



## Family Activity Sheet – Sharing images and videos

This activity sheet has been created to help you to learn more about sharing pictures and videos online and how to stay safer as a family.

### Conversation starters

**Here some questions you can ask to start a conversation:**

- Ask about the types of things they like to share online. Discuss what they think is OK to share and the things they think are not OK to share.
- Ask what advice they would give a friend if someone share an image of them online, without asking permission.
- With teens you could discuss an example from a TV programme or an article about a celebrity who shared an image and something went wrong. What advice could they offer the person on how to share safely.

### Online safety action

**Pick one of these actions to do as a family:**

- Visit our [Thinkuknow website](https://www.thinkuknow.co.uk) and search for tips on how be safe when sharing pictures for different ages, by typing ‘sharing’ into the search box.
- Together, look at the privacy settings for the apps, sites and games they use and talk about how they can help them stay in control of what they share.
- Create a list of who they can talk to if they are worried about something they have seen or shared online. This may include you, other trusted adults, or trusted organisations like [NSPCC’s Childline](https://www.nspcc.org.uk).

### Fun family task

**Create a family meme!**

Find a website or an app that lets you create a meme - your child will probably know how to do this - if not search ‘create a meme’ in the safe search mode. Ask each family member to create a family meme. It might include a family motto or something you say to each other.

**Don’t forget to use this as an opportunity to talk about permission, if using a photo of others, being kind and thinking about sharing with others.**

### More information for parents and carers

For more information about this and other ways to help your child stay safe online, you can visit [www.thinkuknow.co.uk/parents](https://www.thinkuknow.co.uk/parents).

