

Keeping Safe Online - Tips for Parents

Whether you're a parent, carer, or simply someone looking out for the wellbeing of children, the prompts below are designed to help you to be more aware of how to keep children safe online and support them to explore the internet safely and responsibly.



Think Before You Post

- Be mindful of what you share online - once posted, it can be difficult to remove.
- Consider how your words and images may be perceived by others.

Practice Good Netiquette

- Communicate respectfully in all online interactions.
- Be a responsible digital citizen by promoting positive and inclusive dialogue.

Strengthen Your Password Security

- Use strong, unique passwords for each account.
- Avoid predictable choices like pet names, birthdays, or nicknames.
- Change passwords regularly and keep them private - only share with trusted individuals when necessary.

Protect Your Personal Information

Never disclose sensitive details online, including:

- Full name
- Home address or general location
- Phone number
- Date of birth or age
- School or workplace
- Clubs or groups you are a member of

Respect Privacy and Consent

- Always seek permission before uploading or sharing images of others.
- Avoid posting photos without checking with those involved.

Be Cautious with Online Forms

- Do not fill out online questionnaires or forms unless you trust the source.
- Avoid sharing personal data through unfamiliar platforms.

Avoid Risky Encounters

- Never agree to meet someone in person whom you have only interacted with online.
- Report any suspicious or uncomfortable interactions to a trusted authority.

Download Responsibly

- Only download content from reputable and verified websites.
- Be wary of pop-ups or unsolicited download links

Handle Emails with Care

- Do not open emails or attachments from unknown senders.
- Be alert to scams, where someone attempts to steal your personal or sensitive information.

To Ensure Your Child Is Safe Online:

Educate Yourself

- Learn about the potential online risks children face, such as cyberbullying, online predators and inappropriate content.
- Stay informed about emerging digital trends and platforms your child may use.

Communicate Openly

- Talk regularly with your child about their online experiences, especially anything that makes them feel uncomfortable or confused.
- Encourage honest conversations and create a safe space for them to share concerns.

Monitor and Guide Usage

- Keep the computer in a shared family space to supervise internet activity.
- Share an email account or maintain access to your child's online accounts to stay aware of their interactions.
- Check browser history periodically to understand what sites they visit.

Promote Safe Browsing

- Research and recommend websites that are age-appropriate and child-friendly.
- Use parental control software to set time limits and restrict access to certain sites, games, chat features, and file-sharing services.

Choose Safe Devices

- Select mobile devices designed for children, such as those without cameras or internet access.
- Choose phones that allow limited calling capabilities to reduce exposure to unwanted communication.