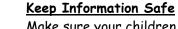# eSafety
Top Tips for Parents

Talk
Talk with your children about what they are doing online. Find out which websites they visit and how they communicate with their friends online. Are they using instant messaging programs like WhatsApp? Or are they texting their friends using their mobile phone? Make sure your children know they can come and talk to you, or another trusted adult, if they are worried or upset about anything that happens online.

Rules
Together with your children, draw up a set of responsible rules about using the Internet that the whole family agrees to. Think about what is reasonable for the age of your children. Make sure your children are balancing the amount of time they spend online with the amount of time they spend on other activities. You might want to ask your school for a copy of the rules they use and base yours on that.

Keep Information Safe
Make sure your children understand the importance of keeping their personal information safe. Posting personal information on websites, or sending it in messages, can lead to strangers getting hold of it. Items of personal information such as full name, address, telephone numbers, photographs and school name should all be kept secret and not posted online. Encourage your children to think about who else might be able to see what they post on websites or send in messages.

Keep an eye out
Keep the family computer in an area where you can keep an eye on your children as they use it. Remember that children can also access the Internet from other devices such as mobile phones, portable music players, tablets and games consoles. As children get older, and you feel it is appropriate for them to have a computer in their bedroom, or a laptop/tablet that they can carry around, consider installing suitable safety software that will alert you if they do something that might put them in danger. There are several commercial software products that will do this for you.

Meetings
The Internet allows young people to make new friends across the country and even across the world, allowing them to learn about new cultures and new places. However, make sure your children know that they should never meet anyone they only know online, unless they take you or another responsible adult with them.