

5 Tips to Ensure Your Child Stays Safe & Happy Online

Parent Guide

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Set clear expectations together with your child.

Establish routines for device usage early.

Help your child develop good habits to ensure a healthy balance of online and offline activities.



Examples of good habits include:

- Stop use of devices during mealtimes.
- Stop use of devices
 I hour before bedtime.
- Set aside time to exercise daily.



Have regular conversations, for example at mealtimes, with your child about his/her online activities.

This will help you be aware of your child's online activities and enable you to spot possible dangers early.

Examples of conversation starters include:

- What do you enjoy most about your favourite apps or sites?
- What online activities can we do as a family?



Teach Your Child to...



Remind your child to check the credibility of the online information by using the acronym S.U.R.E.

- Is the SOURCE of information you found trustworthy?
- Based on your UNDERSTANDING, is the information an opinion or a fact?
- RESEARCH and compared with multiple sources?
- Have you EVALUATED / considered the information from different angles?



Highlight to your child indicators which show that a website is safe to visit.

Examples of indicators include:

- the website address begins with 'https'
- the address bar has a 'lock' icon

Teach your child what he/she can do if he/she comes across inappropriate content.

Examples of actions include:

- close the webpage immediately
- inform a trusted adult about it



Encourage your child to always be respectful when giving comments online.



Get your child to reflect If the comment he/she is about to post is:

- T rue?
- H elpful?
- nspiring?
- N ecessary?
- K ind?