

# Staying safe Online

In a world where technology plays a massive role in our lives, it's important to stay safe and smart online. With the help of these tips, you can help keep your child safe while using the internet.



**Parental Supervision:** Keep an eye on what your child is doing online. Setting parental controls and having open discussions about online activities is key.

**Age-Appropriate Apps:** Make sure the apps your child uses are suitable for their age. Some apps may have features that are not suitable for younger children.

**Phishing:** Be cautious of unsolicited emails or messages asking for personal information. Teach your child to be wary of sharing sensitive details online.

**Influencers:** Talk to your child about being influenced by online personalities. Help them understand the difference between real life and what they see online.

**Screen Time:** Limit the amount of time your child spends in front of screens. Encourage a healthy balance between online and offline activities.

**Age-Appropriate Gaming:** Check the age ratings of games to ensure they are suitable for your child. Monitor their gaming habits and encourage breaks.

**Sharing Information:** Teach your child to be cautious about sharing personal information online. Remind them that once something is shared online, it can be difficult to remove.



**Talking to People:** Encourage open conversations about who your child is talking to online. Make sure they know the importance of not sharing personal details with strangers.

**Cyberbullying:** Discuss the impact of cyberbullying with your child. Encourage them to speak up if they experience or witness any form of online bullying.

**Reporting Worrying Content:** Teach your child how to report any concerning or inappropriate content they come across online. It's important to take action to keep the online community safe.

Remember, staying safe online is a team effort between parents and children. By working together and following these guidelines, we can create a safer online environment for everyone.

