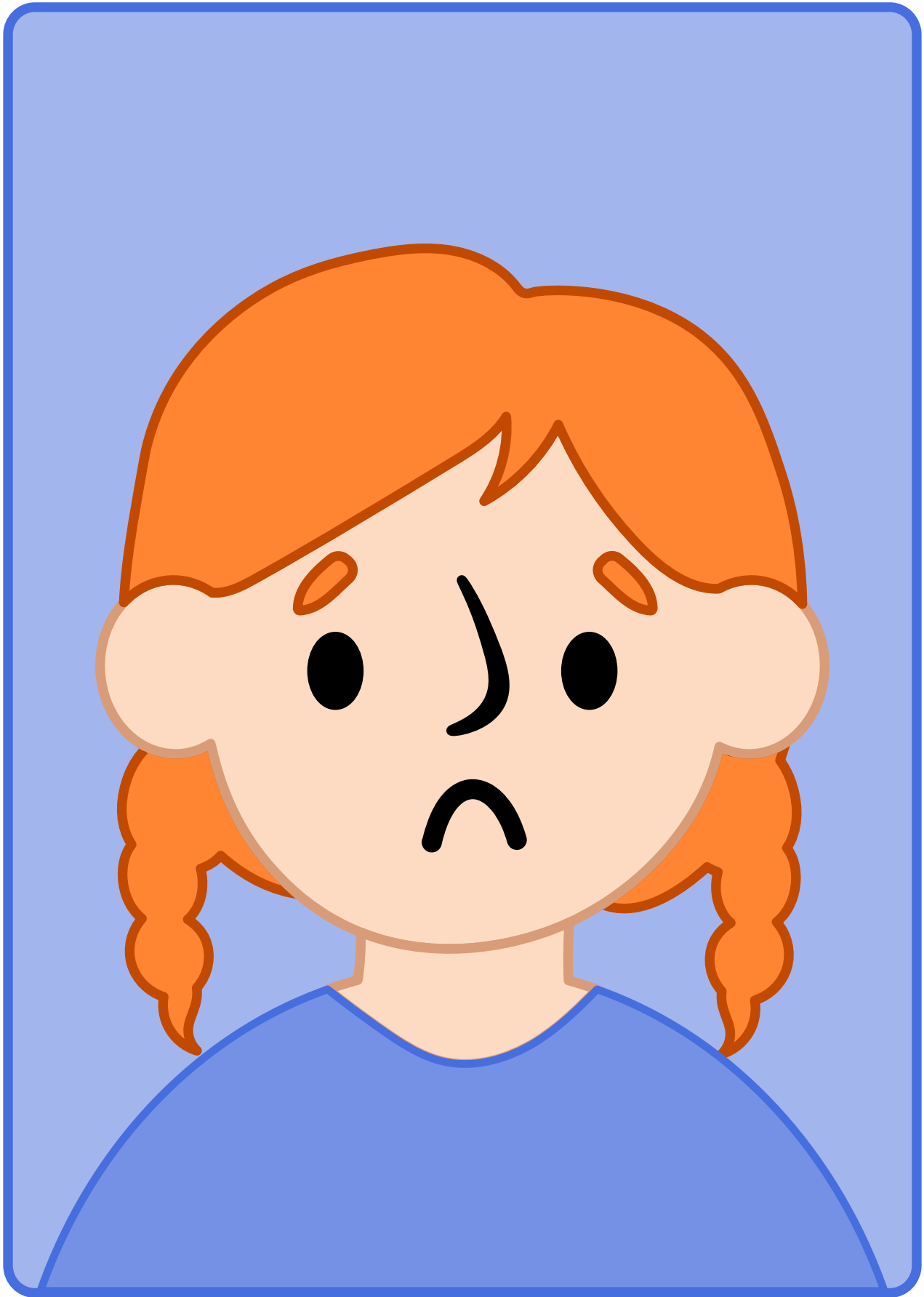
1. Talk about the different things you can do online, like playing games or watching videos. Ask learners what they enjoy doing online, and if anything makes them sad or annoyed (e.g. battery running out on devices or when it's time to stop watching or playing).
2. Explain that you're going to think about how your feelings can change while online, depending on what happens, and that it's important to recognise how you're feeling so that you can get help.
3. Display and work through the '**What changes online?**' slides. Ask learners to show you how each scenario would make them feel and what they might need to do next, e.g. tell someone.

To demonstrate how they might feel in each situation, learners could:

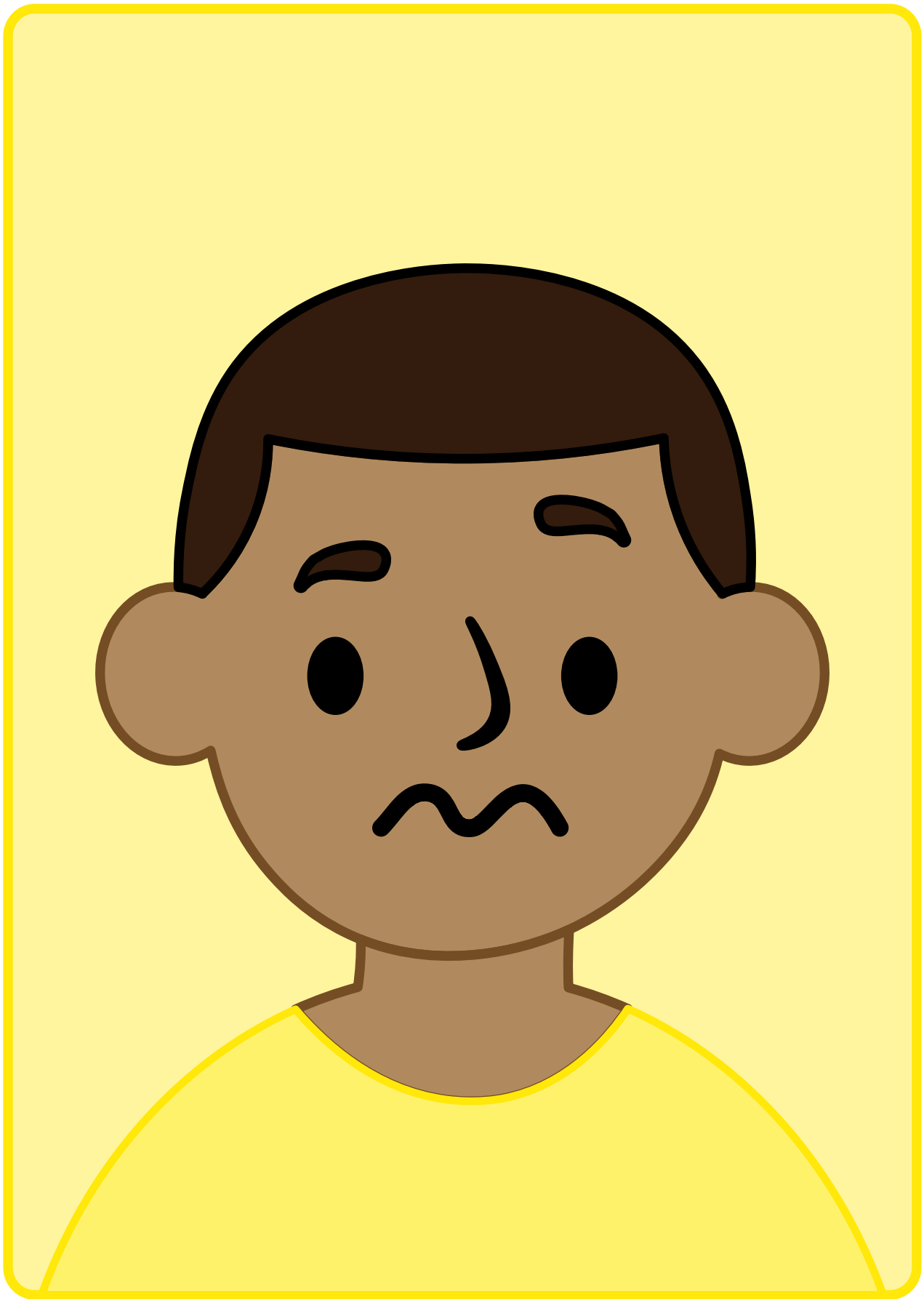
- Hold up a printed '**emotion card**'. Learners could have individual sets or share them in pairs. These will need to be pre-cut.
- Move to a point in the room where each different emotion is displayed on A4 cards.
- Make the face themselves to show how they feel.
- Do an action to represent each emotion. E.g., thumbs up (happy), thumbs down (sad).
- Draw a (simple) emoji face on a whiteboard to show their answer.



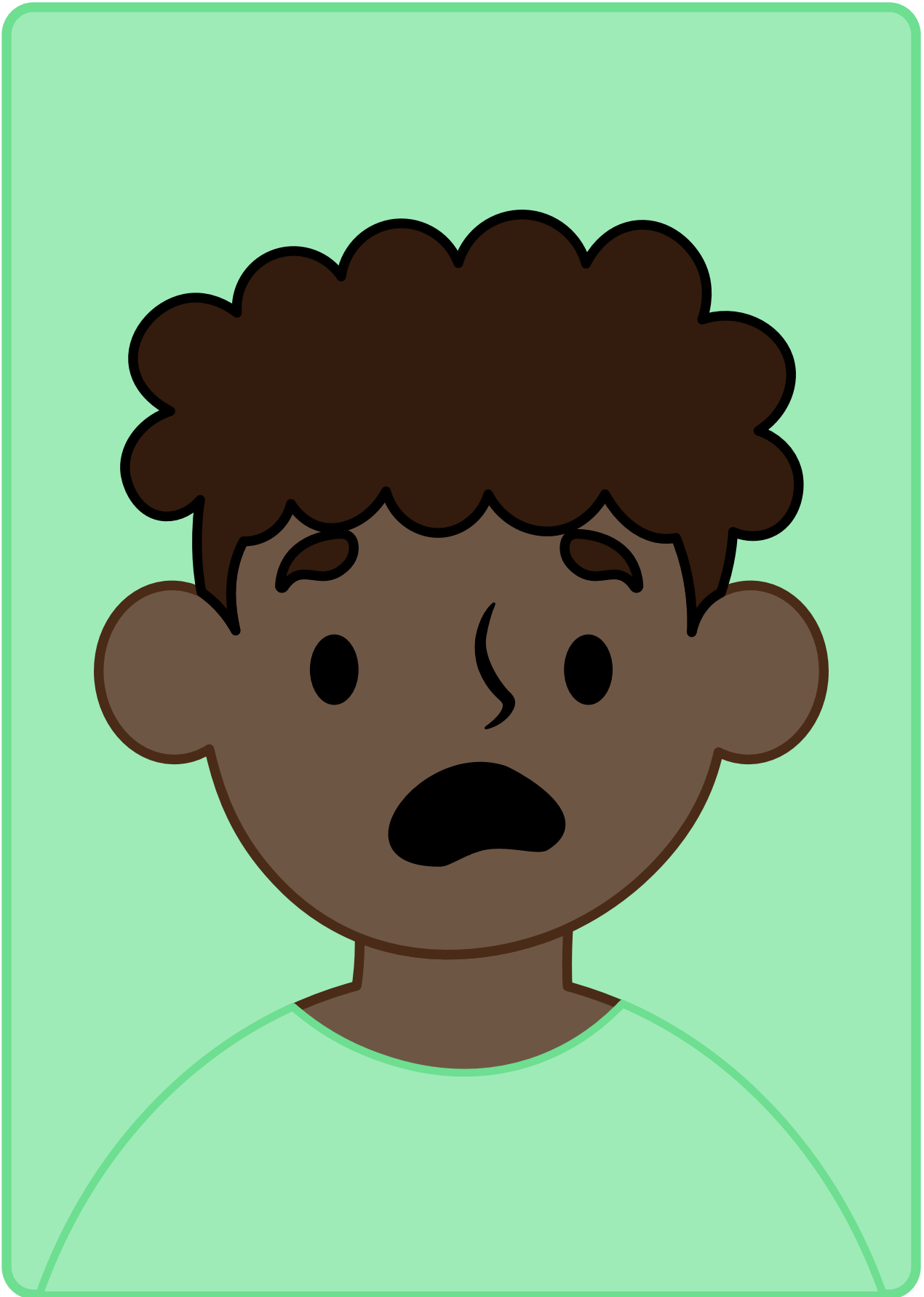
Happy



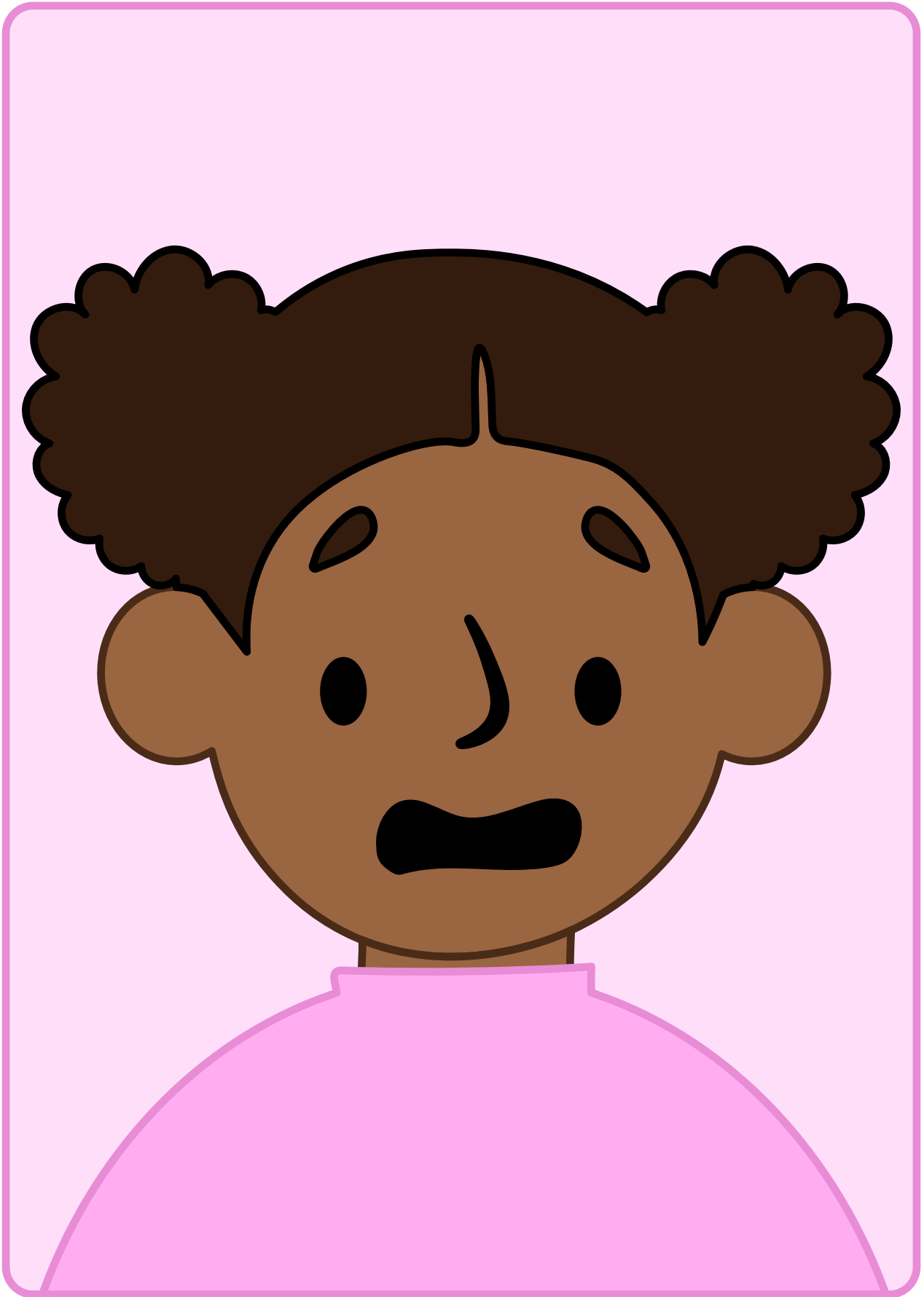
Sad



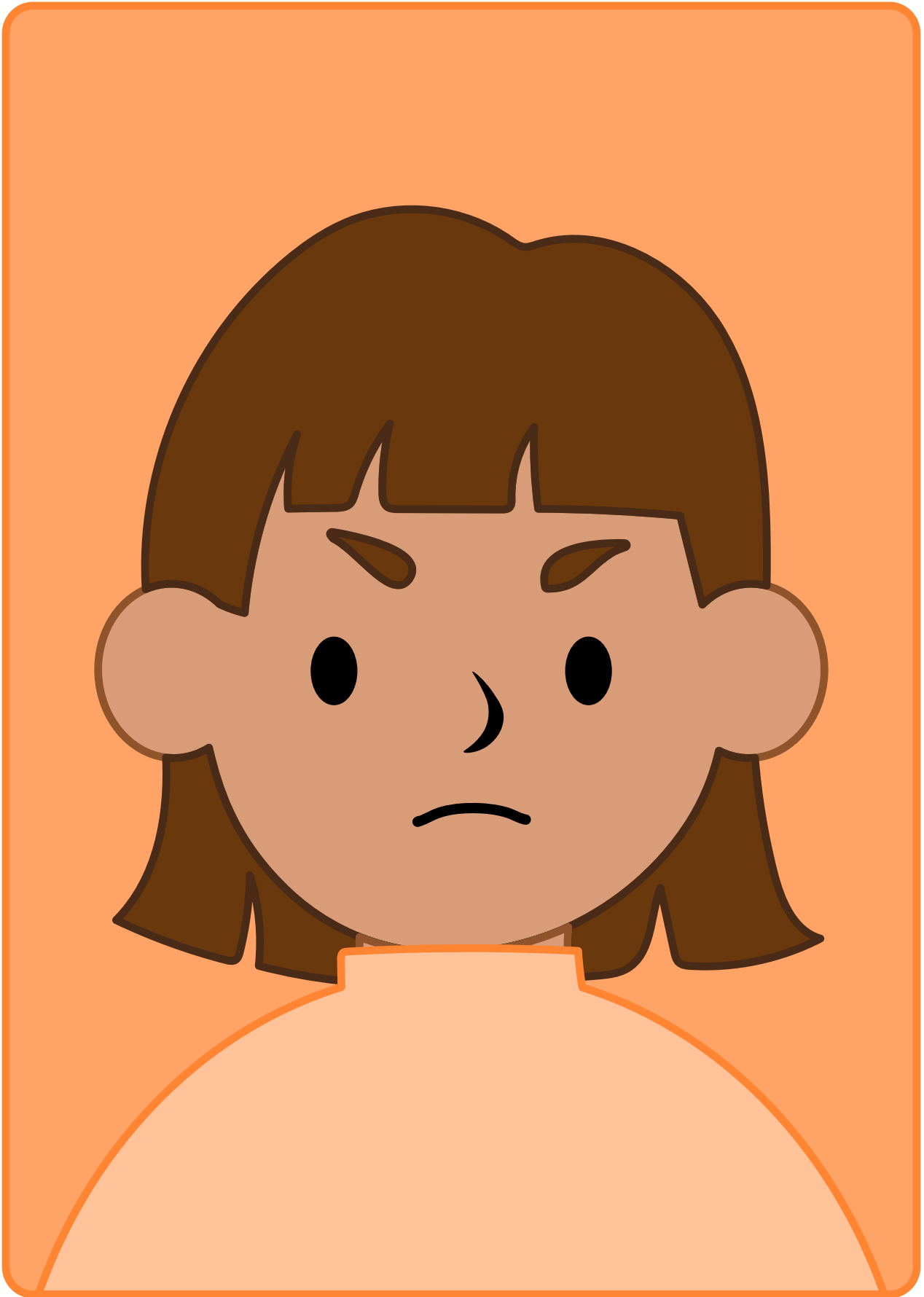
Confused



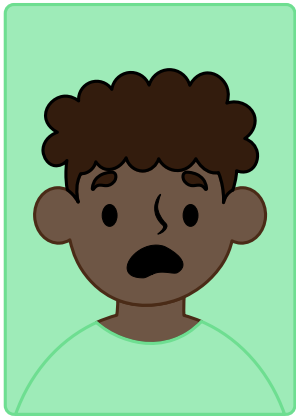
Worried



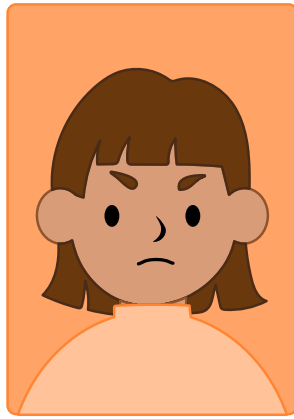
Scared



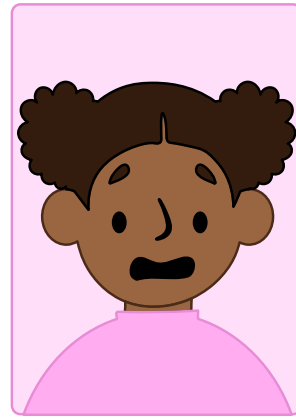
Annoyed



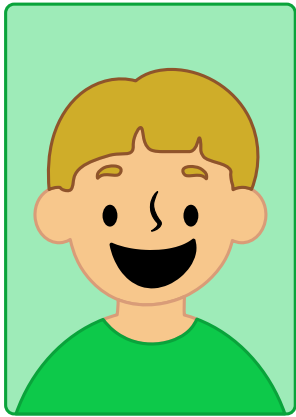
Worried



Annoyed



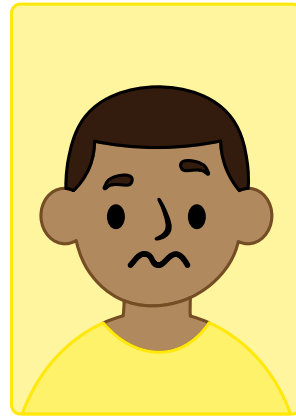
Scared



Happy



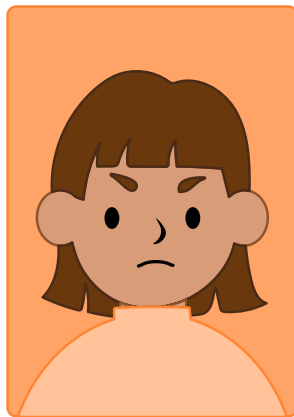
Sad



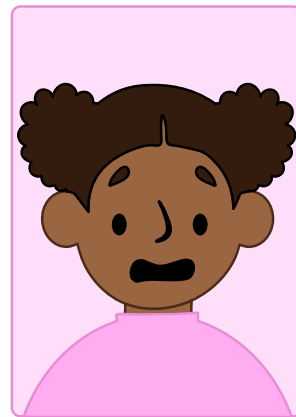
Confused



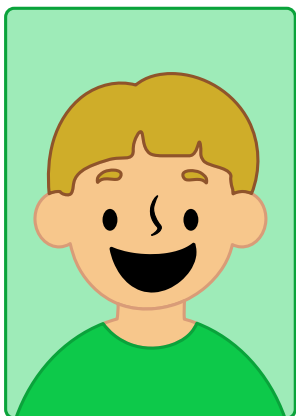
Worried



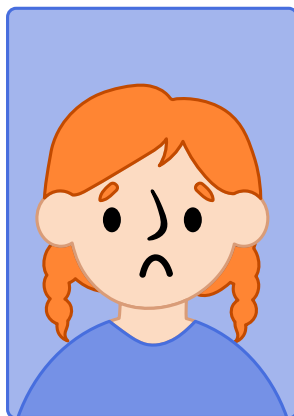
Annoyed



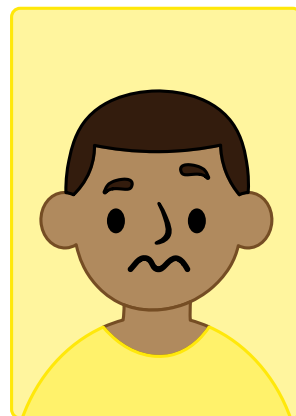
Scared



Happy



Sad



Confused

Activity 6: Mo and Jaz's game

Time: 15 – 20 mins Age Range: 5-7

Learning Objective:

To describe how technology and the internet can change people's feelings and know how to respond to online safety concerns.

You will need:

- Hatch me! slide

Activity instructions:

This activity uses an interactive image of a game being played on a tablet. As you click on the slide, different changes will occur on the tablet. Learners should think about how each change on the tablet might make them feel, followed by what they could do to address the issue.

1. Display the '**Hatch me!** slide. Click to reveal a change on the game (e.g. a notification will appear). For each one, discuss with your learners how that would make them feel and why. You could give learners some emotions to choose from or use emoji cards. There are 5 changes to identify.
2. As each change is discussed, ask learners to share what they would do to address the issue, e.g. talk to a trusted adult or ask for help with blocking and reporting.

What next? Embedding online safety all year round

The online world is changing all the time, but talking with young people about their online experiences can help you understand what's going on. Kickstart the conversation today but make it a regular habit all year round.

There are lots of fantastic and free online safety resources available to help you deliver key messages or follow-up on topics of interest.



Visit:
projectevolve.co.uk
or
childnet.com/resources

Here are some other top tips for ensuring online safety learning continues throughout the year:

Bring online safety to life and help learners make links to the world around them with cross-curricular links. Visit: childnet.com/embedding for simple suggestions of how to do this.

Celebrate and show the value of online safety through displays and regular assemblies emphasising key messages.

Keep parents and carers informed to help ensure learners are supported at home. Provide updates that are 'little but often' using your school/setting's social media or regular newsletters.

Reflect on how to make online safety accessible and inclusive. You know your learners best so make sure your messaging and support reflects their needs and experiences.

Be interested and let learners know they can come to you if they have any concerns about their online lives. Keep an open mind and remain non-judgmental so learners know that support is available.

Engaging with Safer Internet Day on social media

We want to see all of your plans for Safer Internet Day! Share what you are doing on your school or organisation's social media accounts, website or wider to be part of the nationwide conversation! Here are a few of our suggestions for things you could share:

We are getting involved in **#SaferInternetDay** on 6th February! Let's make this the biggest one yet!
www.saferinternetday.org.uk
@UK_SIC

#SaferInternetDay is on 6th February! We can't wait to get our students and young people involved in the day and start discussions about what online safety means to them **@UK_SIC**
www.saferinternetday.org.uk

SCHOOL/ORGANISATION NAME are celebrating **#SaferInternetDay** on 6th February! Join us and **@UK_SIC** to www.saferinternetday.org.uk

Any media shared online using the **#SaferInternetDay** hashtag and tag **@UK_SIC** may be reshared by the UK Safer Internet Centre's official social media channels. Only photos sent from school or organisation accounts will be reshared.

You can also register your school or organisation as an official Safer Internet Day supporter at saferinternetday.org.uk. This is a space to share your plans for the day and join organisations across the UK to help make Safer Internet Day 2024 bigger than ever before!

Remember to tag us!

Instagram: **UK_SIC** Facebook: **saferinternetuk** Twitter: **UK_SIC** YouTube: **UKSIC**

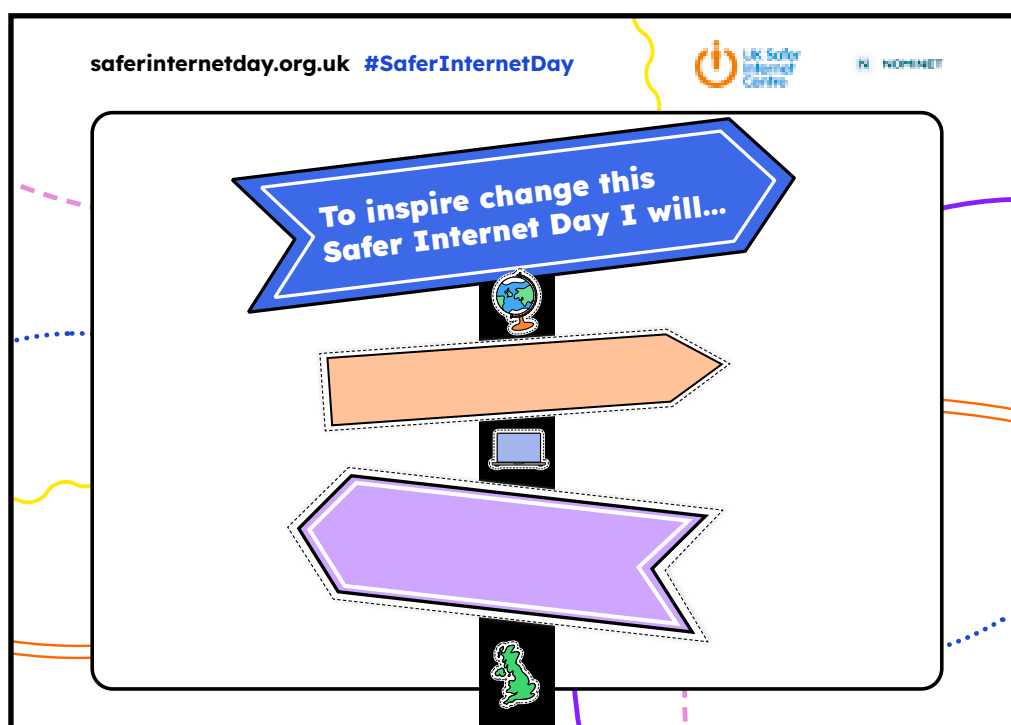
Engaging with Safer Internet Day on social media

Customise our Safer Internet Day social media template and share what your learners create. Safer Internet Day 2024 is all about inspiring change and we want to see designs which show the things that young people want to see changing online. Whether that is what they want to change themselves, what they want those around them to do, or what would make their online experiences more positive.

How to use the template

Our template has all of the things your learners need to create their own Safer Internet Day signpost! They can cut out our stickers and arrows, and fill these with their own pledges for what they will do to inspire change online, this could be anything from sending a positive message to a friend, to standing up for a cause they believe in.

Take a photo of the decorated templates, whether this is with the young people (or adults!) who created them, or a display in your setting, and share on your organisation's or school's social media accounts with the hashtag [#SaferInternetDay](https://www.instagram.com/SaferInternetDay), as well as tagging [@UK_SIC](https://www.instagram.com/UK_SIC).



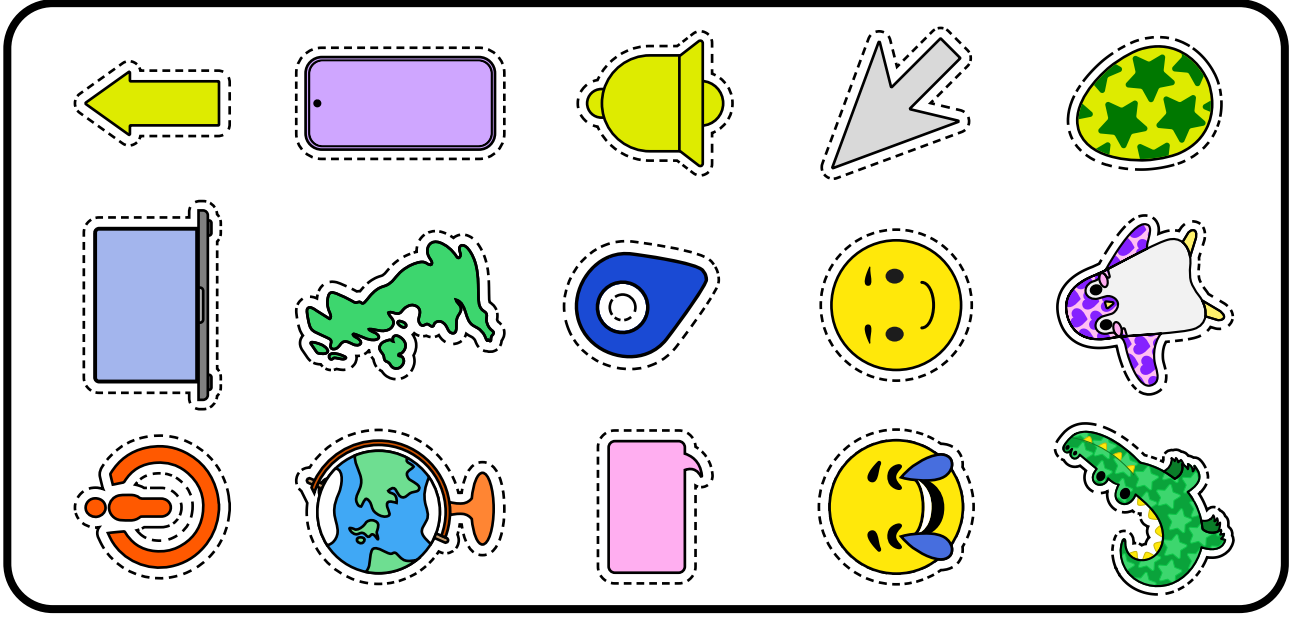
saferinternetday.org.uk #SaferInternetDay



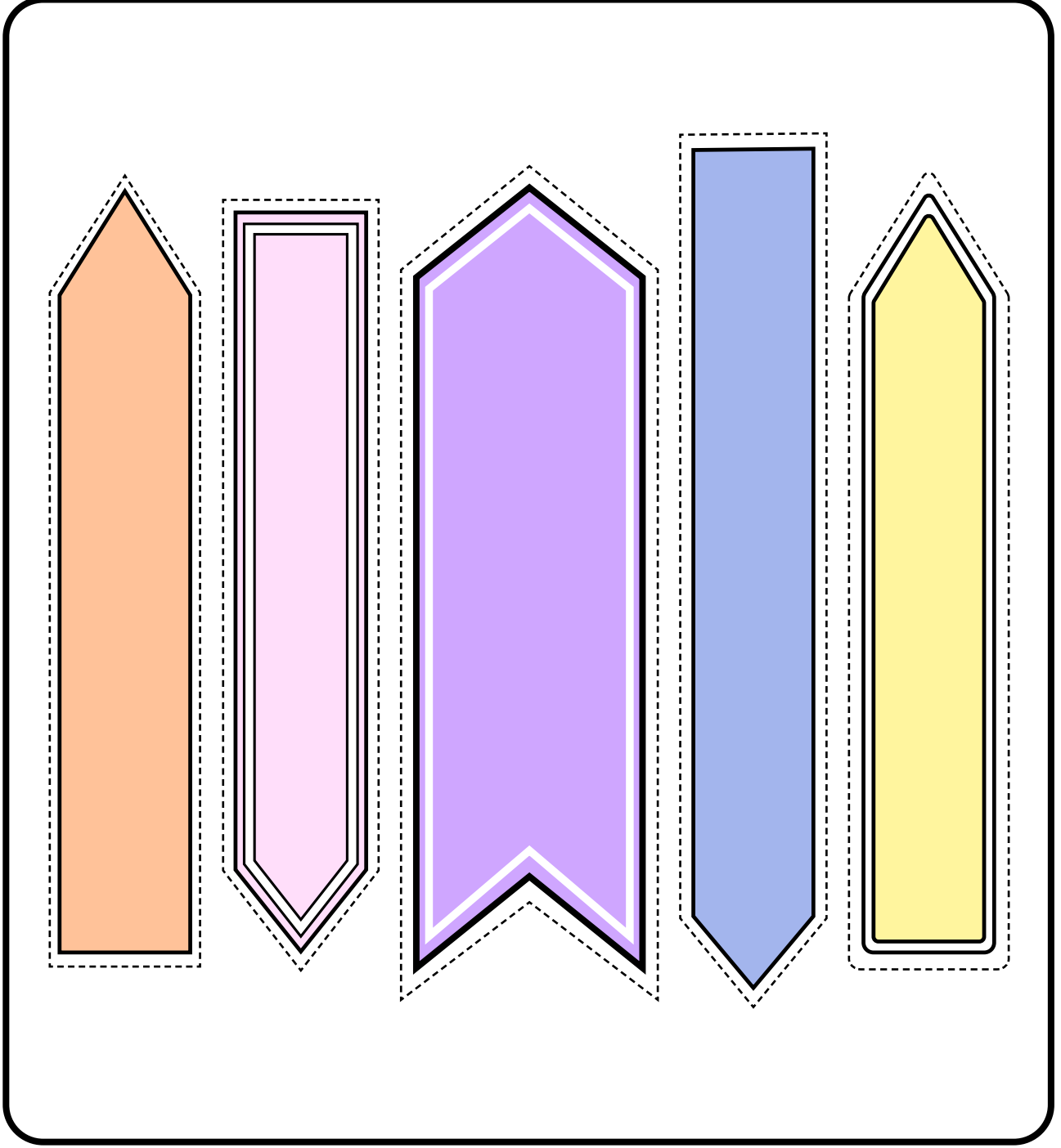
N NOMINET

**To inspire change this
Safer Internet Day I will...**

Stickers



Arrows



Parents and Carers Information Newsletter

This can be added to a newsletter, printed and sent home to parents and carers or shared online! Please adapt this wording however you see fit.

Dear **Parents and Carers**,

On **Tuesday 6th February** we will be joining schools and youth organisations across the UK in celebrating **Safer Internet Day 2024**.

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet.

This year the campaign will be focusing on change online, this includes covering:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Using the internet safely and positively is a key message that we promote in **school/our group/our club**, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, for the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at: **saferinternet.org.uk/SID-parents**.

Whether you have 5 minutes to start a conversation or hours to spare, there are top tips, quizzes and films which you can use at home with your child.

If you have any concerns or questions about keeping your child safe online, please do get in touch with your **child's class teacher/myself or XXXXX, our Designated Safeguarding Lead**.

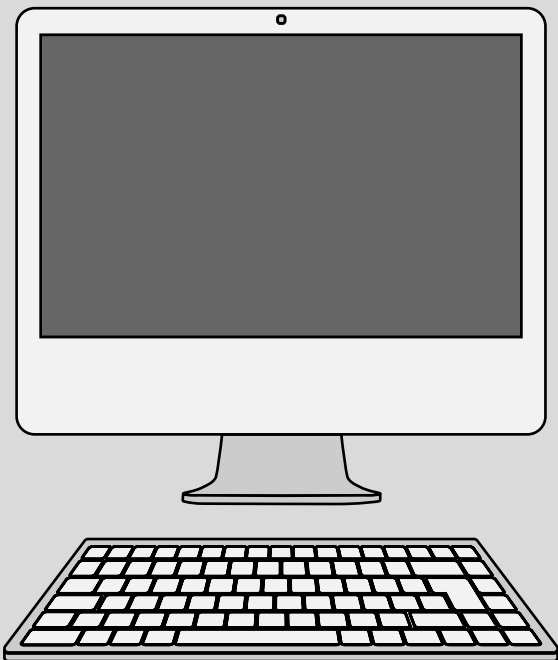
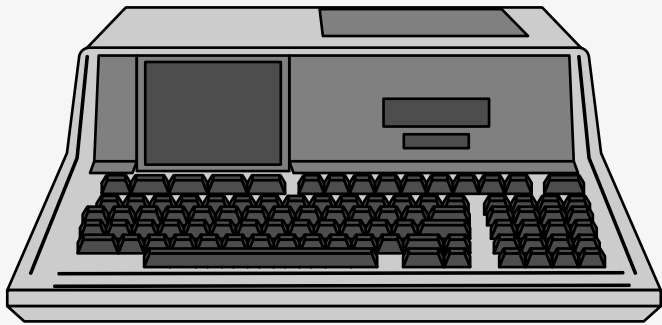
Kind regards,

YOUR NAME
JOB TITLE

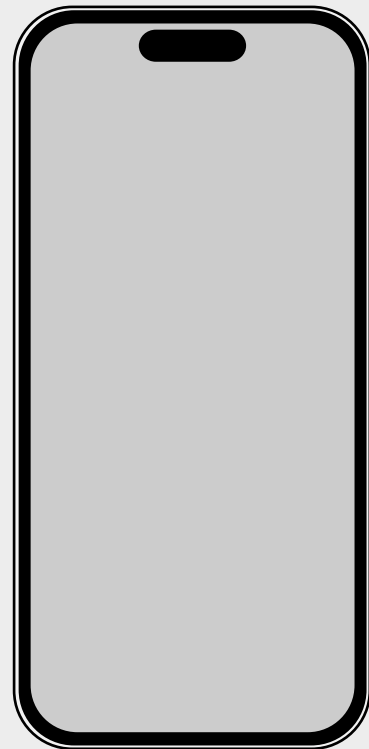
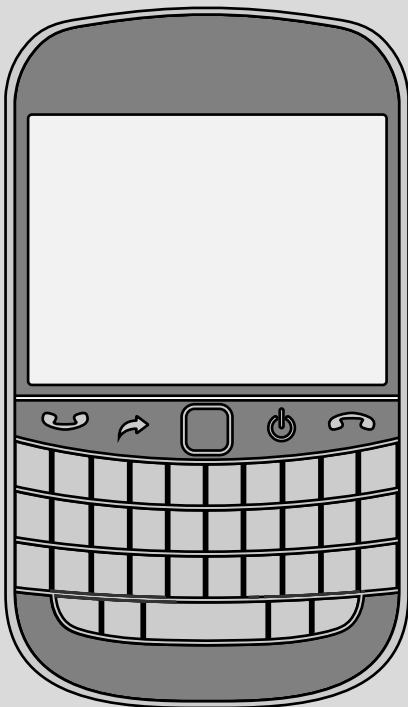
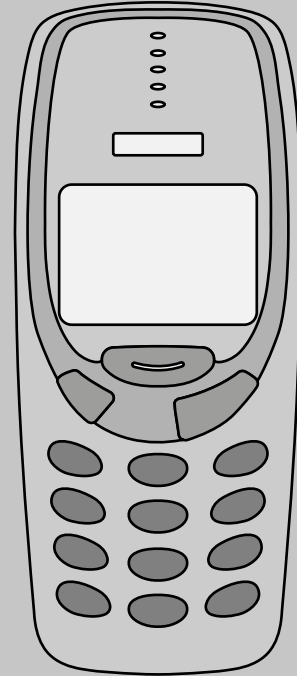


**Printer Friendly
Resources**

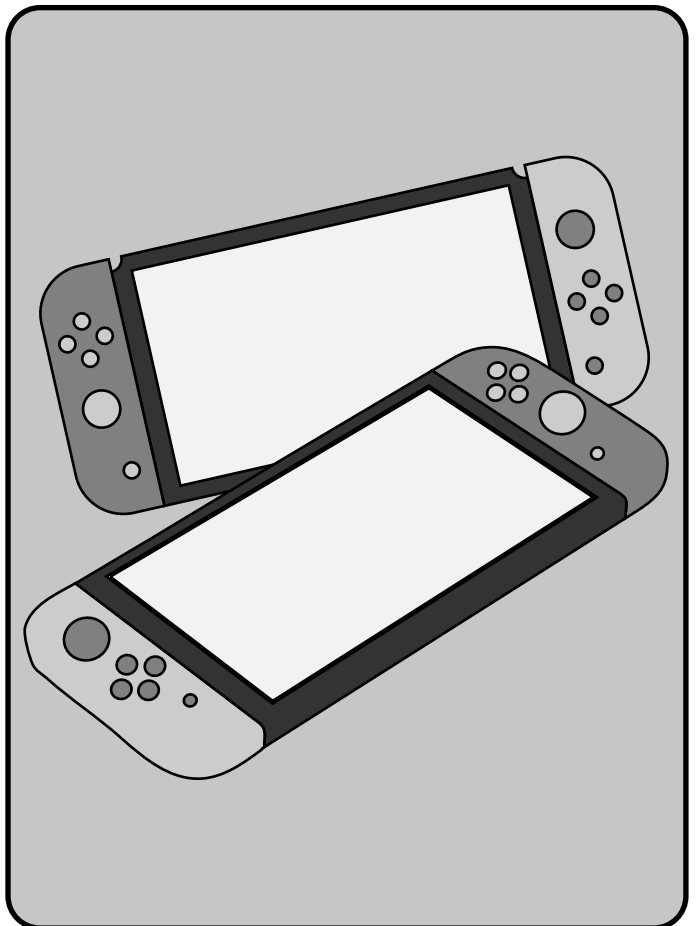
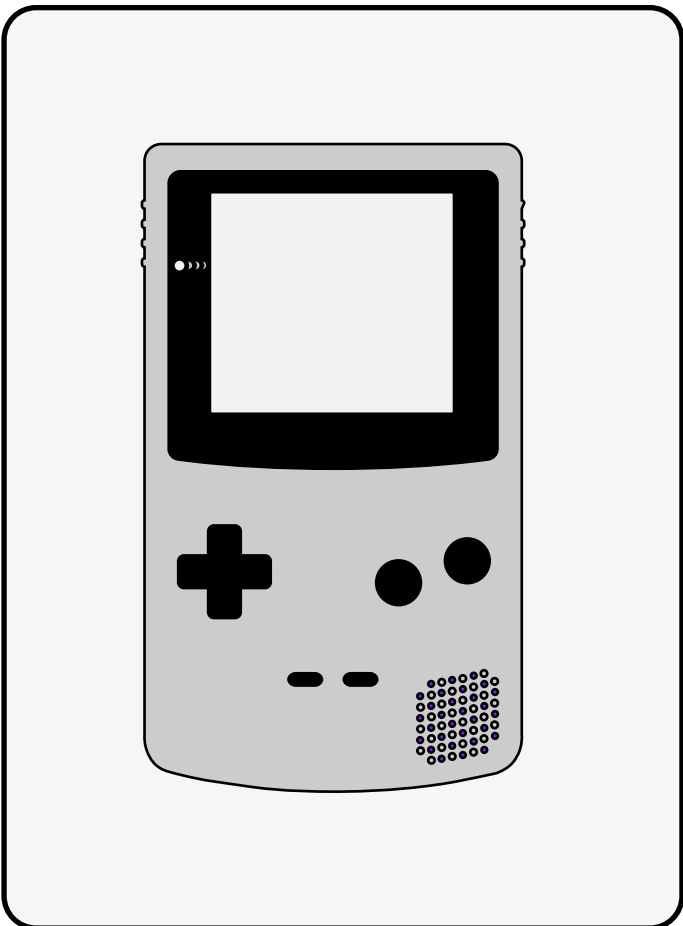
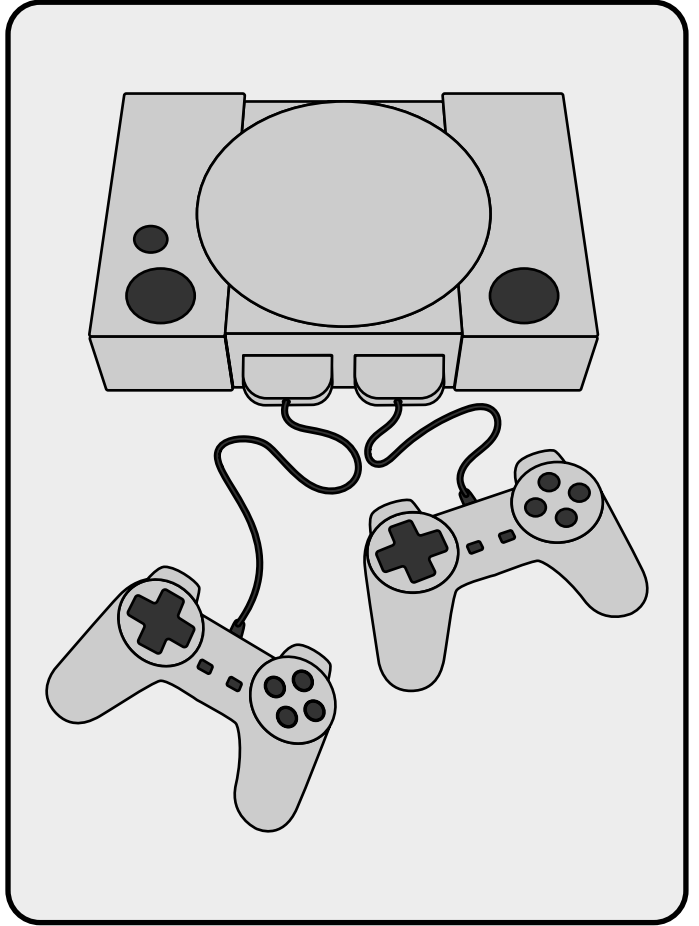
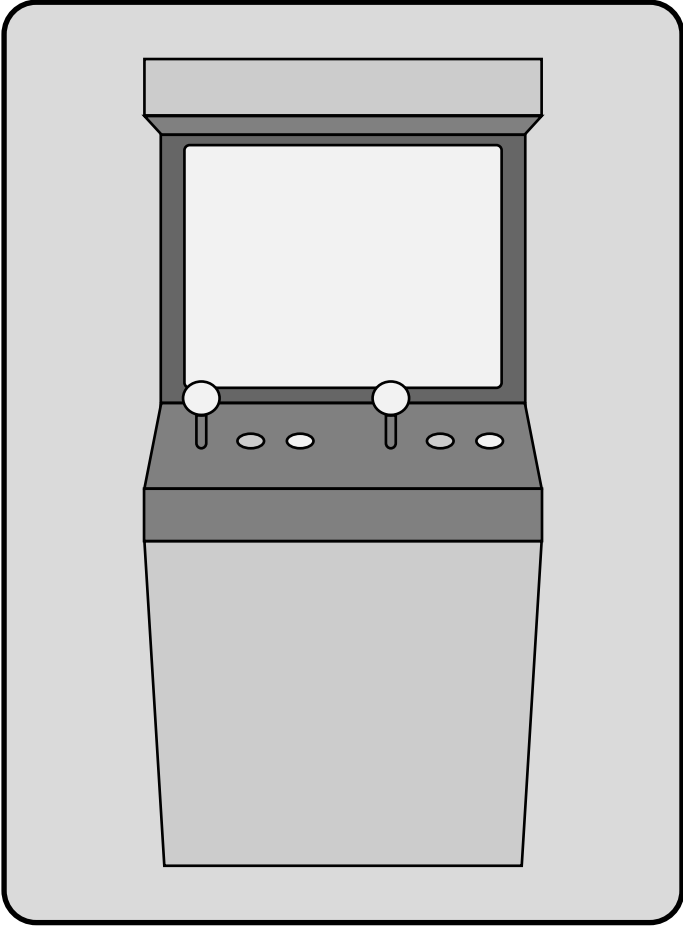
Computers



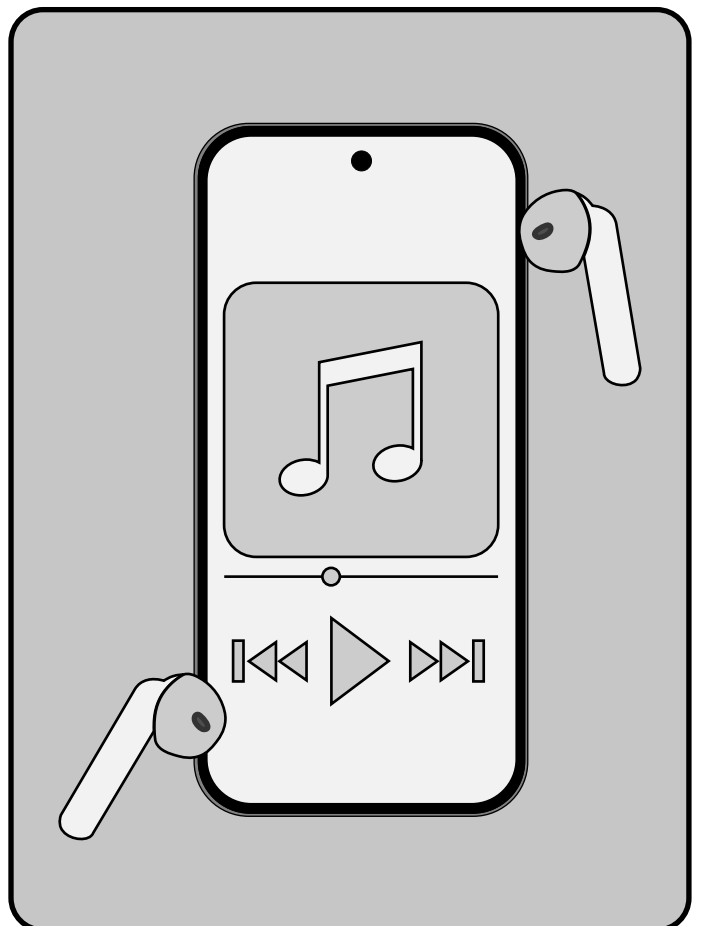
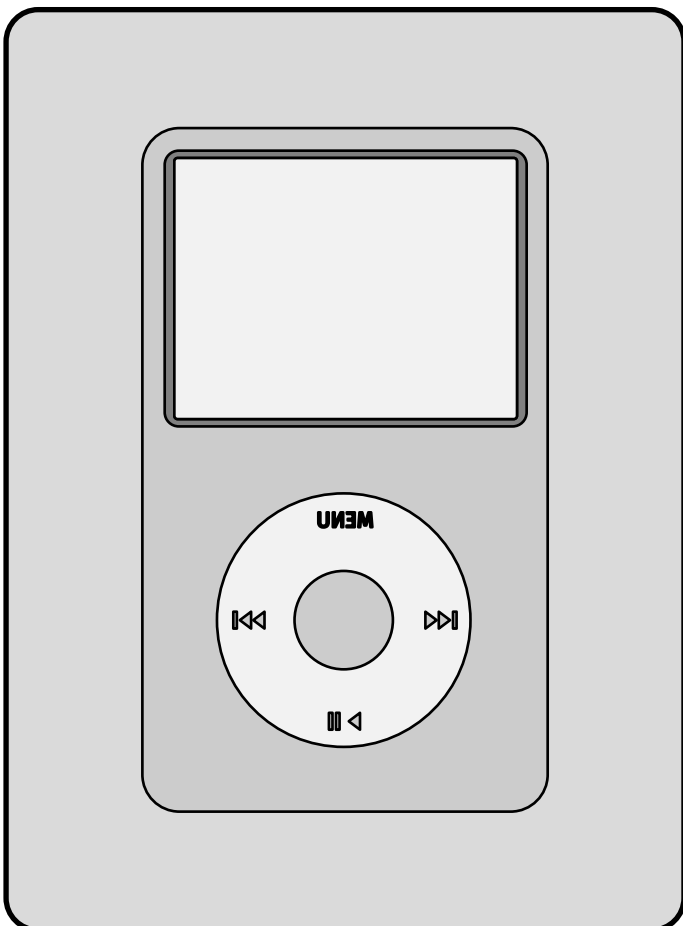
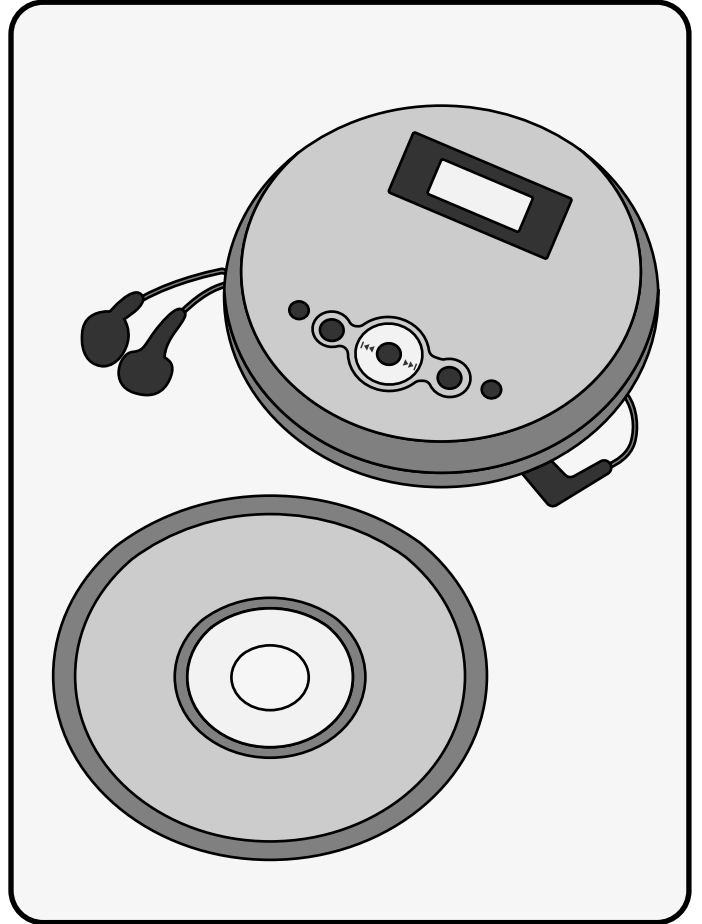
Phones



Games

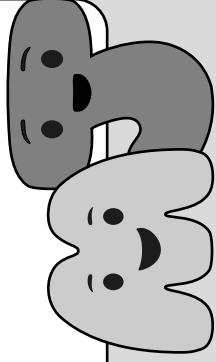


Music devices

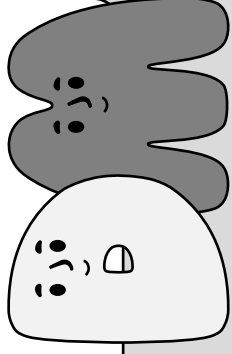


Story Questions

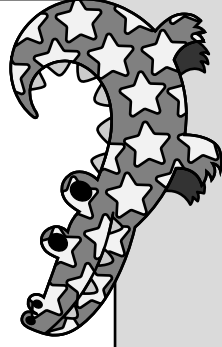
How did mo
and jaz feel?



Who are your
trusted adults?

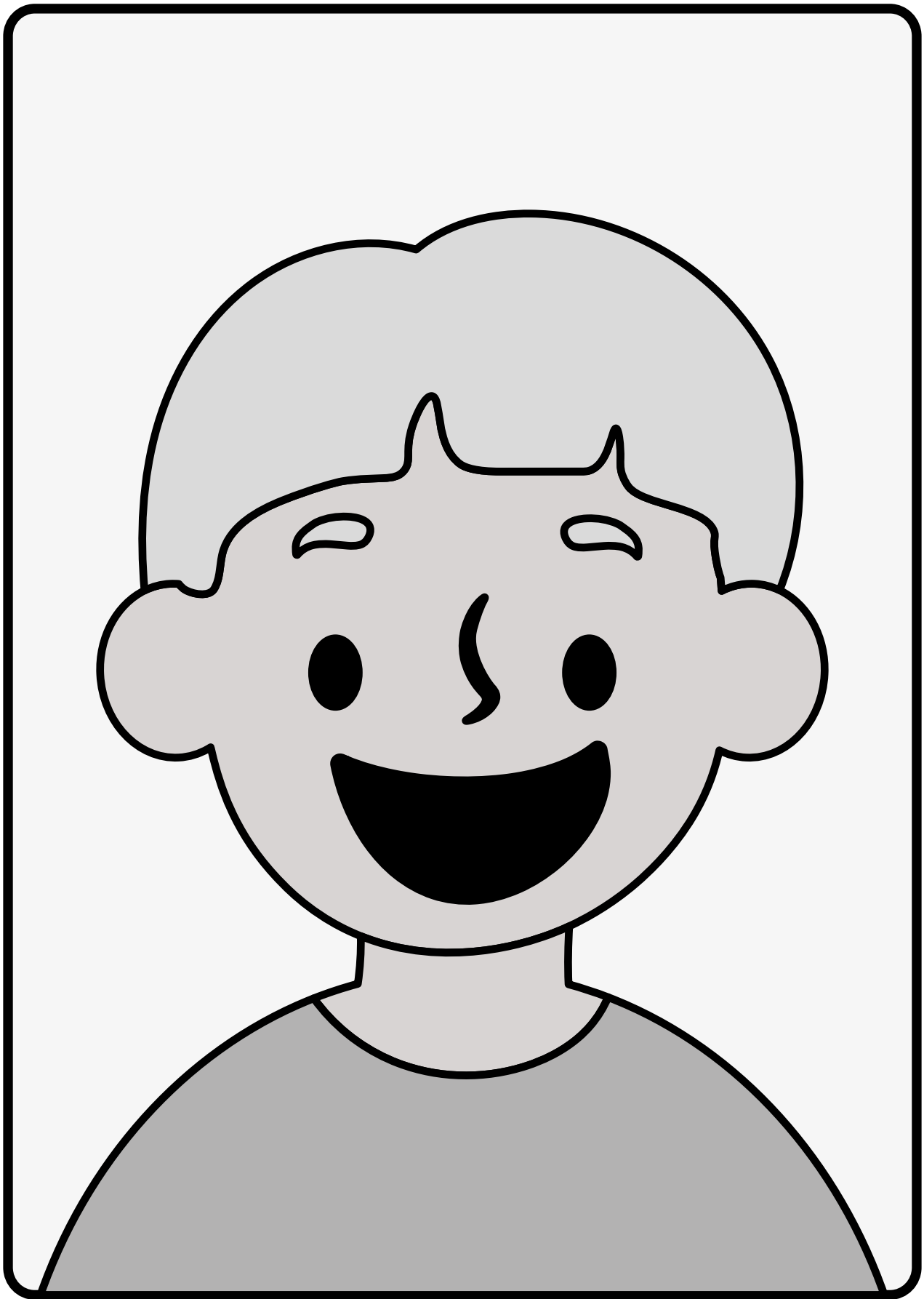


What did you learn
from the story?



What do you like
doing online?

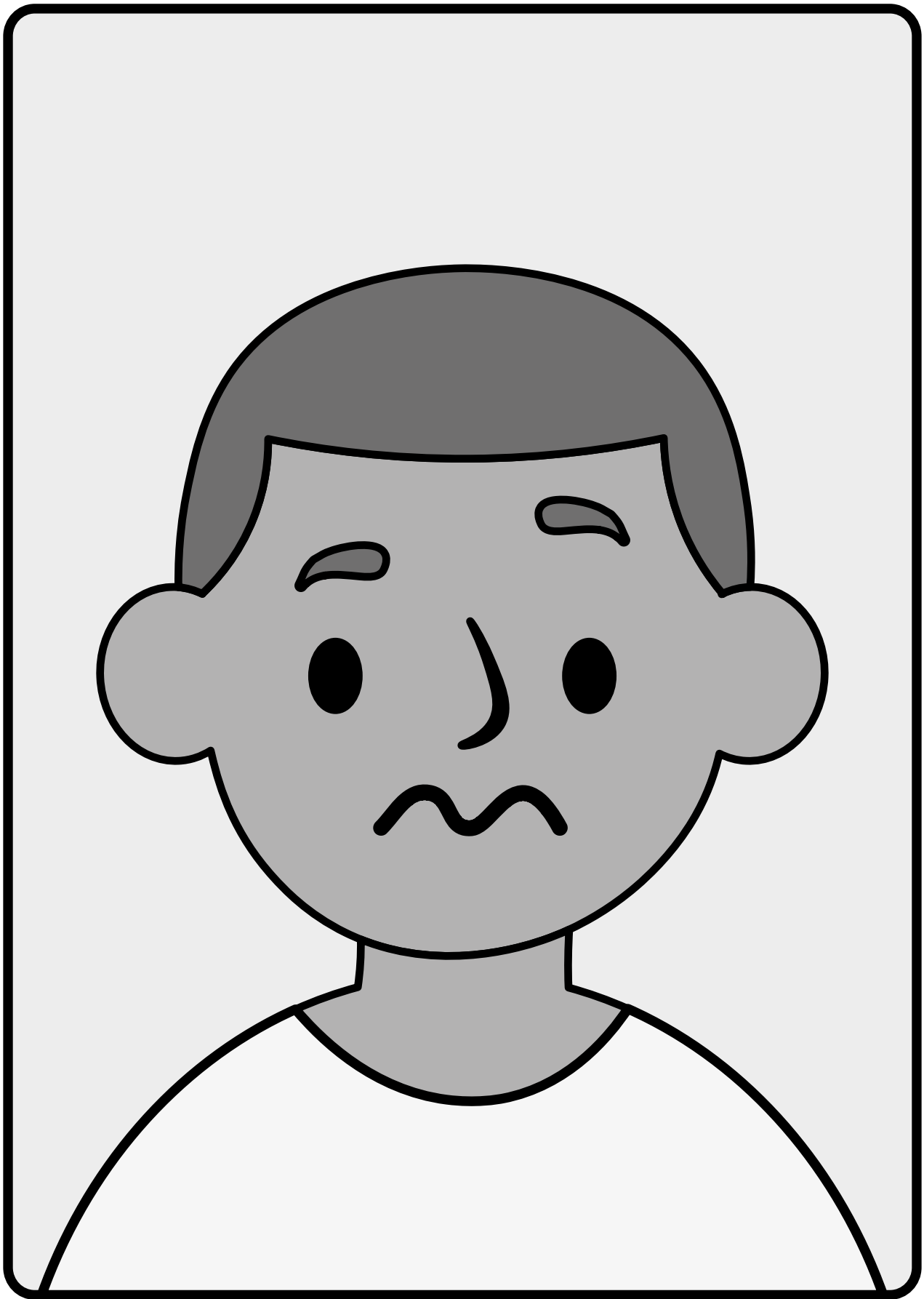




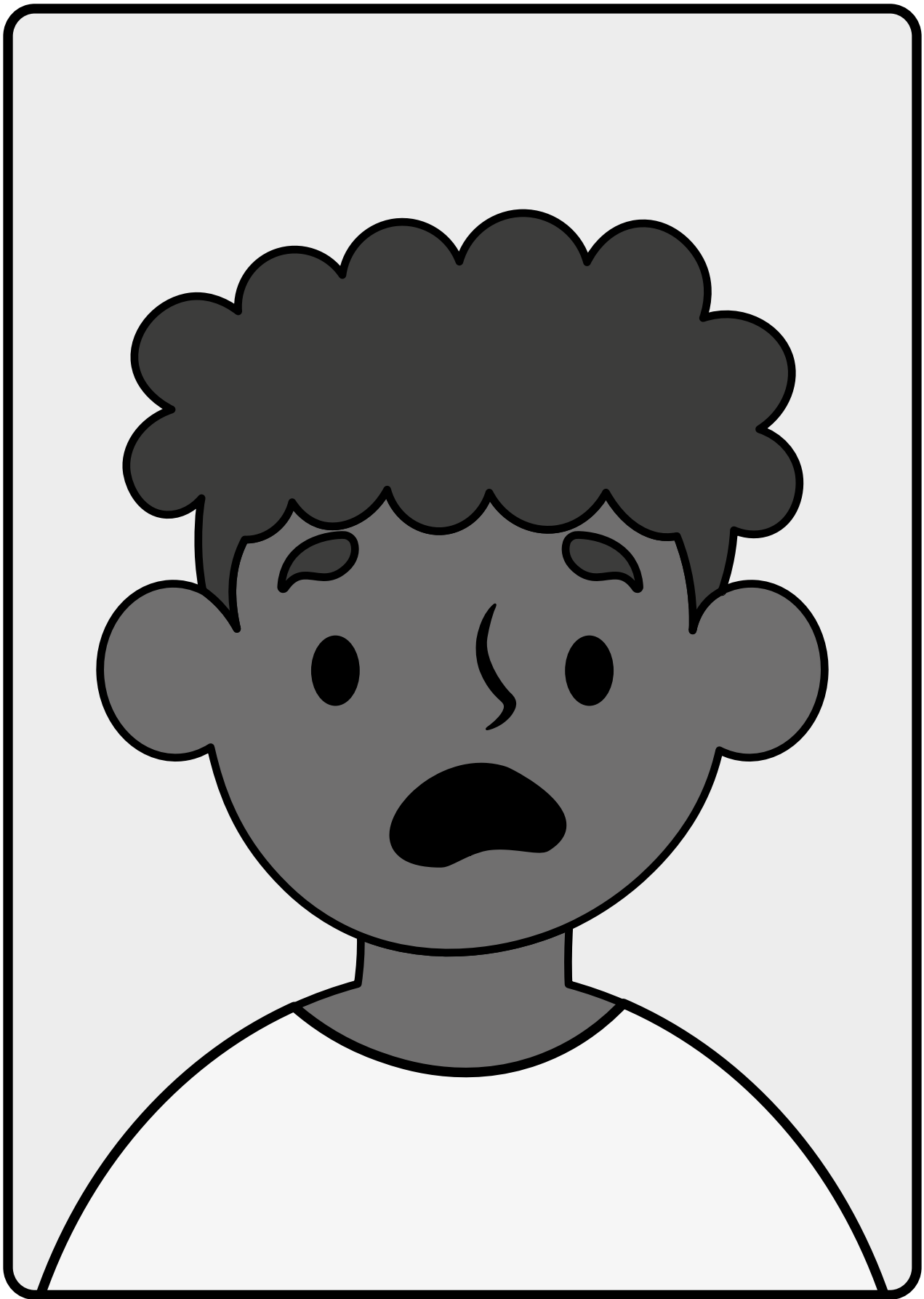
Happy



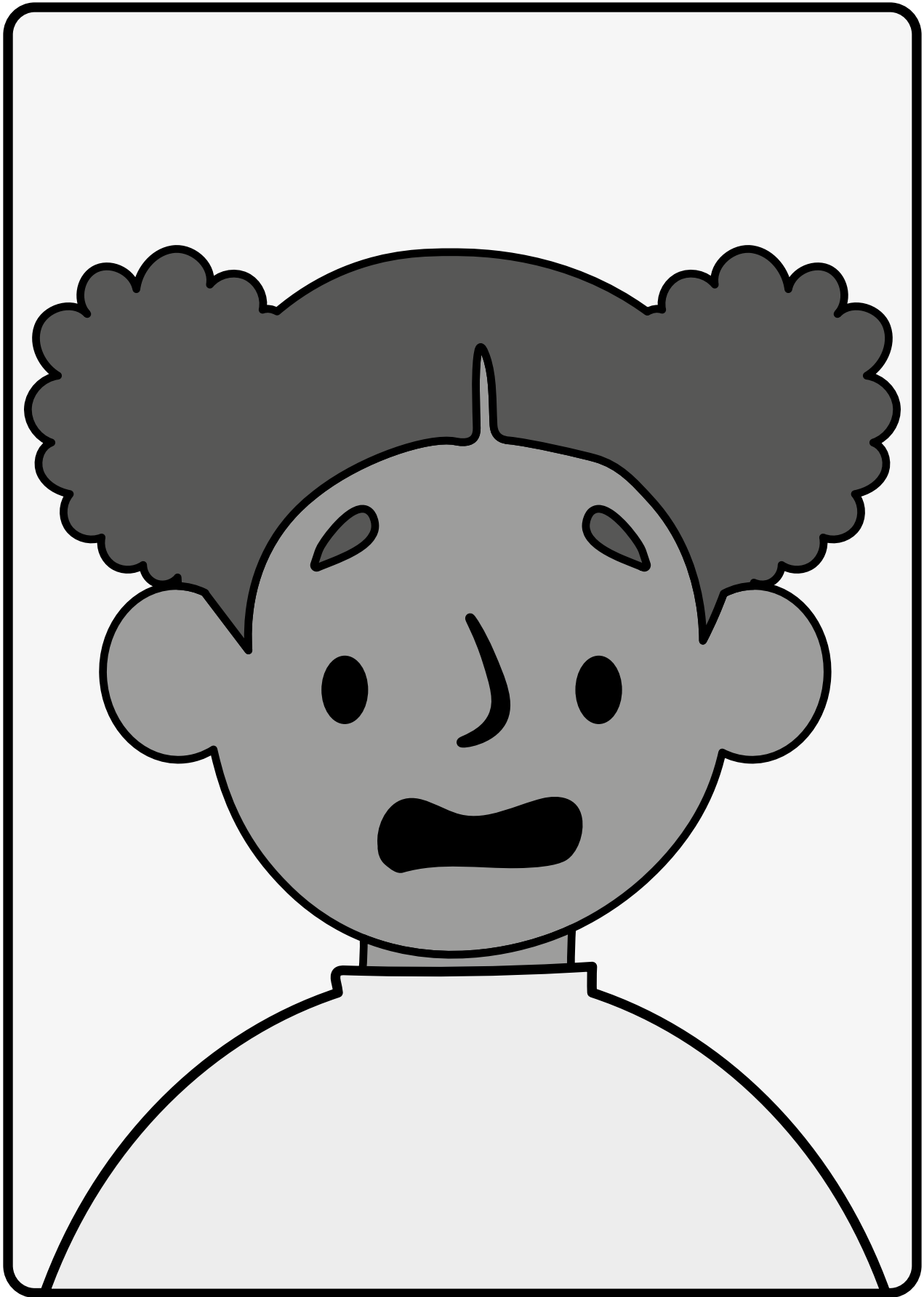
Sad



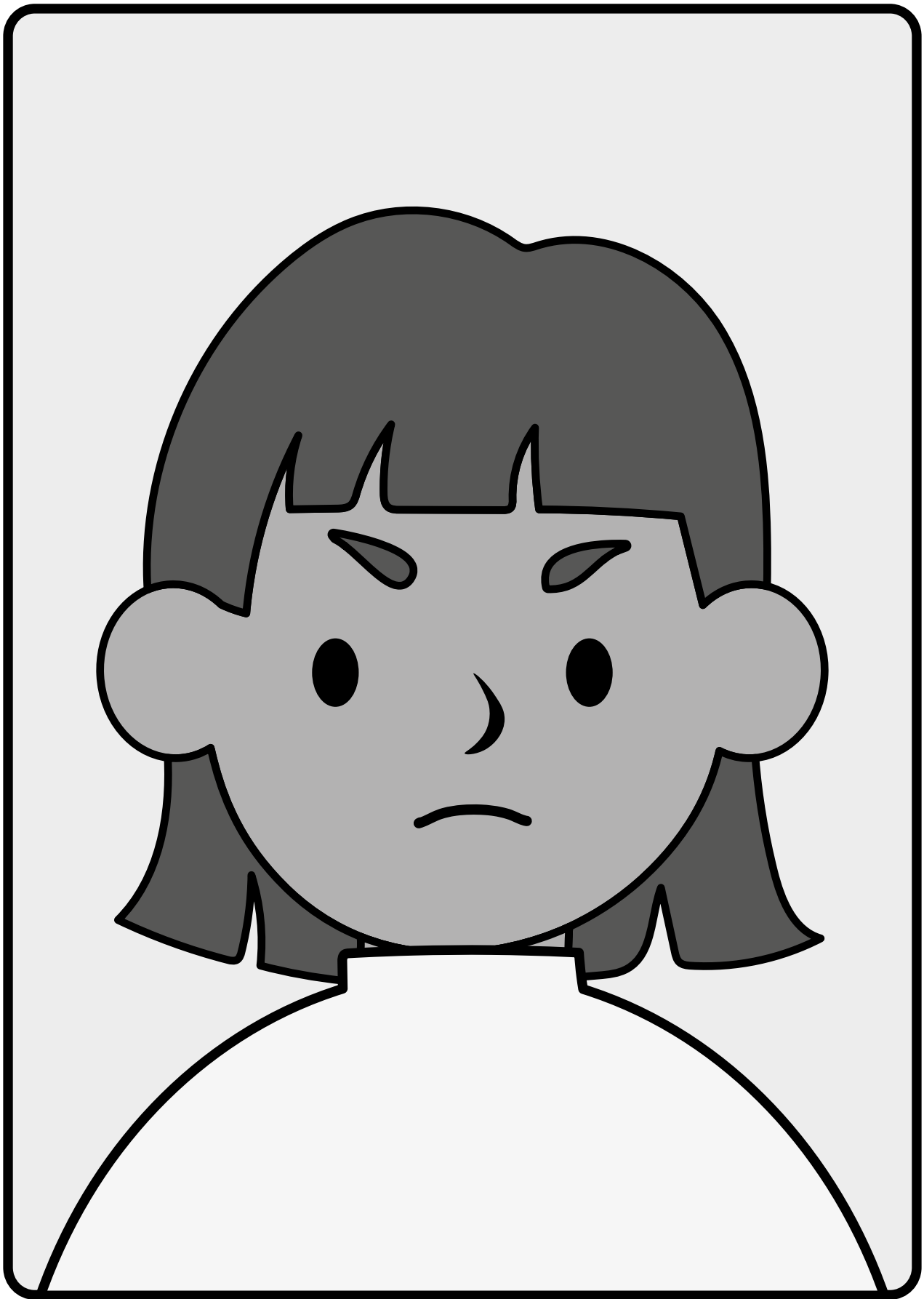
Confused



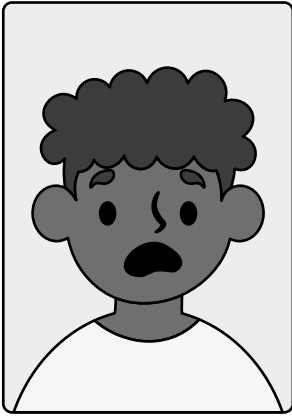
Worried



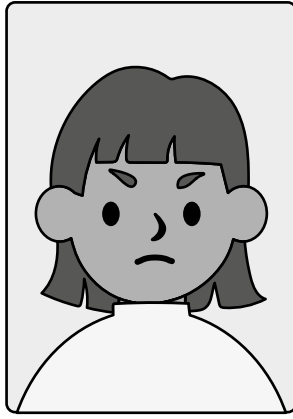
Scared



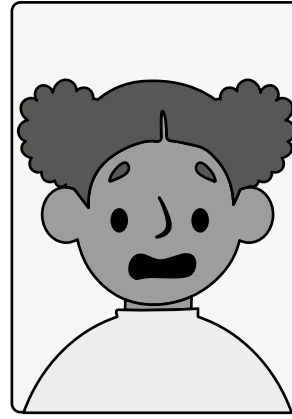
Annoyed



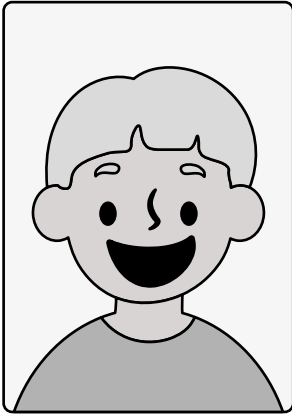
Worried



Annoyed



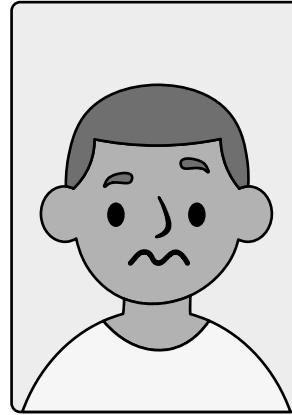
Scared



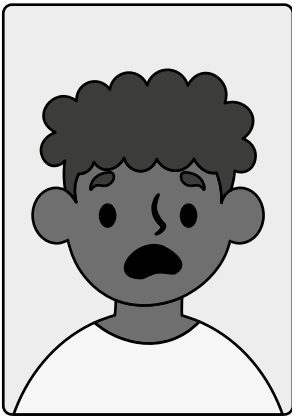
Happy



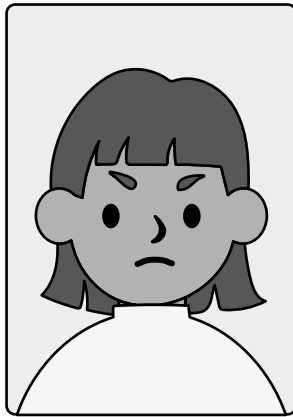
Sad



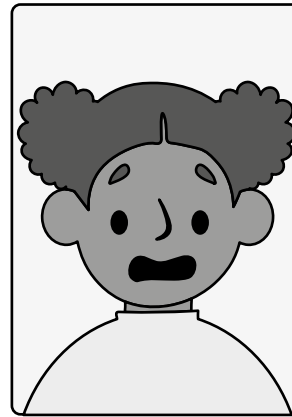
Confused



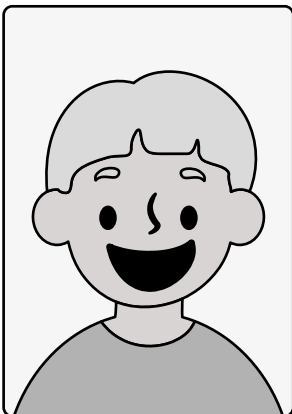
Worried



Annoyed



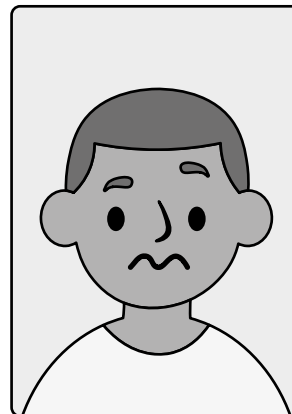
Scared



Happy



Sad



Confused

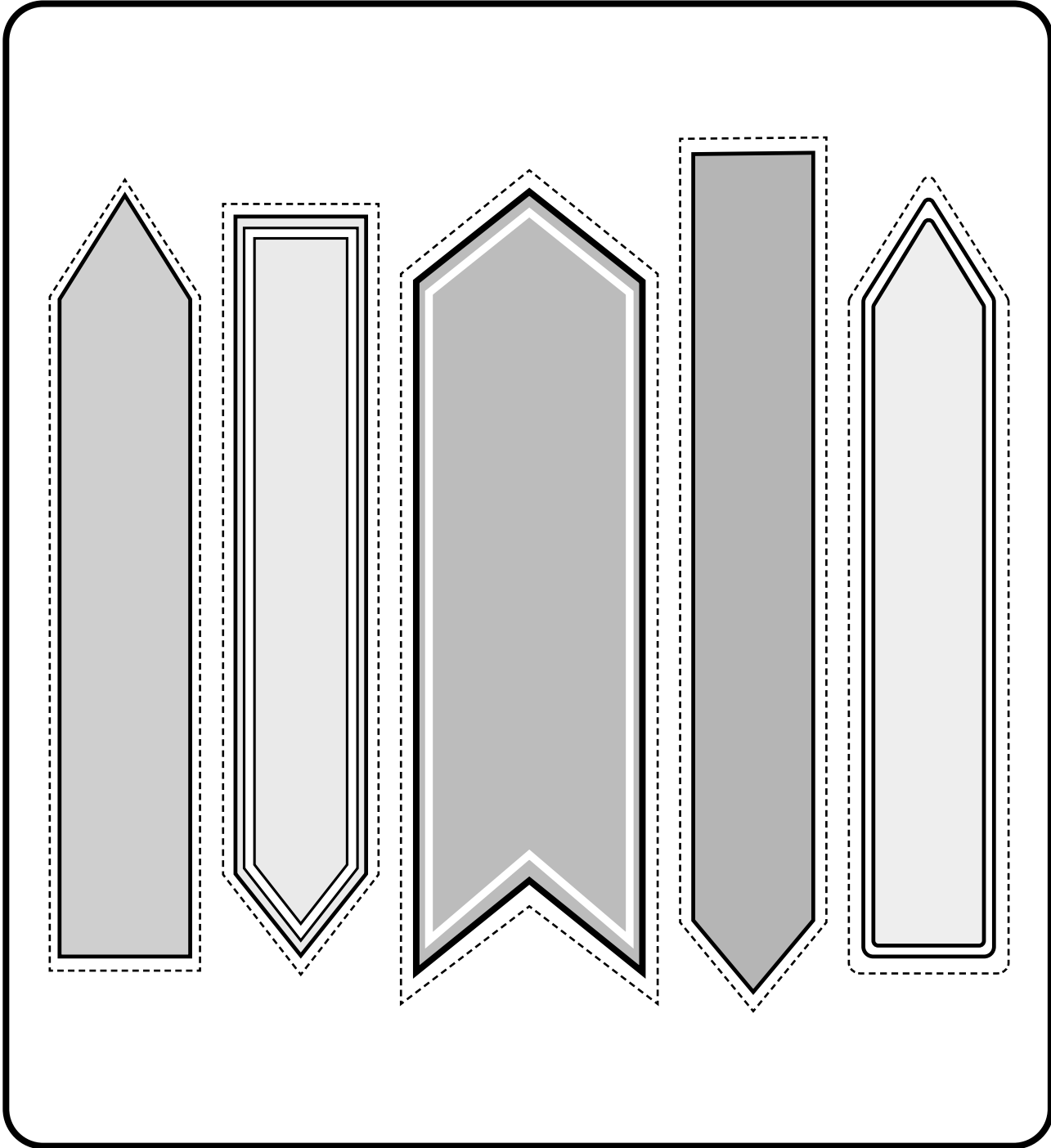
saferinternetday.org.uk #SaferInternetDay



N NOMINET

**To inspire change this
Safer Internet Day I will...**

Arrows



Stickers

