

Stay OK on the computer



Protect your family online

Here are some topics to discuss with your children to help them stay OK online. When you have discussed each topic, tick the box.

- Encourage your children to talk to you about what they are doing online.
- Know what your children are doing online (keep devices in common areas and casually walk past every now and then to check on what they are doing).
- Show a genuine interest in your child's online activities – ask questions and get involved.
- Regularly check the sites that your children are using, especially social media and gaming sites.
- Make sure you have access details for your children's accounts. Set the privacy settings and check what they are posting.
- Talk to your children about the importance of keeping personal information off the internet.
- Ask your children to show you before they post any video or photo.
- Encourage your children to only use webcam and video devices when you are around.
- Talk to your children about respecting other people's privacy.
- Talk to your children about how to deal with cyberbullies.
- Fill out the Constable Kenny Koala Contract on 'Safe Internet Use'.
- Talk to your children about meeting people they have never met before.
- Use safe search engines (these will have a padlock displayed in the URL line).
- Use parental controls on your mobile phone and other devices.
- Think about purchasing monitoring software to make sure your children are using the internet appropriately.
- Use filters where you can set age limits.
- Consider using time-limit settings on your internet connection.
- Monitor and approve the people on your children's friends list.

