



- 1) **Get online yourself.** Open accounts and play the games your kids do, this will help you to understand what they can and can't do.
- 2) Set some **rules and boundaries** surrounding online behaviour
- 3) Stick to **age appropriate websites**. Websites have age limits for a reason. For Facebook, Twitter, Instagram, Snapchat the age limit is 13.
- 4) **Kindness counts** - if you wouldn't say something to someone's face you shouldn't say it online!
- 5) Tell your kids to **think before they post!** Remind them that everything they post can be seen by a vast and invisible audience.
- 6) Remember once something is posted online it's **out of your control**. Anyone can alter, crop and edit your words and images.
- 7) Make sure you and your kids **set privacy settings**, it's a good idea to do this task together.
- 8) **Turn off the GPS/Location Services** on your tablet/mobile devices as anyone can decode your location and date from your photos if the GPS feature is turned on when the photo is being taken.
- 9) **Open the conversation** about the Digital World just as you would about their school and play.
- 10) **Discuss what they do online and how they can be safe**. Simple things like never befriending someone they don't actually know in real life.

For more information on keeping safe online visit [www.mykidstime.com](http://www.mykidstime.com) and watch our video tips for parents on the [Mykidstime YouTube Channel](#)