

TAKE AN INTEREST IN YOUR CHILD'S ONLINE WORLD!



- Find resources to keep your child safe online.
- Be honest if you don't understand apps and games they're using, ask them to explain their online world to you.



- Tell your child that they can come and talk to you about anything they are experiencing online.
- Notice changes in behaviour, as this could be a sign that something may be wrong.



- Accept that young people will take risks on and offline. However, encourage your child to talk to you even if they make a mistake and think it's too late!



- Be open to what you're being told. Be mindful of the words you use. Especially, if you're upset by something negative you discover about your child's online activity.



- Most importantly seek help and advice if needed, don't think you must do this alone!