



### 1. The Big Statement

**"How do you show who you are online?"**

**"You can't, not on the internet."**

Take some time to discuss and debate the statement above with learners and allow them to challenge or offer reasons for why this statement was made. Encourage learners to consider why someone might feel this way, as well as all the ways we can show who we are online and express our identity.

#### Note to educators

This quote was taken from a [Childnet](#) focus group with 11-14 year olds discussing online concerns about body image and healthy relationships.



### Free to be

### 2. Inspiring others to be free

Why not get learners to create posters promoting positive messages about being free to be you online? Ask them to consider what messages or visuals would help someone understand what this means, and how young people feel about representation and diversity online. These could be displayed in your school/setting, or shared online as a part of an online campaign. Discuss the impact that having these seen by a wider group of people could have.

### 3. A pledge for one is a pledge for all

Discuss with learners how we can make the online world a more inclusive and welcoming place for all. Consider different online services and how people are treated on them, as well as representation online.

Reflect upon the part we can all play in making the online world a place where everyone is free to be themselves. Encourage young people to make a pledge for how they will help to achieve this. These could form a display in your school/setting and be referred back to at later points throughout the year.



### 4. Newsletter/text to parents and carers

Use Safer Internet Day as an opportunity to reach out to parents and carers about online safety and topical issues, such as identity, which are affecting young people online. Share with them the resources in our [Parents and Carers Pack](#) as well as any thoughts or advice from the learners within your setting.



### 5. Diversity wall

Use this activity as a chance to give a voice to learners and allow them to comment on equality and diversity online.

You could do this by displaying some key questions, phrases or words on a display board and allowing learners to contribute their own thoughts, opinions and responses on post-it notes throughout the day or week.

These could be discussed or shared in an assembly/presentation and used to help educate the whole school/setting about responding to online situations appropriately.

Suggested questions or phrases might be:

- The online world is diverse and equal because...
- The online world is not diverse and equal because...
- How do we make online spaces more welcoming for everyone?
- Diversity online means...

#### Note to educators

A member of staff may want to oversee any examples before they are added to ensure they are appropriate.



### 6. Open your mind

Ask learners to suggest thoughts and statements which can be included in a daily bulletin, notice sheet or put on all screens as a screen saver, to encourage everyone to think about equality and diversity online.

This could include messages about being an ally to others, making sure your online feed is diverse in order to see and celebrate difference online, as well as encouraging others to be more welcoming, inclusive and accepting of everyone both online and offline.