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SET GUIDELINES

It's really important to set guidelines for usage, screen time limits and restricting access to certain sites.

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CHECK YOUR SETTINGS

All internet providers offer settings which you can alter and change. Make sure these are set appropriately so your child doesn't accidentally access any dangerous sites.

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HAVE A CHAT!

Whether you're dropping your child off at school or having dinner, talk to your child and see what they find interesting online.

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HELP THEM COMMUNICATE

Chatting to their friends is a great way to share experiences and dangers that their peers may have come across.



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ENCOURAGE A MULTI-SCREEN BAN

It may be a good idea to start the initiative where your child can only watch one screen at a time so they understand limits.

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PRIVACY IS IMPORTANT

Social media and the internet can be a minefield when choosing what is appropriate to upload and share. It's important for your child to understand the risks of posting private data, images and videos.

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THINK BEFORE YOU CLICK

Emphasise the phrase 'think before you click' to your child. It's important that they understand the dangers of the internet.

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LEAD BY EXAMPLE

It's essential to be a good role model for your child. Make sure you are not spending too much time looking at different screens