

SWITCHED  ON

# Online Safety

At home!



In today's technology-driven world, it is a vital that we prepare children so they can deal with online content independently and safely.

This booklet includes four fun activities for you to try out at home with your family.



## 1 Stay safe online – Family Manifesto

Begin your family's online safety campaign by gathering everyone together and creating your family manifesto for gadget use.

Talk together about how to stay safe online, and what to do if something unexpected or uncomfortable happens. You could:

- ✓ talk about all of the great things the internet is used for
- ✓ discuss how it can be used for activities together
- ✓ plan alternative activities for the agreed times when gadgets are to be switched off, such as reading a real book at bedtime.

Together, create a visual representation of your manifesto and stick it in a prominent place so that everyone can be reminded of your online safety campaign. As a family, revisit your manifesto after a few weeks to find out how it worked out, and celebrate your success with a family treat.

For further ideas, you could take a look at [www.childnet.com/parents-and-carers](http://www.childnet.com/parents-and-carers).



## 2 The Yes/No Game

Create an avatar of a famous person and see if anyone can guess who it is!

Ask your friends or family to each think of a famous person and create a paper avatar for them. Maybe have a look online first at different examples of avatars or skins to get everyone's imagination running. Once the avatars are complete, see if others can guess the famous person by asking questions that can only be answered with yes or no.

When the avatars are revealed, help children to understand that an avatar or skin is simply a user creation that might not reflect the real person in any way. Ask questions such as:

- 'What made you choose those colours/that creature, etc. for the avatar?'
- 'Imagine if you met them online – how could you know who it really was?'

Get the children talking about where they might see an avatar and what the yes/no game has taught them about people they meet online.

## 3 Digital diaries

Ask everyone in your family to create a digital diary for a few days or a week for a family activity. Ask them to write down every website and app they visit and record the number of hours spent online.

At the end of the allocated period, collect all the diaries and get everyone together to see if they can guess which diary belongs to which family member. Are there any similarities between age groups or are there any websites or apps common to all of the diaries? Who is spending the most amount of time online? Encourage everyone to ask questions about sites they are unfamiliar with, and find out what makes them interesting to other people.

## 4 Create a family story

Create a video diary of a family day out or encourage your children to draw or paint pictures and build their own adventure. By using the free app, Adobe Spark, you can add your own voice to your pictures to create a story.

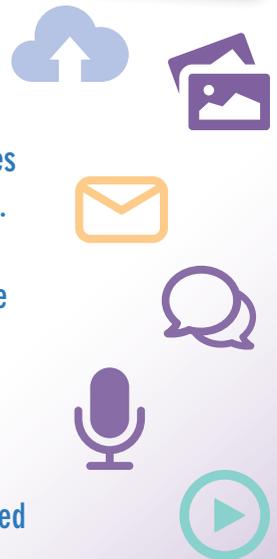


➔ Download for free at [www.spark.adobe.com](http://www.spark.adobe.com).

Alternatively, create a family story by planning an augmented reality wall using the free app, Aurasma. Draw or paint pictures and use Aurasma to link them to videos made during days out. When you hold up your device over an image, Aurasma will play the recording for you to share your fun days out. For those inevitable rainy days, use the app to create a treasure hunt around the house.

➔ Download for free at [www.aurasma.com](http://www.aurasma.com).

Be mindful of how you share this video content. Who is included in the video? Where are you going to share it and who will be able to see it?



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Find out more at [www.risingstars-uk.com/onlinesafety](http://www.risingstars-uk.com/onlinesafety).



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