Family Activity Sheet – Cyber Security

This activity sheet has been created to help you to learn more about cyber security, take some actions to stay safe, and have some fun together while becoming Cyber Aware!

Conversation starters

Here some questions you can ask to start a conversation:
- Depending on your child's age, ask if they have ever seen a 'pop up box' on screen or been sent an email or text which asked them to click on a link? Discuss if they think it would be safe to click the link.
- Ask why passwords are important and how they would create a password nobody could guess.
- Watch the You Tube video 'How private is your personal information. As a family discuss the ways that leaving personal information exposed online, and what you would do to protect it.

Online safety action

Pick one of these actions to do as a family:
Visit The National Cyber Security Centre's Cyber Aware website and pick one Cyber Aware action you can all take - or if you want to be super cyber secure – do all of them!
- Create a new password for your main email account. You can use our **Cyber Aware activity** sheet to help.
- Turn on two- factor authentication.
- Check your devices have up to date software
- Turn on 'back-up information'

Fun family task

Who's the most Cyber Secure.
Ask each person in the family to write down all the different online accounts they have. This can be anything from an account on a shared family device or at school, to an online gaming account or social media, to an email account.
How many are there?
Now ask them to tally up how many different passwords they use for the accounts.
The highest number wins! And also a great opportunity to go and change passwords.

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.

You can also read our article : Cyber Security: What parent and carers need to know.

National Cyber Security Centre