

Conversation Starters



Get the conversation started on a positive note:

- Ask them what they like most about the internet and why?
- What's their favourite game/app/site?
- Ask them to show you the most creative thing they've made online, e.g. a video they've made, or picture they've drawn.
- Explain how the internet offers brilliant opportunities for making connections with others. Ask them who they like to keep in touch with online and what apps or services do they use?

Talk about safety:

- Ask them what they would do if they saw that a friend online needed some help or support?
- Ask them how they stay safe online? What tips do they have and where did they learn them?
- Ask them to show you how to do something better or safer online.
- Ask them to tell you what it's okay to share online. What is it not okay to share online?
- Do they know where to go for help, where to find safety advice and how to use safety tools on their favourite apps and games?

Discuss digital lives and wellbeing:

- Ask them how the internet and technology makes their life better?
- Ask how does the internet make them feel? Do different apps and games make them feel differently?
- Ask what could they do if being online was making them feel worse rather than better?
- Ask them how might they know if they were using the internet and technology too much?

Talk about respect:

- Ask what could they do if someone online was making them or someone they know feel worried or upset?
- Who do they look up to or respect online? Why?
- Ask them if people can say or do whatever they want online? Why / why not?
- Ask what is different about talking online to someone compared to talking face to face? Is there anything that is the same?
- Do they have any tips for how to be positive and show respect online?

Useful Websites

- **ThinkuKnow:** www.thinkuknow.co.uk
- **CEOP:** www.ceop.police.uk/safety-centre/
- **ChildLine:** www.childline.org.uk
- **NSPCC:** www.nspcc.org.uk
- **Connect Safely:** www.connectsafely.org
- **BBC WebWise:** www.bbc.co.uk/webwise
- **Get Safe Online:** www.getsafeonline.org
- **Internetmatters:** www.internetmatters.org
- **Parent INFO:** www.parentinfo.org
- **BullyingUK:** www.bullying.co.uk
- **Age rating of games:** www.common sense media.org/game-reviews
- **Eating disorders advice:** www.nhs.uk/Livewell/eatingdisorders/
- **Tackling extremism:** www.activechangefoundation.org/