

# NAVIGATING THE DIGITAL WORLD SAFELY

Strategies for Protecting Your Child's Digital Well-being



## Being Safe Online

The internet can be a great place for learning and fun, but it also has risks. Parents can help children stay safe by guiding and supporting them.

### Talk Openly

- Start talking about internet safety early.
- Let your child know they can always come to you.
- Know what apps and games your child uses.

### Set Clear Rules

- Agree on rules for screen time and online behaviour.
- Explain why the rules are important.
- Change the rules as your child gets older.

### Use Safety Tools

- Use parental controls on devices and apps.
- Show your child how to keep their information private.
- Check online activity regularly.

### Teach Smart Choices

- Teach children not to talk to strangers online.
- Help them spot unsafe messages or websites.
- Explain that what they do online can have lasting effects.

### Social Media Safety

- Only use apps suitable for their age.
- Only accept friends they know in real life.
- Think before posting or sharing.

### Be a Good Role Model

- Show safe and balanced internet use.

- Spend time offline together.
- Take an interest in what your child does online.

### **Helpful Irish Resources**

- **Webwise.ie** – Online safety advice
- **CyberSafeKids** – Guides and workshops
- **Childline (ISPCC)** – 24/7 support
- **Tusla** – Tips for parents