

## Safer Internet Day 2024

### About Safer Internet Day

Over the years, Safer Internet Day has become a landmark event in the online safety calendar. Starting as an initiative of the EU SafeBorders project in 2004 and taken up by the Insafe network as one of its earliest actions in 2005, Safer Internet Day has grown beyond its traditional geographic zone and is now celebrated in approximately 170 countries worldwide.

Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

Safer Internet Day 2024 will take place on the **6th of February 2024**. Each year an online issue or theme that speaks to the things young people are seeing and experiencing online is covered. This year's theme is

**'Inspiring change? Making a difference, managing influence and navigating change online'.**

Created in consultation with young people across the UK, it 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 we regularly promote in school via assemblies, group chats and lessons. Celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. We would appreciate if you could join us in celebrating the day by continuing the conversation at home. To help start a conversation the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>

### Setting up parental controls on your child's mobile

If you do not have the same mobile phone as your child, and therefore are unable to use Google Family link or Apple Family Sharing, then you can set restrictions on your child's device instead.

#### Apple devices:

To set up restrictions on your child's device directly (rather than using an app) then follow the link below: <https://support.apple.com/enus/HT201304>

The instructions will show you how to get to the settings on your child's phone and then how to set restrictions such as restrict content, schedule downtime, set time limits for apps. You will need to set a passcode 'use a screen time passcode' to ensure changes cannot be made after you have set them.

**Android devices:** As with the above link, this link shows you how to set up parental controls on the device itself by creating a PIN: <https://support.google.com/googleplay/answer/1075738?hl=enGB#zippy=%2Cfor-family-members-who-manage-their-own-accounts>

### Useful Links

CEOP Education: <https://www.thinkuknow.co.uk/parents>

Parent Zone: <http://parentzone.org.uk/>

NSPCC: <https://nspcc.org.uk/keeping-children-safe/support-for-parents>

UK Safer Internet Centre: <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



# WhatsApp safety guide for parents

internet  
matters.org

16+

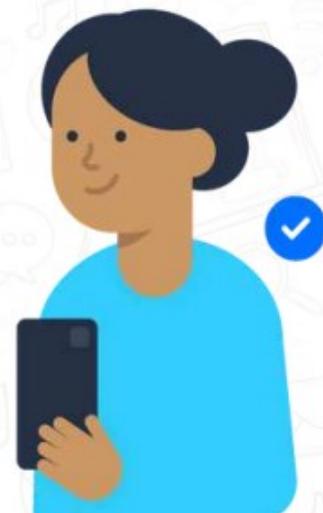
WhatsApp's  
minimum age  
in the UK

58%

Kids aged 3-17  
who use  
WhatsApp

37%

Kids under 13  
who use  
WhatsApp



## 5 tips to keep kids safe on WhatsApp



1

**Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.



2

**Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.



3

**Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.



4

**Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.



5

**Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.