

Online safety

TIPS FOR PARENTS AND CAREGIVERS



Help your child build healthy screen habits – limit screen time, from no screen use at all for children from 0 to 2, to age-appropriate time limits for children up to 10 to 12 years-old, under your supervision. For adolescents from 13 to 18, limits on screen time should still be discussed, so they have enough time to study and meet friends in person.



Check that apps and games are age-appropriate for your child.



For younger children (up to 12), **consoles and devices should be used only in the presence of an adult.**



Do not allow devices in the bathroom, in the bedroom or at meal times.



Pay attention to the tone of their conversations online and while gaming. Look out for red flags.



Spend time together online – ask your child to watch their favourite content with you.



Do not criticise 'their stuff' – help your child to develop their own judgement (you will also get an idea of what their algorithm is suggesting).



Encourage your child to talk to you if they are worried about something online – reassure them that you will help, not blame, punish, or take the device away.



Continue conversations about online safety as your child gets older, including from 16 to 18 and beyond.



Avoid sharenting – think carefully before sharing photos or videos of your children or teens online. Strangers and AI can use that information in many ways.



Set an example – don't be glued to your device when your children are around. Give them the attention they deserve and don't miss important moments and conversations with your child.

