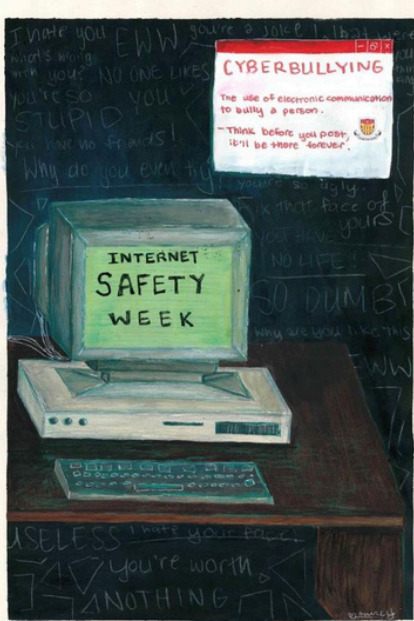




Safer Internet Day



Safer Internet Day

Welcome to our inaugural Safer Internet Day Bulletin. Safer Internet Day has become a Landmark event in the online safety calendar. Starting in 2004 as an EU Safe borders project, safer internet day now grown beyond its traditional borders and is celebrated in 180 countries and territories worldwide. Each year takes a different focus and this year we ask you to join us in focusing on this year's theme.

"Prepare / Protect / Thrive: Navigating Algorithms and Influencers."

This theme invites parents, schools, educators, young people, and all stakeholders to consider how algorithms and influencers shape young people's lives. In a world of endless online information, Safer Internet Day will explore ways to empower children to thrive, equipped with skills to navigate both the opportunities and challenges of these powerful online influences.

Further Resources in our **parents** section of the school website
<https://mercybeaumont.ie>

Sources
www.webwise.ie
<https://better-internet-for-kids.europa.eu>

WHAT IS HAPPENING IN SCHOOL?

- Daily Tips/challenges for students

These are included for you to encourage engagement in your household

- Poster Competition
- Resources for parents
- SPHE classes themed around Safer Internet Day
- Resources for students shared
- Resources and tips for parents



OUR MESSAGE TO YOU!

Our main aim of this bulletin is to help you at home with the education of our young people on responsible, safe technology and internet use. There are so many benefits to proper use of both, but unfortunately misuse or over use can have many negative side affects that outweigh the good. We hope this correspondence will help you to visit topics at home that may need to be addressed, give you access to resources to assist you and empower you to help our teenagers become safe and responsible technology citizens.

"PREPARE / PROTECT / THRIVE: NAVIGATING ALGORITHMS AND INFLUENCERS."

Challenge for parents:

Discuss with your children the world of influencers. Possible topics,
How do influencers make money?
What motivates an influencer?
Are there some skincare/makeup/clothes products that should be for specific ages?

TALKING POINTS

SCROLLING SAFELY ONLINE



Being mindful of screen-time, attention-grabbing mechanisms and other possible threats.

POSITIVE USE OF THE INTERNET

What are some positive uses of the Internet?
How can we use them safely?
Is it important to be mindful of the amount of time we spend online or using a screen, even if it is for a positive reason?

ONLINE/GAMING AGREEMENT

Owning a smart phone opens our children to a world of exposure to both good and bad. It is important that we as their caregivers place boundaries and open channels of communication. This challenge for parents is to review the boundaries we have in place to protect them.

Do you have set rules in relation to internet/screen use in your house?

We ask you to review these with your children and see if they need updating or if you do not have any, take this opportunity to put some in place.



- Is there a time limit on screen time?
- Are phones allowed in the bedroom over night?
- Is dinner time phone free?
- Homework before phone time?
- Do you know your child's passcode?
- Can you check their phone?

USEFUL WEBSITES

<https://www.webwise.ie/>

Parents section has many resources including sample online agreements

Conversation Tips

Do use open ended questions

Don't lead with lectures

e.g.

How do you feel about TikTok?

How has social media affected your friends/your mental health?

SAFER INTERNET DAY



Together For a Better Internet

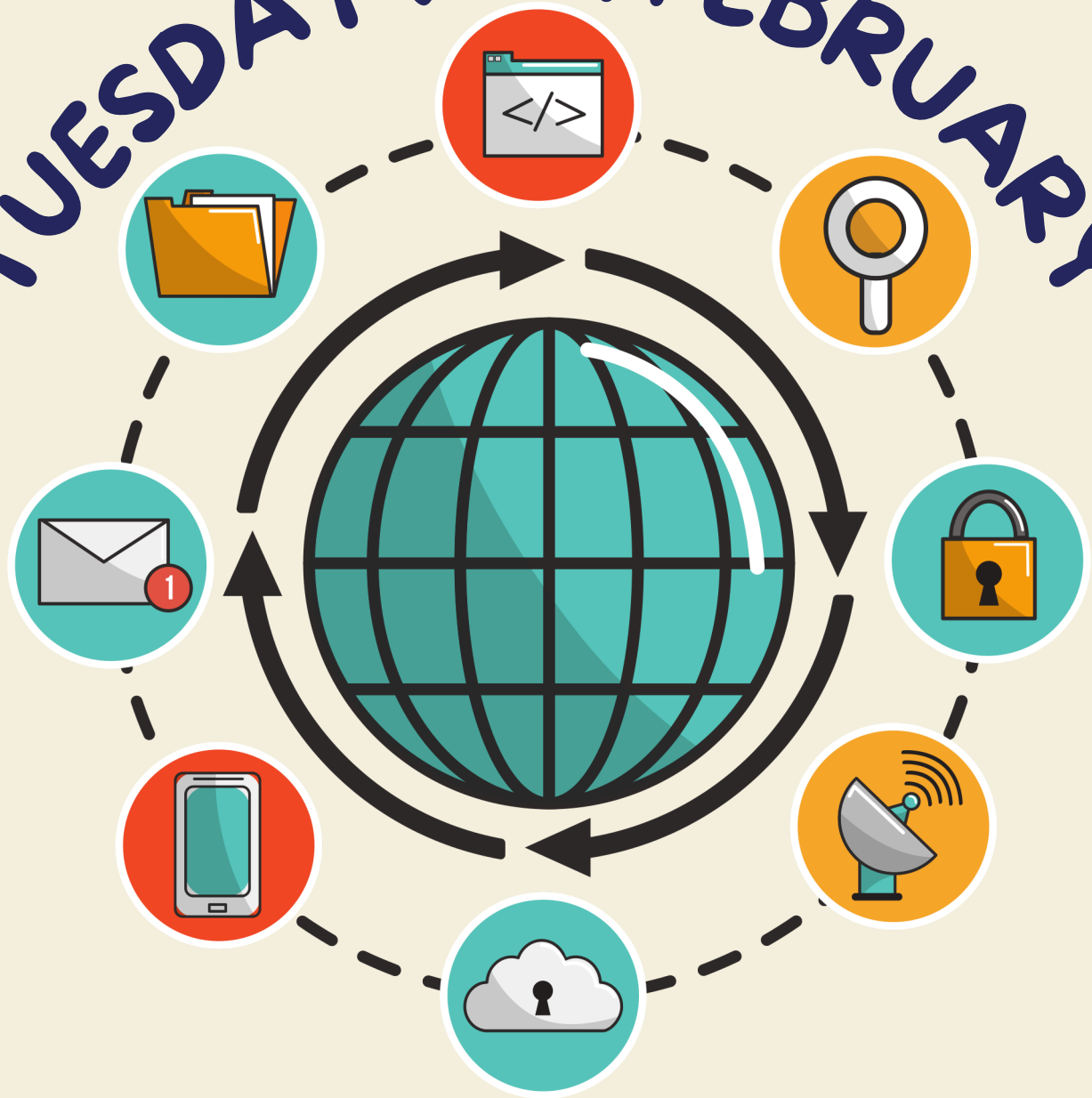
MONDAY 10TH FEBRUARY



**USE A DIFFERENT PASSWORD FOR EACH ACCOUNT.
NEVER SHARE PASSWORDS**

**IF YOU WORRY ABOUT FORGETTING YOUR
PASSWORD, WRITE A PASSWORD HINT DOWN FOR
EXAMPLE IF YOUR PASSWORD IS "PUPPY10-01"
THEN YOUR HINT COULD BE "PET BIRTHDAY DASH"**

TUESDAY 11TH FEBRUARY



WHY NOT TAKE A CYBERBREAK? SET TIMERS ON YOUR SOCIAL MEDIA APPS OR LEAVE YOUR PHONE IN THE KITCHEN WHEN YOU GO TO BED.

THERE IS A GREAT QUIZ AND MORE SUGGESTIONS FOR ALL OUR FAMILIES ON WWW.CYBERBREAK.IE

WEDNESDAY 12TH FEBRUARY



IS IT A RECOMMENDATION ON AN
ADVERTISEMENT?

UNDER EU LAW ALL ONLINE ADVERTS OR
SPONSORED CONTENT MUST BE #AD OR
#SPONCON BUT THIS IS NOT TRUE FOR
INFLUENCERS OUTSIDE THE US. DOUBLE CHECK
WHAT IS A RECOMMENDATION AND WHAT
SOMEONE IS GETTING PAID TO SAY.

THURSDAY 13TH FEBRUARY



CREATE A POSITIVE SPACE ONLINE

**DITCH THE RAGE BAIT CREATORS AND ONLY
FOLLOW PEOPLE WHO MAKE YOU LAUGH OR BRING
SOME GOOD INTO YOUR LIFE.
REMEMBER - IF YOU CAN'T UNFOLLOW SOMEONE,
YOU CAN ALWAYS MUTE THEM!**

FRIDAY 14TH FEBRUARY



KEEP YOUR ACCOUNTS ON PRIVATE AND YOUR LOCATION SETTINGS OFF UNLESS IT IS ESSENTIAL - YOU CAN SET GOOGLE MAPS TO ONLY TRACK YOUR LOCATION WHEN YOU USE THE APP AND MAKE SURE THINGS LIKE YOUR SNAPMAP ARE ON PRIVATE! SHARE YOUR LOCATION TO PARENTS DIRECTLY WHEN NEEDED VIA WHATSAPP INSTEAD.