



Initiating Conversations on Internet Safety

- **Choose the right time:**
 - Find a relaxed, quiet time to talk when you won't be interrupted. This could be after a meal, during a car ride, after school or before bedtime.
- **Begin with positives:**
 - Start the conversation by discussing positive aspects of the internet, such as learning tools, staying connected with friends and family, and creative opportunities.
- **Introduce balance:**
 - Explain that balance is key when using the internet. Discuss the importance of balancing online and offline activities.
- **Cover potential risks:**
 - Talk about the potential and very-real dangers of excessive internet use, including cyberbullying, privacy issues, and the risk of encountering inappropriate content.
- **Establish boundaries together:**
 - Work together with your child to set rules for internet use. This can include limiting screen time, choosing appropriate websites and apps, and deciding when and where devices can be used.
- **Remember – encourage open and safe communication:**
 - Remind them that they can come to you with any concerns or questions about their online experiences – both good and bad.
- **Revisit the conversation regularly:**
 - The impact of internet usage evolves as a child gets older. Revisiting this conversation regularly helps to keep up with their changing needs and experiences.

