SAFER INTERNET DAY 2026

TOP TIPS FOR PARENTS AND CARERS

Abbey Academies Trust

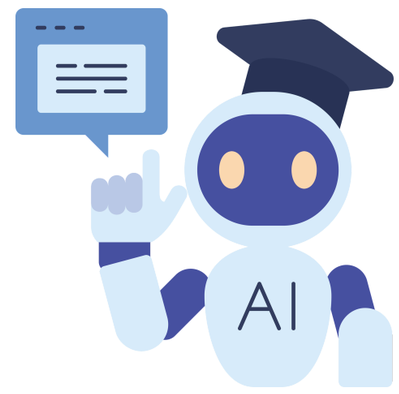
Safer Internet Day

TALK AND EXPLORE TOGETHER

Spend time online with your child and chat regularly about what they enjoy, see and experience. Make sure they know they can always come to you.

UNDERSTAND AI IN EVERYDAY LIFE

AI is built into search engines, apps, games and devices. Help children recognise when AI is being used and remind them that not everything online is reliable or real.



USE SETTINGS AND CONTROLS

Set up parental controls on devices, apps, smart TVs and voice assistants.



MODEL SAFE AND KIND ONLINE BEHAVIOUR

Think about how technology makes you and your family feel. Use it respectfully, responsibly and in ways that build skills and confidence.

KNOW WHERE TO GET HELP

Report harmful or inappropriate content using in-app reporting tools. Illegal content, including AI-generated abuse images, should be reported to the appropriate organisations and platforms.

REMEMBER



Get more online safety tips at: SAFERINTERNET.ORG.UK