

Let's chat: online safety



Open and ongoing conversations are key to helping your child safely and responsibly navigate the online space.

TIPS



Privacy matters

Explain the importance of keeping personal information private. Discuss what's safe to share and what should stay offline, such as full names, addresses or school details.

The power of passwords

Talk about creating strong, unique passwords and the importance of keeping them secret, even from friends. Encourage them to use two-factor authentication (2FA) when available.



Spotting red flags

Teach your child to recognise suspicious behaviour, fake profiles or scams. Remind them never to click on unfamiliar links or share personal information with strangers online.



Be kind online

Discuss the impact of words and actions online. Emphasise the importance of kindness and respect in all interactions and talk about what to do if they witness or experience bullying.



Think before you post

Help them understand everything that they publish online is permanent and can affect their future. Encourage them to consider how posts, photos or comments might be viewed by others in the future.

Safe screen time

Work together to set healthy limits for time spent online. You can download a family screen time agreement on our website. Balance screen time with offline activities and discuss the benefits of taking breaks.



Trust and support

Reassure your child that they can come to you with any questions or concerns about their online experiences. Build trust by keeping the conversation judgment-free.

