Ask your child to tell you what they like most about the internet and why e.g. sites they visit, ways to communicate, games they play etc.

What does a better internet mean to them? Is it safer, more fun, kinder, more to do, easier to use?

Ask your child what they would like others to do to improve the internet and make it a better place.

What could your child do to make the internet a better place? Do they have creative skills or ideas to create a new website or app?

Encourage your child to do good digital deeds to help others. Perhaps they can show you how to do something better online or they might have a friend that would benefit from their help and support.

Ask your child if they know where to go for help, where to find safety advice and privacy settings, and how to report or block on the services they use.

Ask your child what they would do if they saw hateful content online. Who could they turn to for help?

Think about how you each use the internet. What more could you do to use the internet together? Are there any activities you could enjoy as a family?

Ask your child to tell you how they stay safe online. What tips do they have for you to deal with online issues? Where did they learn them?

For more information and advice, visit www.saferinternet.org.uk