

Educate:

If you understand what your children are up to online you will be able to better educate and advise. It is important that children understand the impact that their online activity can have on themselves and other people, today and in the future.

Protect:

There are parental controls and filters available to help protect children from harmful inappropriate content online. Your internet provider should provide parental controls to help set safer boundaries for your children. Devices such as phones, tablets and games consoles that connect to the internet have parental control settings. No system is 100% fool proof, so education remains key.

Monitor:

Talk to your child about their use of the internet. Younger children should only use the internet when they are in a family area so that you can keep an eye on what they are doing and how they are using the internet.

As they get older they will demand more privacy, but it's important to stay interested and engaged in their online activity.

