



KEEP SAFE IN CYBERSPACE

01. Talk to your child about online safety.

Make sure they know they can talk to you if they are worried about anything they see or hear without getting into trouble. Let them know that if anything makes them feel 'funny' they can talk to you.

02. Do you know what your child is playing?

Is it age-appropriate? Have you checked the content is suitable? What are the messaging functions within the game? Do you know how to report problems or how to get further support?

03. Have you checked your privacy settings?

Look through your web browsers and make the appropriate changes to your settings. Does your child know not to share information with 'friends' on the internet?

04. Be wary of your "friends"

It's easy to lie online, explain to your child that it can be difficult to make sure who you're talking to is truthful about themselves.

05. Make a family agreement.

Decide on the length of gadget time per day. Establish shut down warnings. Have screen-free time during meals and before bed. Make sure the games are appropriate for all of the children in the family.

06. Be ready to have a difficult conversation

If your child does start a conversation about something that they have seen or heard on the internet please stay calm. Keep listening and try not to interrupt even if there is a period of silence. Help them to understand why some things are wrong, age inappropriate or even illegal. Remind them of your family values and explain some parents may think that something is okay for their children but explain why you don't think it is inappropriate.

LET'S MAKE THE INTERNET SAFE FOR ALL!