

# Safer Internet Day 2026: Smart Tech, Safe Choices

Helping our children navigate an AI-powered world.



Safer  
Internet  
Day 2026 | Tuesday  
10 February

Coordinated by the UK Safer Internet Centre

[saferinternetday.org.uk](https://saferinternetday.org.uk)

# Welcome & Introduction

**Key Message:** The internet isn't just websites anymore; it's in our toys, our speakers, and even our children's homework help.

**Goal:** Today isn't about scaring you - it's about empowering you to help your child make smart choices.



# What is "Smart Tech" in 2026?

It's more than just a tablet.

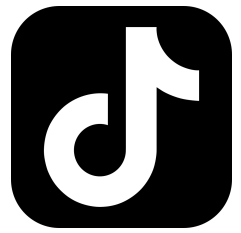
- **Generative AI:** Tools like ChatGPT or Gemini that "create" stories or images.
- **Smart Assistants:** Alexa, Siri, and Google Home.
- **Connected Toys:** Dolls or robots that "talk" back using AI.
- **Recommendation Algorithms:** Why YouTube or TikTok shows your child a specific video next.
- **The Reality:** Primary children are already using AI daily, often without realising it.

**ChatGPT**

FreeQuade



# The "Too Good to Be True" Rule



## Spotting Scams & Misinformation.

- **Theme Connection:** This year focuses on "Safe Choices."
- **The "Robux/V-Bucks" Trap:** Scammers use AI to create very convincing "Free Currency" ads or fake celebrity endorsements.
- **Fake Images/Deepfakes:** Pictures and voices can now be faked.
- **The "Stop, Close, Tell" Rule:**
  1. **Stop:** If something looks weird or "too good."
  2. **Close:** Shut the app or tab.
  3. **Tell:** Find a trusted adult immediately.

The Roblox logo, which is the word "ROBLOX" in a stylized, outlined font with a red-to-pink gradient.

# Practical Controls & Settings

## Your Digital Toolkit.


**Tip:** Controls are a safety net, not a replacement for you. Even the best filters miss things!

Feature	Primary Parent Action
<b>Search</b>	Use <b>Google SafeSearch</b> or <b>YouTube Kids</b> .
<b>Gaming</b>	Set a <b>Parental PIN</b> on Roblox/PlayStation to prevent spending.
<b>AI Tools</b>	Use "Supervised Accounts" so you can see what they are asking.
<b>Devices</b>	Use <b>Apple Screen Time</b> or <b>Google Family Link</b> .



# The Power of Conversation

## Headline: Connection over Control.


- **Be Curious, Not Furious:** If they see something "bad," thank them for telling you instead of taking the device away. (If you take the device, they won't tell you next time!)
  - **Family Agreement:** Create a simple "Internet Promise" (e.g., "We only use tablets in the living room").
  - **Ask "Why?":** Instead of just saying "Don't use that," ask "What do you like about this app?"
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# Summary & Resources

## Headline: 3 Things to Do Tonight.

1. **Check one setting:** Ensure your home Wi-Fi or your child's favorite game has a PIN.
2. **Talk about AI:** Ask your child if they know what an AI or a "chatbot" is.
3. **Model good habits:** Put your own phone away at dinner to show "screen-free" value.

## Where to get help:

- **UK Safer Internet Centre** ([saferinternet.org.uk](https://saferinternet.org.uk))
  - **Internet Matters** ([internetmatters.org](https://internetmatters.org))
  - **NSPCC / Childline**
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# Parent Guide: Smart Tech, Safe Choices



## Safer Internet Day 2026 | Supporting Primary Pupils

The digital world is changing fast. In 2026, our children aren't just browsing the web; they are interacting with **Artificial Intelligence (AI)** in toys, games, and homework tools. This guide helps you navigate these "Smart" choices together.

### 1. The "Safe Choices" Summary

- **AI is everywhere:** It's in the "bots" your child plays against in games, the voice assistants in your kitchen, and the filters they use on photos.
- **Seeing isn't always believing:** AI can create "Deepfakes"—realistic but fake videos or voices. Remind children: *If it sounds too good to be true (like free game currency), it usually is.*
- **Connection > Control:** Technical filters are helpful, but a child who feels safe talking to you is the best defense against online risks.

### 2. 5 Discussion Starters for the Walk Home

Use these "low-pressure" questions to start a conversation without making it feel like an interrogation.

1. **"Have you ever talked to a 'bot' or a robot online?"** (Helps identify if they are using AI chat tools).
2. **"If a famous YouTuber asked you for a favor online, how would we know it was really them?"** (Introduces the concept of Deepfakes/scams).
3. **"Which game makes you feel the happiest? Which one ever makes you feel 'wobbly' or frustrated?"** (Focuses on emotional well-being).
4. **"Can we find one thing online today that we think might be 'fake' or AI-generated?"** (Turns spotting misinformation into a game).
5. **"If something 'weird' happened while you were playing, who are the three adults you'd tell?"** (Identifies their support network).

## The "3-Step Safety Check" for Tonight

Step	Action	Why?
1. The Filter	Check that <b>Google SafeSearch</b> or <b>YouTube Kids</b> is active.	Prevents most accidental exposure to adult content.
2. The Wallet	Ensure your App Store/Google Play has a <b>Password for Purchases</b> .	Prevents "accidental" spending on game credits or AI subscriptions.
3. The Space	Try to keep tablets and consoles in <b>shared family spaces</b> .	Makes it easier for children to "Stop, Close, and Tell" if they see something odd.

**The Golden Rule:**  
If your child comes to you with a problem online, stay calm. If we react with anger or by immediately taking the device away, they may not tell us next time.  
**Be "Curious, Not Furious."**

## 4. Where to Go for Help

- **Internet Matters** ([internetmatters.org](http://internetmatters.org)): Brilliant step-by-step guides for setting up parental controls on every device imaginable (Roblox, PlayStation, iPhones, etc.).
- **UK Safer Internet Centre** ([saferinternet.org.uk](http://saferinternet.org.uk)): The home of Safer Internet Day, featuring specific advice for the 2026 AI theme.
- **NSPCC / Childline**: Support for parents worried about a child, and a safe place for children to call if they are scared (0800 1111).
- **ThinkUKnow (CEOP)**: The place to report serious concerns or online grooming directly to the police.

