E-SAFETY FOR PARENTS

The world we live in today is centred around a digital environment, which highlights the utmost importance of us working together to ensure online safety for our children. The internet provides immense opportunities for learning, creativity, and connection, however, also presents many potential risks. As such big influences in our children's lives, it is our responsibility to guide and protect our children as they navigate the online world. Here are some essential esafety messages for you to keep in mind as a parent.

• Stay involved!! Take an active interest in your child's online engagement. Engage in open conversations about the platforms they use, what they experience and what they are interested in. Showing this genuine curiosity will assist to build a foundation of trust and encourage them to seek guidance when needed.

• Educate yourself! Stay informed about the digital world and understand the apps, websites, and social media platforms that your child uses. Explore these platforms yourself, read up on their features and privacy settings, and make yourself aware of the risks and challenges they may encounter.

• Establish Boundaries: Set clear rules and guidelines for internet use within your household. Determine appropriate screen time limits, specify which websites and apps are allowed, and establish guidelines for online behaviour, such as being respectful to others and not sharing personal information without parental consent.

• Teach online etiquette: Instil the importance of good online behaviour in your children – teach them to treat others with kindness and respect online.

• Balance online and offline: encourage a healthy balance between online and offline activities. Promote physical exercise, hobbies, face-to-face interactions, and quality family time.

• Report and seek help: Teach your child how to report any inappropriate content or behaviour they encounter online. Encourage them to notify you or another trusted adult if they experience anything uncomfortable or concerning.

Remember, open communication is KEY!! Let your children know they can turn to you for guidance and support when navigating the online world. Together, we can create a safe and positive digital environment for our children to thrive.