

Supporting your child to be safe online

It is normal for children to be curious about the world around them, and for parents to worry about their children's safety both off and online. Here are some things you can do together to help keep your family safe:

1. Come up with family rules together

- o how long you each spend online every day.
- o keep talking together about what your child sees and accesses online.

2. Talk together about respectful relationships

- o make sure your child knows who their trusted adults are.
- o make sure your child knows it's okay to say 'no' and how to notice someone who might want to harm them.

3. Keep learning

- o ask your child what their favorite websites or social media apps are, download them and try them out yourself.
- o to learn more about how you can support your child to be safe online, you may wish to view these resources developed especially for parents:

[netsafe.org: Advice for Parents](https://www.netsafe.org/advice-for-parents)

[netsafe.org: Parenting](https://www.netsafe.org/parenting)

[Facebook Parents Portal](https://www.facebook.com/parentsportal)

[Facebook Topic: Parents](https://www.facebook.com/topicpage/parents)

[getsafeonline.org: Safeguarding Children](https://www.getsafeonline.org/safeguarding-children)

[getsafeonline.org: Protecting Yourself](https://www.getsafeonline.org/protecting-yourself)



If your child is having a bad experience online

1. **If your child is really upset or shows signs of actual or intended self-harm, get help immediately. Don't leave your child alone.**
2. **Find out what happened - it's never too late to start a conversation.** If you're worried your child may be being bullied or abused, don't be afraid to raise the issue with them and ask them if anything has happened.
3. **Be supportive and listen.** Your child needs to feel safe to be open and honest with you. Don't interrupt and let them tell you what has happened.
4. **Be there for them unconditionally.** Your child needs to know you're there to help them get through tough situations together.
5. **Don't blame or criticise your child** for being the target of bullies or other bad people, even if you feel disappointed or upset. Avoid being judgmental about what behavior they were engaged in before the incident.
6. **Share your own experiences.** Relating to your child's situation will encourage them to share what happened and how they feel about it.