Cyber Safety Tips

This short guide is designed to help you navigate the online world with your child. It provides simple, practical tips to support positive digital habits, keep your child safe, and help you feel more confident in understanding how the online world works.

Inside, you'll find clear advice on everyday issues such as screen time, privacy, social media, scams, and what to do if something goes wrong. Each section also includes a link to a trusted Webwise resource so you can explore the topic in more detail if you wish. Its important that our young people understand how to use technology safety, how to be safe when it comes to online group chats and what their responsabilities are.

Talk and Stay Involved

- Ask about their favourite apps, games, and websites.
- Make online life part of everyday conversations.
- Let them know they can come to you if something worries them.

Link to Resources: Top Tips for Parents – Webwise

Agree Boundaries

- Set limits for screen time and device use.
- Keep phones and devices out of bedrooms at night.
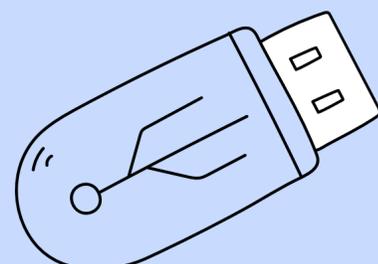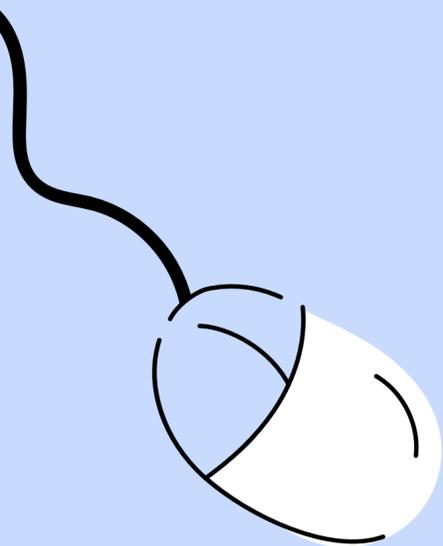- Balance online and offline activities.

Link to Resources: Screen Time Advice – Webwise

Protect Privacy

- Remind them not to overshare personal details.
- Review privacy settings together on social media.
- Talk about their "digital footprint" and why it matters.

Link to Resources: Social Networking Tips – Webwise

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Be Respectful Online

- Encourage kindness and respect in all online interactions.
- Talk about what to do if they see or experience cyberbullying.

Link to Resources: Dealing with Cyberbullying – Webwise

Stay Alert to Risks

- Show them how to spot scams and fake messages.
- Explain that not everything online is true — discuss algorithms.
- Talk about peer pressure and sexting in an open, supportive way.

Link to Resources
- Online Scams – Webwise
- Explained: Online Algorithms – Webwise
- Why Do Teens Sext? – Webwise
- Phishing – Advice for Parents
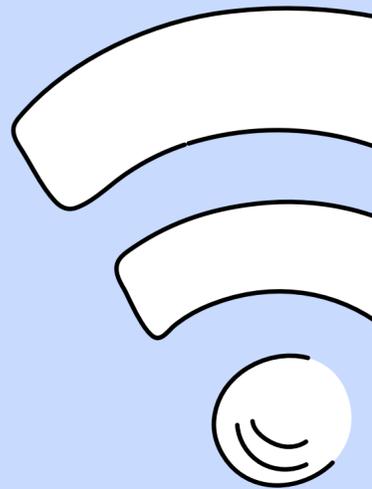
If Something Goes Wrong

- Stay calm, listen, and reassure your child.
- Save evidence (screenshots, dates, usernames).
- Use reporting tools or ask for help from the school.

Link to Resources
- What to Do if Images/Video Are Shared Online – Webwise
- Helplines & Support – Webwise

A Go-To Guide

The Parents' Guide to a Better Internet (created by Webwise and the National Parents Council) is a fantastic all-in-one resource. It's written especially for parents and acts as a how-to guide for navigating online life with your child.
If something comes up that you're unsure about — whether it's social media, cyberbullying, sexting, screen time, or online reputation — this guide gives straightforward, practical advice on what to do and how to respond. It's very informative and designed to help you feel more confident in supporting your child as different situations arise.

Link to resource: Parents' Guide to a Better Internet