



**Safer  
Internet  
Day 2020** | **Tuesday**  
11 February

**Together for a better internet**

## Free to be me: exploring identity online

This pack, produced for Safer Internet Day 2020, encourages young people to explore identity online, and how the internet shapes the way that they think of themselves and others. This Safer Internet Day, celebrate difference online and help us work towards creating a truly inclusive internet.

The following information and activities focus on what creates our identity online – such as the things we share with each other, how others perceive us and interact with us, as well as how online services use the information we share to identify and profile us.

The activities examine how offline stereotypes and discrimination are challenged or reinforced online, and what young people can do in response to discrimination, hate or bullying online.

Focusing on identity online supports young people to consider whether they feel free to experiment and express themselves online, or if they feel limited in who they can be when they're online. By opening up conversations around identity online, young people can be inspired and empowered to support each other to be who they want to be, both online and offline.

**Free  
to be ME**



**Parents  
and  
Carers**



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