

## Cyber Safety tips for parents

Keeping your child safe while they are online is a challenging problem. Children accessing inappropriate or dangerous sites is becoming easier.

An online safety checklist provides important steps for you to protect your child from offensive, unsafe or unpleasant content and unwanted online contacts.

Online bullying is common, but children may be reluctant to tell you out of fear it will make things worse.

### **Stay involved and keep communicating**

What you can do:

- Share online time with them by talking about favourite apps, games or websites.
- Ask about their online experiences, whom they are talking to and whether they are having any issues.
- Reassure your child they can always come to you, no matter what. Let them know you will not cut off internet access if they report feeling uncomfortable or unsafe when online — that could stop your child from communicating with you openly.

### **Create boundaries and rules for devices and online access**

What you can do:

- Make sure there are consequences for breaking them.
- Consider a Family Tech Agreement, a set of rules about how devices, like smartphones, tablets, computers, TVs and gaming consoles are used in your home. It is written down and agreed to by all family members.

### **Pay attention changes in behaviour**

What you can do:

- Look out for the signs, such as withdrawn behavior or emotional upset after online use.
- If you notice a change in behaviour or mood, talk to your child about it. If you are concerned, consider seeking professional help — from your GP, a psychologist or school counsellor.

### **Be aware of your child's online interactions**

What you can do:

- Keep communication open so your child knows to come to you when someone is asking them to do something that does not feel right.
- They especially need to feel comfortable about telling you if they have done something they regret and someone is pressuring them as a result.

We have included some parent fact sheets about some common apps students at UPS are using and ways you can help keep your child safe.