



5 Tips to Ensure Your Child Stays Safe & Happy Online

Parent Guide

1 SETTING EXPECTATIONS

Set clear expectations together with your child.

Establish routines for device usage early.

Help your child develop good habits to ensure a healthy balance of online and offline activities.



Examples of good habits include:

- ✓ Stop use of devices during mealtimes.
- ✓ Stop use of devices 1 hour before bedtime.
- ✓ Set aside time to exercise daily.

2 HAVING CONVERSATIONS

Have regular conversations, for example at mealtimes, with your child about his/her online activities.

This will help you be aware of your child's online activities and enable you to spot possible dangers early.

Examples of conversation starters include:

- ✓ What do you enjoy most about your favourite apps or sites?
- ✓ What online activities can we do as a family?



Teach Your Child to...

3 BE SMART

Remind your child to check the credibility of the online information by using the acronym S.U.R.E.

- S** Is the SOURCE of information you found trustworthy?
- U** Based on your UNDERSTANDING, is the information an opinion or a fact?
- R** Have you done your RESEARCH and compared with multiple sources?
- E** Have you EVALUATED / considered the information from different angles?

4 BE SAFE

Highlight to your child indicators which show that a website is safe to visit.

Examples of indicators include:

- ✓ the website address begins with 'https'
- ✓ the address bar has a 'lock' icon

Teach your child what he/she can do if he/she comes across inappropriate content.

Examples of actions include:

- ✓ close the webpage immediately
- ✓ inform a trusted adult about it

5 BE KIND

Encourage your child to always be respectful when giving comments online.



Get your child to reflect if the comment he/she is about to post is:

- T** rue?
- H** elpful?
- I** nspiring?
- N** ecessary?
- K** ind?