Keeping kids and teens safe online

Tips for parents

- Start a conversation about internet safety so children understand why it is important and what they need to do.

- Set digital rules together as a family to build trust and understanding, so children are more likely to stick to them. This might include screen time limits, which platforms or games they're allowed to use, and who they can talk to online.

- There are digital tools that help parents limit what children can access and when. Look for parental controls in the device, browser or account settings, often under 'security'.

- Keep shared family computers or other devices in an area of your home where they can be supervised.

- Learn to recognise the signs of bullying or something worse, like changes in mood and behaviour, especially when on their phone.

- Learn more about the websites and apps your children are using and be ready if they have questions or come to you for support.

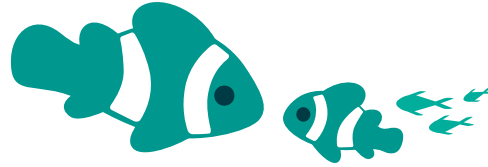Ask the person who gave you this flyer for more information and resources.

If you or your family have been scammed or harassed, contact the police.

Start the conversation

What to talk about:

The basics

Teach your kids about cyber safety, including using strong and secret passwords, not letting other people use their devices, logging out of accounts on shared devices, always knowing where their devices are, and how to spot scams.

Safe sharing

Sharing too much private information can lead to unwanted attention from the wrong kinds of people. Make sure your children know not to share personal photos or information, including where they live and go to school, and their phone number.

Social safety

Talk to your kids about who they talk to online and not accepting messages or follow requests from people they don't know. Make sure their social media accounts are private.

Being kind

Encourage your children to think before they post something about someone else online, and to never share mean messages, posts or images. Teach them to report and block anyone who is bullying or makes them feel unsafe.

The most important thing is to let your children know they can talk to you at any time and should come to you if they ever feel unsafe or unsure while using the internet.

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