

# Keep Your Child Safe Online



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## TALK

**Talk** to your child about their internet use and safety

**Have meaningful conversations** about how they use the internet

**Praise** your child for safe online behaviours

**Welcome** your child if they want to ask you a question or tell you about a problem, even if they've done something unwise themselves

## EDUCATE

**Learn as much as you can** about games, platforms, parental controls and the benefits and risks of online activity

**Teach** your child about specific issues and concerns

**Teach** your child about safe and unsafe relationships and how to repair friendships following disagreements online

## CO-VIEW

**Co-view** your child's online activity at least 1x/week

**Interact** with your child online

**Model** appropriate online behaviour

**Co-operate** with each other to promote the well-being of all



## HOUSE RULES

**Set clear routines, rules and boundaries** ("house rules")

**Keep** to age ratings and guidance for apps, games and devices

**Restrict** online activity to daytime and communal areas

**Use** filters and parental controls

**Spend regular screen-free time with your child**



**AGE 11+**

for a basic phone or highly restricted smart phone without internet access or social media

**AGE 14+**

for a smart phone with parental controls

\*Agree a contract with your child to encourage responsible phone use