



Top tips for parents of under 7's

These top tips have been written for you (parents and carers) to share, and talk about, with your children. It's never too early to talk about life online!

This Safer Internet Day make space for...

■ **Make space for enjoying time online together**

Play games, watch videos, and learn new skills with your child. Share what you are doing online and talk about what they like doing online. Show your child how great a space the internet can be and all of the ways you can use it as a family.

▲ **Make space for talking about the online world from an early age**

Show your children the amazing things they can do on the internet, before they begin to use it independently. The earlier you talk about the online world together, the easier these conversations become as they grow up.

◆ **Make space for using the internet to build key skills**

Why not find fun and educational games to play together, or watch videos about topics your child is interested in? The internet is a great space to practice key online safety skills like keeping your personal information safe and asking for help when you need it.

★ **Make space for setting clear boundaries about tech use**

Establish expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It might be no tech at dinner, blocks on certain sites, or only using devices when there is an adult in the room. Discuss these with your family, and review and adapt them as time passes and their internet usage changes.

● **Make space for familiarising yourself with safety tools**

There are loads of amazing tools and organisations to support you in keeping your child safe online. Explore the different privacy settings and parental controls available to you, and know how to report inappropriate content. These can all help make the internet a safer place for your children.

◆ **Make space for conversations about what to do if something goes wrong**

Reassure your child that they can always come to you if something makes them feel uncomfortable or upset while they are online. You may also like to talk to your children about putting devices down, turning them over, or pausing content if they see something they don't like.

