



# Staying safe online

As parents and carers, you are best placed to support and guide your children to avoid online risks and predators. Encourage safer experiences.

- Build an open trusting relationship around technology and use devices in open areas of the home
- Co-Play with your children online and know what they are engaging with
- Build good habits and help your child to develop digital literacy skills
- Set time limits that promote balance and empower your child to make wise decisions
- Use available parental controls on devices and check privacy settings
- Be alert to early warning signs of distress and know where to go for support

**Start the conversation**

# STEP TOGETHER

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