

# PROMOTING ONLINE SAFETY IN A DIGITAL AGE



If your child spends time online, there's a good chance that they have witnessed or experienced cyberbullying. Bullying can take place in many forms: texts, chats, e-mails, and gaming. It can include making fun of someone; threatening messages; spreading rumours or sharing information and photos without permission.

## How can you prevent cyberbullying?

- Talk with your child to let them know that they can come to you with important issues or when they feel unsafe.
- Have a conversation about online bullying and ask them about their experiences or things they may have witnessed. Listen to what they say and re-assure them that they can talk to you without losing their online privileges.
- Keep up to date on the technology so you can stay informed about how your child spends their time online.
- Talk with your child about what they do online- the sites they go to and who their online friends are.
- Become familiar with the different devices and apps and how they work.
- Talk with your child about setting some limits on their devices. Ensure they have privacy settings to control who has access to their information.
- Teach your child about the importance of unique passwords and not sharing passwords with their friends. Encourage them to share their password with you in case there is an emergency so you can support them.

## Digital Citizenship

### Teach the Importance of Safe Online Behaviors

- Discuss with your child the content they post online and the importance of what is shared and who it is shared with.
- Encourage your child to pause before posting comments and photos to think about how it will make others feel or who may see their photos.
- Personal information including their address, the name of their school or their phone number should never be shared online.
- Discuss personal safety with them: importance of not sharing information with strangers and not accepting people they have not met in person as online friends.
- Help them build their digital citizenship skills by talking with them about treating others with respect and kindness; and not making fun of or sharing gossip about others.



**Safe**



**Respectful**



**Responsible**

Let your child know they can always come to you, and you will support them to work through online issues or mistakes. Witnessing or experiencing cyber bullying can be stressful. Encourage them to talk with you so you can support them to resolve the situation and help them feel safe.