

# Keep Your Child Safe *Online*

## A Guide for Parents

### 1 Check Parental Controls

Check that your parental controls are up-to-date and use them to restrict access to inappropriate content and monitor online activity.

### 2 Set Clear Expectations & Boundaries

Establish rules for online activities. Define time limits, appropriate content, and allowed websites or apps.

### 3 Supervise Online Activities

Keep an eye on your child's online behaviour. This can involve periodic checks, co-viewing, or sitting with or near them during their screen time.

### 4 Be a Good Role Model

Set a positive example with your own online behaviour. Demonstrate responsible use of technology, respecting others' privacy and maintaining a healthy digital life.

### 5 Encourage Open Communication

Create an environment where your child feels comfortable discussing their online experiences. Especially if they have any worries or concerns.

### 6 Ensure a Healthy Balance

Ensure that your child has a balanced routine with enough time away from a screen for physical activity, hobbies and family interactions.

### 7 Educate About Online Dangers

Talk to your child about the risks of being online, such as cyberbullying, predators and inappropriate content. Explain how to recognise and report these dangers.

### 8 Know the Platforms

Familiarise yourself with the apps, games and websites your child uses. Understand their features, privacy settings and potential risks.

