

# Staying Safe Online



**In today's digital age, where children and teens are increasingly connected to the online world, ensuring their safety has never been more critical.**

As parents, it's essential to equip our kids with the knowledge and tools they need to navigate the online world safely and responsibly. By fostering open conversations and setting clear guidelines, we can help protect them from online harms while empowering them to make smart, informed decisions.

**Here are some BGC Canada approved tips & tricks for talking to your kids about online safety.**

# Tip 1: Start Early & Keep the Conversation Open

**Why It's Important:** Starting these conversations early helps your child develop a healthy understanding of online behaviours and safety from a young age.

**How to Do it:** Use age-appropriate language and examples when talking about online dangers. For younger kids, you might discuss the importance of not talking to strangers online.

## Conversation Starters:

- Can you tell me about your favourite apps or websites?
- Who do you talk to online, and how do you decide who to accept as a friend or follower?
- What would you do if someone said something mean to you online?



# Tip 2: Set Clear Boundaries & Rules

**Why It's Important:** Clear boundaries help kids understand the expectations around their online activity and the reasons behind them, which can reduce risky behaviours.

**How to Do it:** Work together with your child to create a set of rules that feel fair and reasonable. This might include specific times for screen use, websites that are off-limits, or guidelines for interacting with others online.

## Conversation Starters:

1. How much time do you think you spend online each day? Does it ever feel like too much?
2. What do you think is a good amount of screen time each day?
3. What do you do if someone you don't know tries to talk to you online?



# Tip 3: Stay Informed & Involved

**Why It's Important:** The online world is constantly evolving, and staying informed helps you better guide your child through potential dangers.

**How to Do it:** Take time to learn about the platforms and apps your child uses. Engage in conversations about their online experiences and interests. By showing interest and staying up-to-date, you create a supportive environment where your child feels safe discussing their online life.

## Conversation Starters:

1. I heard about this new app that's popular with your friends. Can you show me how it works?
2. Would you feel comfortable telling me if you were being bullied online?
3. How do you decide what to share or post online?

