



Keeping Your Children Safe Online

Checklist

1. Place computers/devices in a common area of the house and make sure you supervise your child when they are using a phone or tablet
2. Become more tech savvy. Learn about computers and the Internet to make sure you know the full dangers of the Internet. Learn how to set parent controls for your devices.
3. Spend time online with your children. By spending time online together you can open a dialogue and your children will feel more at ease talking to you about what they do online.
4. Set reasonable time and usage limits. Computers and tablets are not babysitters. Although the Internet is a very useful tool too much time online can be damaging.
5. Discuss the dangers of the Internet with your child. Be honest with them, scare them if you need to. Explain the dangers that are out there so they can be more aware. Forewarned is forearmed.
6. Keep children out of chat rooms and reinforce the “don’t talk to strangers rule” but make sure you explain that people may not be who they say they are online.
7. Never let your child upload or download photos without your permission.
8. Check with your Internet Service Provider for any parental controls and filtering tools they may offer.
9. Try to remain calm and don’t get angry with your child if they tell you they have seen something inappropriate, be glad that they came to you. Be as mad as you like inside but you mustn’t make your child feel like they will get in trouble for coming to you.
10. Make sure your child is only accessing online services that are appropriate for their age, for example, most social networks have a minimum age rating for 13, so these are not appropriate.