

Safer Internet Day 2023

“Want to Talk About It? Making Space for Conversations About Life Online”

On Tuesday 7th February 2023, our school joined thousands of settings across the UK in marking Safer Internet Day, the nationwide celebration of positive, responsible and safe use of technology. This year’s national theme - “Want to Talk About It?” - focused on empowering children to have open, honest conversations about their lives online. The aim was to ensure every child feels confident to share their experiences, ask questions, and seek support when something online feels confusing, exciting or worrying.

Safer Internet Day 2023, coordinated by the UK Safer Internet Centre, encouraged schools to explore what young people enjoy online, what challenges they face, and how adults can better support them. This aligned strongly with our commitment to ensuring pupils know their voices matter, their experiences are taken seriously, and they can always talk to trusted adults about anything they encounter online.

Whole-School Approach to Conversations About Online Life

Across the week, pupils from EYFS to Year 6 took part in structured sessions designed to create safe spaces for discussion, problem-solving and reflection. Each activity encouraged children to understand that speaking up is a key part of staying safe online.

Early Years & Key Stage 1 – Sharing Experiences and Asking for Help

Younger pupils explored:

- what they enjoy doing online (games, talking to family, watching videos)
- who they can talk to if something makes them feel unsure
- how to recognise “uh-oh” feelings
- the importance of telling a grown-up when something unexpected pops up on a screen

Using stories, role-play and simple scenarios, pupils practised saying “Stop – I need help!” and learned that talking to an adult is a brave and important choice.

Lower Key Stage 2 – Exploring Real-Life Online Situations

Fox Class discussed:

- what makes online spaces fun and creative
- what kinds of online situations might feel worrying or confusing
- how to respond if someone is unkind online
- why it is important not to keep online worries secret

Pupils took part in conversation-based tasks, sharing their real experiences in a safe environment. They also created posters reminding others:

“If something online feels wrong, weird or worrying - TALK ABOUT IT!”

Upper Key Stage 2 – Recognising Pressure, Influence and Digital Wellbeing

Owl Class engaged in deeper conversations about:

- peer influence and pressure online
- group chats and how quickly things can escalate
- how social media and online gaming can affect feelings
- why speaking to a trusted adult is the *first* step in resolving something that feels uncomfortable

They also analysed real-world case studies and online dilemmas, discussing what responsible choices look like and how to support friends who might feel worried.

Encouraging a Culture of Open Conversation

A key focus across all year groups was helping pupils understand that:

- adults *want* to hear about their online experiences
- no worry is too small
- talking early can prevent problems
- everyone has the right to feel safe online
- online experiences influence wellbeing, confidence and friendships

Teachers reported that children were eager to contribute, keen to ask questions, and open about their experiences - demonstrating that the theme successfully created a space where their voices were valued.

Impact and Continued Commitment

Safer Internet Day 2023 helped pupils:

- build confidence in speaking about their digital lives
- recognise when to seek help and who to talk to
- develop empathy for others' experiences
- reflect on the emotional impact of online interactions
- understand that responsible choices online start with honest conversations

Many pupils said they felt more comfortable talking about online worries after the sessions, showing an important shift toward openness and trust -a key safeguarding priority.

As technology continues to evolve, our school remains committed to providing ongoing opportunities for children to talk, reflect and ask questions about the online world. Safer Internet Day 2023 strengthened these foundations and reinforced the message that **every child's voice matters - especially online.**