



Keeping children safe online

Did you know ...?

Top tips

1. Create a family agreement with your children how you expect them to be keeping safe online. This holds children (and parents!) accountable.
2. Create device free times in your week and weekends to prioritise family time and social interactions!
3. Use tech tools to manage time on devices and access to media.
4. Discuss online risks with your children and strategies to help them tackle them.
5. Set a good example with your own screen time.

Questions to ask yourself

Have I checked the parental controls on all devices my child/children are using recently? (<https://www.internetmatters.org/parental-controls/>)

Have I familiarised myself with my devices control settings?

Do I know about all the websites and apps that my child accesses?

Have I had a discussion with my child/children about staying safe online?

Did you know ...

that you can set time limits on apps that your child uses?

that you can lock device screens so that your child is only able to access chosen apps?

Check out this website for further tips

<https://www.internetmatters.org/>