Banning your child from accessing the internet or using smartphones is not a good long term option - this will ostracise your child and they will likely access the internet without your knowledge via other means.

Be open and honest about the risks and benefits of internet access and sharing personal information. As a parent you can help your child by:

- Showing them how to configure privacy settings, and ensuring that they are set to the highest privacy option on all apps and devices.
- Know who your child is talking to online – it is easy for people to create false identities and lure children into dangerous situations. Ask whether a parent or trusted adult can “Friend” your child.
- Sharing information is **NOT** anonymous, explain to your child that anything that he or she uploads may be visible for decades or longer.
- Explain why we always keep our personal information **private** – never provide names, addresses, inappropriate images, passwords, etc.
- Be wary of phishing emails – Show your child how to determine if a message or email asking for private information or money is fake.
- Explain that they should talk to their parents if they see or experience anyone asking to meet them in person, any cyber-bullying or abuse, or any content that makes them feel worried or uncomfortable.
- Set **family rules** for usage – When they go online, what sites they visit, what to share, and how to treat others politely and with respect.
- If possible make sure content is **age-appropriate** before use by reviewing government classifications (PG, G, etc) or online ratings.

Use software to **block inappropriate** content. Common Sense Media (www.commonsensemedia.org) has a good guide on different software.