



A parents and carers guide for: Supporting Children and Young People Online

Children and Young People are spending more time online and it can be confusing for us as adults. **Here are some top tips to keep your children safe online:**

Explore the internet together

Check you have your safety and privacy settings on

Teach your children about what information shouldn't be shared online

Encourage your children to show you what apps and websites they are accessing

Support your children in spotting the difference between real and fake news

Remind them of some key online safety rules

Have boundaries or set a family agreement for online use

Don't block access to all technology – teach children to use them safely instead

Balance screen time with no-screen time

Talk about how their own online actions can affect others



For more info scan here

