

## Top Tips



### Top Tips for use with 3-7s

These top tips have been written for you (parents and carers) to share, and talk about, with your children. It's never too early to talk about life online!

#PlayYourPart by...

#### ■ **Enjoying all the amazing things there are to do online!**

Talk with your child about the games they enjoy playing and the videos they love to watch. Doing these things together is a great way to explore how amazing the internet can be.

#### ▲ **Always being kind and respectful to others online.**

Explain to your child that being kind and respectful helps make the internet fun and safe for everyone. Yes, even their little brother if he's beating them on their favourite game! This is something you can show them in your own words and actions online too.

#### ● **Making safe choices.**

Your child will have to make lots of choices when they're using technology and the internet, so talk regularly about what they can do to keep themselves safe. This might be keeping personal information like their name or school private and never agreeing to meet up with someone they only know online. The earlier you start these conversations the better equipped your child will be as they grow older.

#### ◆ **Remembering that it's okay to say no to people online.**

Online friendships can be difficult to manage, but a simple step to help keep your child safe is making sure they know that they are in control. Discuss how they might respond if someone says or does something that makes them feel uncomfortable. Remind them that they never have to do something just because an online friend has told them to and that they can come to you for help and advice.

#### ★ **Always telling an adult if anyone or anything online makes you worried, upset or uncomfortable.**

The most important thing you can do to support your child online is let them know you're there to support them. Talk regularly about all the points above, and more! Make sure they know that if anything online makes them worried, upset or uncomfortable, then they can come to you for help – and a hug!