

Conversation starters

- What is personal information and why is it a good idea to keep it private? How might you protect your personal information online?
- Why do you think passwords are important? How could you create a password that nobody would guess?
- Have you ever seen a pop-up on screen or been sent a message asking you to click a link? What do you think could happen if you clicked the link?

Pick one action to do as a family

- Visit our [CEOP Education website](#) and look for tips on how to keep personal information private online.
- Find out how to improve your cyber security as a family by creating a [Cyber Action Plan](#) using the National Cyber Security Centre's online tool.
- Pick an activity from our [Cyber aware activity sheet](#) to do as a family.

Fun family activity

Who is the most cyber secure? Ask each person in the family to write down all the different online accounts they have. This could be online gaming accounts, social media accounts, email accounts or school accounts. How many are there?

Now ask them to tally up how many different passwords they use for all of their accounts. **The highest number wins!**

Use this as an opportunity to talk about how to create a strong password.

For further information about this topic and more on how to keep your child safer online, visit www.thinkuknow.co.uk/parents