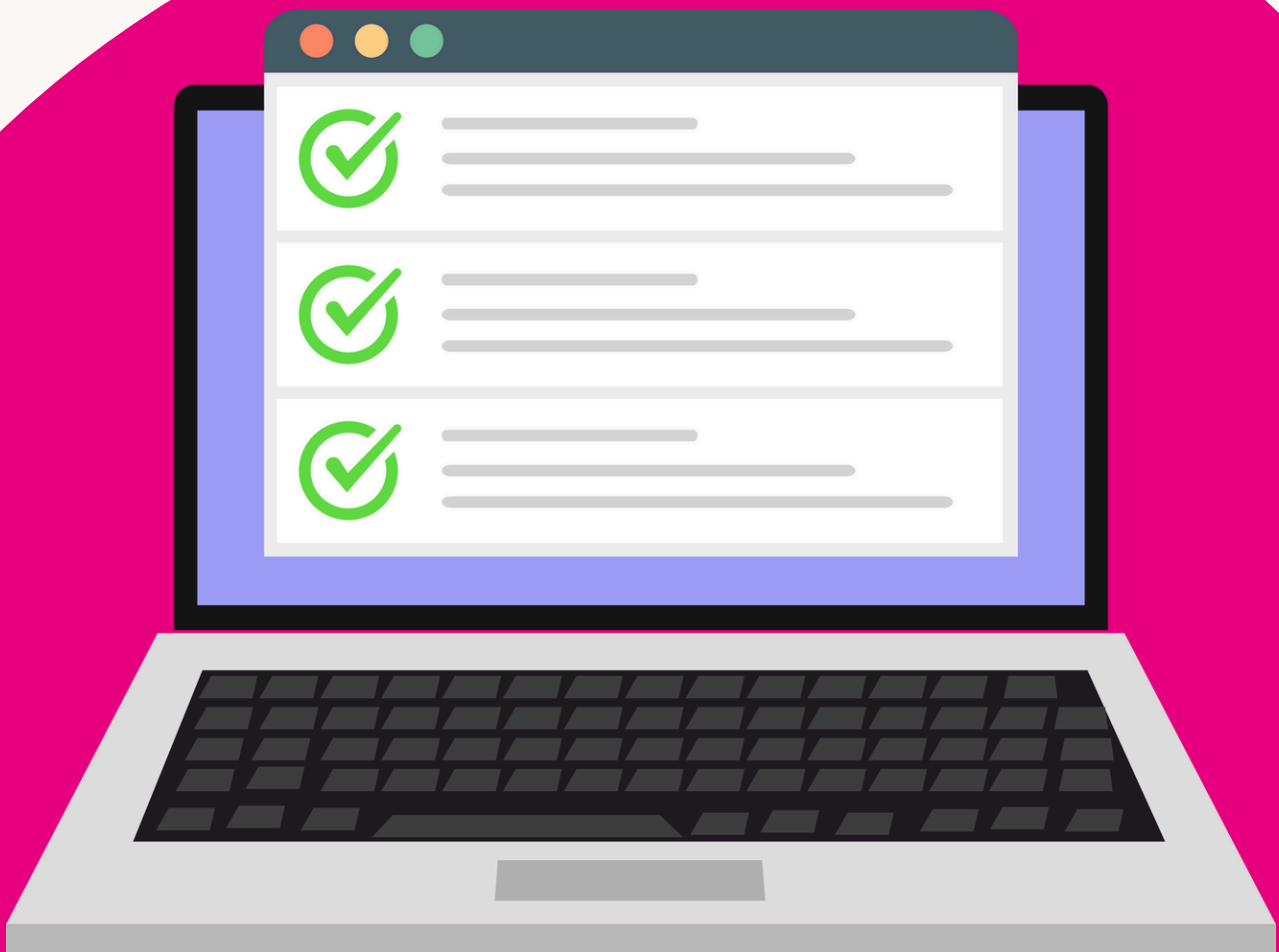


# Keeping Children Safe Online



# Creating a Safe Digital Environment



## Set Age-Appropriate Boundaries

- Screen Time Limits: Establish clear limits on daily screen time to balance digital and offline activities.
- Content Restrictions: Ensure children only access age-appropriate content. Discuss why certain content is off-limits in a way they understand.
- Time & Place Boundaries: Consider device-free zones (e.g., bedrooms at night or family mealtimes) to reduce overexposure to screens.



## Use Parental Controls & Monitoring Tools

- Parental Controls: Utilise built-in features on devices and platforms to filter inappropriate content and limit app downloads.
- App & Platform Monitoring: Regularly check the apps and games children use, ensuring they are safe and age-appropriate.
- Search Engine Filters: Activate “safe search” features to help block explicit content from appearing in search results.
- Monitoring with Trust: Explain to children why monitoring is in place—not to spy, but to ensure their safety.



## Encourage Safe Use of Social Media & Apps

- Educate on Privacy Settings: Teach children how to use privacy settings to limit who can see their profiles or contact them.
- Teach About Red Flags: Help children recognise signs of grooming, manipulation, or bullying and encourage them to seek help when needed.
- Foster Healthy Habits: Promote positive online behaviour, such as thinking before posting, respecting others’ privacy, and never sharing personal details.
- Encourage Open Communication: Make it clear that children can come to you with any online concerns, and they won’t face punishment or judgment for doing so.

# Building Digital Resilience

One



## Identifying and Responding to Harmful Online Behaviour

Children need to be taught how to recognise different forms of harmful behaviour, such as:

- **Cyberbullying:** Teach children to spot signs of bullying, including hurtful comments, exclusion, or harassment. Encourage them to block bullies and report inappropriate behaviour to adults and platform administrators.
- **Grooming or Exploitation:** Educate children on the dangers of sharing personal information and help them identify red flags, such as strangers asking overly personal questions or pressuring them to keep secrets.

Role-playing scenarios can help children practice responding to these situations and reinforce the message that it's always okay to ask for help.

Two



## Promoting Open Conversations

Creating a culture of openness at home is essential.

- **Encourage Sharing:** Let children know they can talk to you about any online experience without fear of punishment. Stay calm and listen without judgment, so they feel safe confiding in you.
- **Ask Questions:** Regularly ask open-ended questions about their online activities (e.g., "What's your favourite thing to do online?" or "Have you seen anything online that upset you?").
- **Lead by Example:** Demonstrate healthy online habits yourself and discuss how you make safe decisions online.

Three



## Encouraging Critical Thinking & Decision-Making

Teach children to think critically about what they see and do online:

- **Fact-Checking:** Explain the importance of verifying information and recognising misinformation or scams.
- **Pause Before Posting:** Encourage children to think before posting or sharing content. Questions like "Is this kind?" and "Would I be okay if someone shared this about me?" help develop empathy and responsible behaviour.
- **Privacy Awareness:** Reinforce that sharing too much information online can have long-term consequences. Teach them how to safeguard their personal information.

Building digital resilience equips children with the confidence to navigate the digital world safely, make responsible choices, and seek help when need