




ABC online safety checklist



Set your child up for safety online

The checklist below covers actions you can take to help protect children of all ages from online harms. Once you've tackled this, use the tabs above to see extra steps you can take based on your child's age.

Activate	Turn on broadband filters for basic protection on devices in the home.	<input type="checkbox"/>
	Manage SafeSearch .	<input type="checkbox"/>
	Password-protect app stores to limit downloads.	<input type="checkbox"/>
	Update parental controls as their online activities change.	<input type="checkbox"/>
Balance	Set a good example with your own screen use.	<input type="checkbox"/>
	Create screen-free zones at home.	<input type="checkbox"/>
	Switch off devices an hour before bedtime.	<input type="checkbox"/>
	Encourage children to take breaks (for example every 20 mins).	<input type="checkbox"/>
	Charge devices outside bedrooms.	<input type="checkbox"/>
	Use screen time tools to help manage how much time they spend online, e.g. Google Family link for Android or Screen Time for Apple.	<input type="checkbox"/>
	Set digital boundaries and routines together (Family Agreement).	<input type="checkbox"/>
Check	Review the minimum age requirements for the apps, games and platforms for your child wants to use.	<input type="checkbox"/>
	Discuss online risks , including online scams , and how to deal with them.	<input type="checkbox"/>
	Ask children what they like to do online and why.	<input type="checkbox"/>
	Show them how to report or block inappropriate content on platforms they use .	<input type="checkbox"/>
	Share your concerns about their online safety.	<input type="checkbox"/>
	Talk regularly with your child about their online life in casual settings (like over dinner or during a walk).	<input type="checkbox"/>

ABC online safety checklist for under-5s

If your child is 5 years old or younger, use the checklist below to help develop good digital habits early.



Activate



Set up child accounts on [shared devices](#).

Password-protect [streaming services](#) like Netflix and Disney+.

Set parental controls on [Smart TVs](#).

Create child profiles on [platforms they use](#).

Balance

L

Set timers to take regular breaks to help children [learn balance](#).

Play watch, and discover together online.

Focus on face-to-face interactions or apps that promote active play.

Check



[Check if apps are right](#) for their age and maturity level.

Talk about [how they feel](#) when they watch things online.

[Talk about what to do](#) if they see something they don't understand or that worries them, i.e. telling you.

ABC online safety checklist for 6-10s

If your child is between 6 and 10 years old, use the checklist below to manage new digital experiences.



Activate



Set up child accounts on [shared devices](#).

Create child profiles on [platforms they use](#).

[Limit chat and data sharing on online games](#) like Roblox and Minecraft.

Use family or parent modes on platforms with social features to supervise use, like [YouTube Supervised Accounts](#) and [Roblox Allowed Experiences](#).

Balance

L

Encourage children to [explore a range](#) of different types of media.

Help them [balance](#) active (creating) and passive (watching) screen time.

Use visual timers to help children track their time on devices. Or use your household [voice assistant](#) to set reminders and limits.

Check



Check if apps are right for their [age and maturity](#) level.

Explain why it's important to [question what they see online](#).

[Talk about tough topics](#) like cyberbullying, grooming and pornography in age-appropriate ways.

Talk about things they can do to protect themselves from [online scams](#).

Discuss strategies to keep their [personal information private](#).

ABC online safety checklist for 11-13s

If your child is now a pre-teen, explore the actions you can take to keep them safe with the checklist below.



Activate



Create child profiles on [platforms they use](#).

[Limit chat and data sharing on online games](#) like Roblox and Minecraft.

[Limit smartphone features](#) to essential apps only.

[Review privacy settings](#) on social media together.

Use family or parent modes on platforms with social features to supervise use, like [TikTok Family Pairing \(13+ only\)](#) and [Roblox Allowed Experiences](#).

Balance

L

Encourage children to [explore a range](#) of different types of media.

Help them [balance](#) active (creating) and passive (watching) screen time.

Help them review how much time they spend on devices (based on the tools you use) to help them learn balance.

Encourage them to be selective about what they do online.

Check



Check if apps are right for their [age and maturity](#) level.

Talk about ways to [deal with online reputation](#), [screen time use](#) and [cyberbullying](#).

Ask them to show you how they use their apps and discuss safety measures.

Ask them what they share online and how it makes them feel.

Discuss ways to [protect their privacy](#) on different platforms.

Talk about things they do to protect themselves from [online scams](#).

ABC online safety checklist for teens

As teens gain more independence, there are still areas in which they need support. Use the checklist below to review their online safety.



Activate



Review [privacy settings](#) on social media together.

Use family or parent modes on platforms with social features to supervise use, like [TikTok Family Pairing](#) and [Snapchat Family Centre](#).

Balance



Show them how to [use screen time tools](#) to check their device and app usage.

Encourage them to be selective about what they do online.

Empower teens to watch and follow a range of content types to avoid falling into [echo chambers](#).

Check



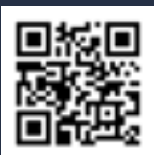
Ask them to show you how they use their apps and discuss safety measures.

Ask them what they share online and how it makes them feel.

Discuss way to [protect their privacy](#) on different platforms to prevent risk of [scams](#).


Together, review how to [report users and content](#) on the platforms they use.

Scan below or visit [internetmatters.org](https://www.internetmatters.org) for more advice



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