



## Parenting in times of stress

# Keeping children safe online

Thanks to devices, we are more connected than ever. But just as you keep your child safe in the real world, you also need to make sure they are safe in the digital world. Here's how to ensure they are protected online.

### Online dangers to be aware of

- Adults grooming children for sexual purposes on social media, gaming and messaging platforms
- Harmful content showing violence, misogyny, pornography and xenophobia, as well as content that contains misinformation
- Children sharing personal details and information about their location, as well as teens sharing explicit photos or videos of themselves
- Cyberbullying from people your children know and/or from strangers

### Adopt digital safety measures

- Set up parental controls
- Turn on SafeSearch on your browser
- Enable strict privacy settings on apps and games
- Cover webcams when not in use

### Make online time safe and secure

- Talk to your child or teen to create a family tech agreement, which outlines how and when devices should be used
- Create device-free spaces in your home and only allow devices to be used at set times
- Teach your child the importance of keeping their personal information private

- Explore new websites, social media platforms and games together, so you can both understand how they work
- Get age-friendly website, social media platform and game recommendations from a site such as Common Sense Media
- Remind your child or teen to think twice before posting a comment, photo or video that they might later regret
- Check your child's browsing history and follow their social profiles from your accounts to keep track of their followers and interactions

### Keep communicating

- Make sure your child understands that if they experience something online that makes them feel upset, uncomfortable or scared, they can talk to you without worrying they'll be told off
- If your child seems withdrawn, upset or secretive, ask if something has happened online that has caused them to feel this way
- Talk to them about the time they spend online—what websites, social media platforms and games do they engage with regularly?
- Be prepared to discuss limiting their online time if they are spending large parts of the day on their devices
- Be sure to offer support and encouragement when you talk to your children, and encourage open and honest conversations

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These evidence-based parenting resources were developed by Parenting for Lifelong Health in collaboration with [UNICEF, WHO, and other international agencies](#).