Cybersafety

In today's digital world, young people are more connected than ever, using technology for education, social interaction, and entertainment. However, alongside these benefits come significant risks, including cyberbullying, online predators, exposure to harmful or inappropriate content, identity theft, and the effects of excessive screen time on mental and physical health. Without proper guidance, young users may struggle to recognise digital dangers or develop the critical thinking skills needed to navigate the online world safely.

Cyber safety is about equipping children and adolescents with the skills and knowledge to use technology responsibly, ensuring they can make informed choices while online. Encouraging a balanced approach to technology use—one that promotes healthy screen time habits and prioritises offline activities—is also essential in maintaining overall wellbeing. A proactive and collaborative approach, involving families, schools, and communities, ensures that children develop the skills they need to thrive in the digital age while minimising the risks that come with it.

Ensure your child remains safe using these strategies:

1. Maintain Open Communication
Encourage regular discussions about online experiences, both positive and negative, so your child feels comfortable seeking help if they encounter problems.

2. Set Clear Rules and Boundaries
Establish age-appropriate guidelines for screen time, device use and access to social media or gaming platforms.

3. Use Parental Controls & Privacy Settings
Enable parental controls on devices, apps, and search engines to filter content and limit exposure to inappropriate material.

4. Educate About Online Privacy
Teach your child not to share personal information, such as their full name, school, address, or passwords with strangers online.

5. Monitor Online Activity
Keep an eye on the websites, apps, and games your child uses, and check their online friend lists to ensure they only connect with people they know in real life.

6. Encourage Critical Thinking
Teach your child to question the credibility of online content, recognise scams and avoid clicking on suspicious links.

7. Promote Healthy Screen Time
Set limits on device use and encourage offline activities like outdoor play, reading, and family time to maintain a healthy balance.

8. Be Aware of Cyberbullying
Educate your child about the signs of cyberbullying, encourage them to report any harassment, and reassure them that they will be supported.

9. Lead by Example
Model responsible digital behaviour by practising good screen habits, avoiding oversharing online, and demonstrating respectful online interactions.

10. Stay informed
Keep up with the latest trends in social media, apps and online risks so you can guide your child effectively and adapt safety measures as needed.