5 Tips to Ensure Your Child Stays Safe & Happy Online

Parent Guide

1 SETTING EXPECTATIONS

Set clear expectations together with your child.

Establish routines for device usage early.

Help your child develop good habits to ensure a healthy balance of online and offline activities.

Examples of good habits include:

✓ Stop use of devices during mealtimes.

✓ Stop use of devices 1 hour before bedtime.

✓ Set aside time to exercise daily.

2 HAVING CONVERSATIONS

Have regular conversations, for example at mealtimes, with your child about his/her online activities.

This will help you be aware of your child's online activities and enable you to spot possible dangers early.

Examples of conversation starters include:

✓ What do you enjoy most about your favourite apps or sites?

✓ What online activities can we do as a family?

Teach Your Child to...

③ BE SMART

Remind your child to check the credibility of the online information by using the acronym S.U.R.E.

S — Is the SOURCE of information you found trustworthy?

U — Based on your UNDERSTANDING, is the information an opinion or a fact?

R — Have you done your RESEARCH and compared with multiple sources?

E — Have you EVALUATED / considered the information from different angles?

④ BE SAFE

Highlight to your child indicators which show that a website is safe to visit.

Examples of indicators include:

✓ the website address begins with 'https'

✓ the address bar has a 'lock' icon

Teach your child what he/she can do if he/she comes across inappropriate content.

Examples of actions include:

✓ close the webpage immediately

✓ inform a trusted adult about it

⑤ BE KIND

Encourage your child to always be respectful when giving comments online.

Get your child to reflect If the comment he/she is about to post is:

T rue?

H elpful?

I nspiring?

N ecessary?

K ind?