Exploring identity online
Conversation starters

Safer Internet Day is a fantastic opportunity to have a conversation with your child 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 safely online!

This year in the UK, Safer Internet Day will encourage young people to explore how they manage their online identity, and how the internet shapes how they think of themselves and others. We want Safer Internet Day 2020 to celebrate difference and help us work towards creating a truly inclusive internet. These conversation starters are a great way to help you talk about these issues with your child.

Start the conversation on a positive note:

- What do you like most about the internet and why? What's your favourite game/app/site?
- How does going online make you feel?
- How does the internet/technology make your life better?
- What could you do if being online is making you feel worse rather than better?
- What is different about talking online to someone compared to talking face to face? Is there anything that is the same?
- Can people say/do whatever they want online? Why/why not?

Talk about sharing online:

- What types of things can we share online? (Pictures, comments, personal information, opinions, etc.)
- What is okay/not okay to share online? Why?
- What should we do before sharing things online?
- What do we do if someone shares something about us that we don't like?
- How do you feel about your parents/carers sharing things about you online and vice versa?

Talk about identity online:

- What makes you…you? How would you describe your identity?
- How do you share your identity online? And where can you share it? (Profiles, pictures, comments, behaviour, etc.)
- How can we experiment with our identity online? How are we able to make it different from our offline identity?
- Why might someone want to experiment with their identity online?
- What might stop someone from being themselves online?
- What might make someone feel like they have to hide parts of their identity online?
- Do you see other people like you online? (Represented in adverts, emojis, characters, influencers, etc.)

Talk about looking after yourself and supporting others online:

- How do you stay safe online? What tips do you have and where did you learn them?
- Do you know where to go for help, and where to find the safety tools on your favourite apps and games?
- What could you do if someone was unkind to you online about the things you've shared?
- What could you do if you saw a friend online needed some help or support?
- How do you keep yourself safe online? Can you show me how I could use the internet in a better/safer way?