Supporting children's digital journey
Tips for parents to help children navigate the online world safely

What to talk about

Pre-schoolers (0-5)

• Support children's development through exploration and play. Watch, play and explore with your child online and offline.
• Use age-appropriate tools to help manage their screen time.
• Help them develop a healthy relationship with technology by setting rules and boundaries.

Pre-schoolers (0-5)

• Encourage them to explore different types of media, such as books, songs, and videos.
• Help them develop social skills by playing games and sharing stories.
• Teach them how to use safety tools, such as parental controls and online filters.

Pre-schoolers (0-5)

• Make it a habit to check in with your child about what they are watching, playing or sharing online.
• Help them understand the importance of asking for help if they ever feel uncomfortable.

Young children (6-10)

• Discuss with your child the importance of sharing and taking responsibility for their online actions.
• Help them develop a critical thinking mindset by questioning what they see online.
• Encourage them to share and learn from others.

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Safety

Take advantage of the great tools and features that help keep your child safe online. Many devices today come with built-in safety tools and settings that can help protect your child from inappropriate content.

What to consider

Pre-schoolers (0-5)

• Consider setting screen time limits for your child to help them develop healthy habits.
• Choose age-appropriate apps and games that align with your child's interests.
• Use filters and tools to block inappropriate content.

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Behaviour

As your child grows, it's important to discuss with them what is appropriate to share online. Encourage them to be aware of their digital footprint and consider the importance of developing a responsible online identity.

What to share

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• Encourage your child to share positive experiences and things they are proud of.
• Help them understand the importance of sharing and taking responsibility for their online actions.
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Timing

Screen time should be both educational and entertaining for children, but it can also be a distraction from other activities. Talk to your child about why it's important to balance their screen time with other activities.

How to manage

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Exploring

Children are naturally curious and tend to copy what they see. Help them develop a healthy sense of self and their online image, which reflects their identity and values.

What to do

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