

# 10 Tips for staying safer online

- Have regular conversations about the apps they are using and the people they are connecting with; **set clear boundaries**, and even write them down.
- Depending on the age of your child, you may want them to check with you before playing new games or accepting a friend request. For children under the age of 10, we recommend their **online activities be supervised by a parent or safe adult**.
- Many children do not reach out for support because they are afraid their screen time or devices (tablet, phone etc.) will be taken away. **Make sure your child knows they will not be in trouble if they ask you for help**.
- Remind your child that **online-friends are not necessarily who they say they are**. When a child decides to chat privately or meet an online friend in person, they may consider them to be a friend, as they have likely been chatting for a while. Reaffirm the notion that anyone they do not know from real life is still considered a stranger.
- Advise your child they **should not be switching platforms** and/or add gaming friends to social media.
- **Outline which types of information should not be shared**. e.g.: age, location, personal information, pictures.
- Teach your child to **never accept gifts online** such as money, gift cards, cheat codes or admin codes from online friends.
- Explain that they should **never meet an online friend in person** without a parent or other safe adult present.
- **Create a safety plan** with your child outlining what to do if someone asks them to send sexual images or sends sexual materials to them: stop engaging in conversation, tell a caregiver or other trusted adults (define who is a trusted adult), report, and block the person who is making your child feel unsafe.
- If you notice your child is engaging in risky behaviour online, have a conversation with them about why this behaviour is unsafe and **work together to find a safer solution**.