

Digital safety for kids:

What to do and what not to do



What to do:

Educate early

Teach them about online safety from a young age. Knowledge is the first line of defence.

Strong passwords

Encourage the use of strong, unique passwords for online accounts. Privacy matters!

Privacy settings

Help them set privacy controls on social media. Control who has access to their information.



What to do:

Responsible posting

Teach responsible posting. Remind them that the internet has a long memory.

Balance screen time

Promote a healthy balance between digital activities and real-world experiences.

Open communication

Establish open communication. Encourage them to share their online experiences without fear.



What not to do:

Avoid strangers

Instruct them not to engage with strangers online.
Be cautious about friend requests.

No personal information

Instruct them never to share personal information, such as passwords or addresses, with strangers online.

Unauthorized downloads

Discourage downloading from unverified sources.
Stick to reputable app stores.



What not to do:

No cyberbullying

Make it clear that cyberbullying is unacceptable. Kindness matters, even online.

No inappropriate content

Set guidelines to avoid inappropriate content. Use parental controls when needed.

No offline meetings

Emphasize the importance of not meeting online acquaintances without parental consent.

Avoid harmful challenges

Warn against participating in challenges that could pose risks.



Tips for parents:

Parental controls

Use parental control features on devices and apps.

Stay informed

Keep up-to-date with the latest online trends and potential risks.

Supervision

Monitor online activities without invading privacy.

Security software

Install reliable security software to protect against online threats.

Discuss online etiquette

Teach the importance of respectful behavior in online interactions.



Learn how to ensure a safer online experience for your kids with Wellbeing on the Web



Counsellors



Doctors



Dietitians



Financial advisors



Yoga



Dance



Art



Articles & videos



POSH training



e-pharmacy



Lab tests



Physios



Email support



Newsletters



Branded comms



Monthly reports