

# Help children navigate the online world Safely

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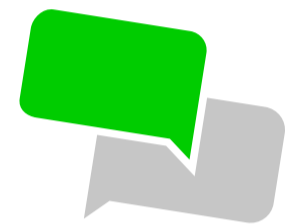
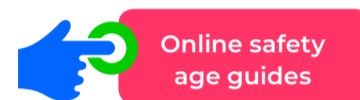


## Conversation

Having regular conversations gives your insight on when to offer help and makes it easier for them to share concerns to about anything that may upset them online.

### What to talk about

1. What they enjoy doing online
2. How they interact with others
3. Where to go for help if they have a concern

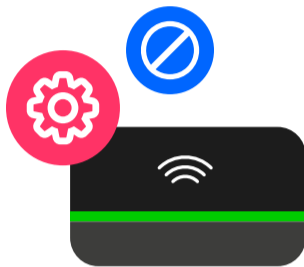


## Safety

Use a range of tech tools, controls and filters to create a safer environment for them to explore online.

### What to consider

1. Apply and review filters and controls on devices they use
2. Use tech tools to keep an eye on their online activity
3. Discuss how to prioritise commitments on and offline



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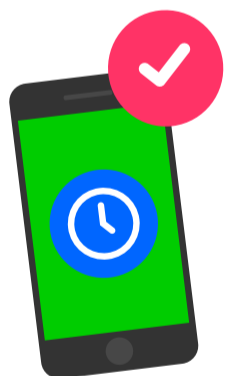
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## Timing

Help children balance their screen time to ensure it has a positive impact on their development.

### What to consider

1. Put in place a family agreement to establish when, where and how they should use screens
2. Be a good role model as children tend to copy what they see
3. Encourage a healthy mix of online and offline activities



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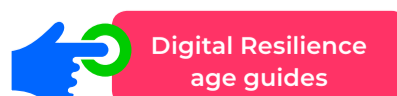


## Exploring

Equip children with coping strategies so they can make smarter and safer choices as they expand their digital world.

### What to consider

1. Watch, play and explore with your child as they start their digital journey
2. Reassure them that you're here to support them and not judge
3. Encourage them to question what they see online



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