

Keeping children safe and smart online is a tough job for parents and carers.

There are lots of things to worry about;

- screen time
- fomo and bullying
- harmful content
- fake news
- poor sleep and more...



Here are 3 things you can do to help...

- **Talk about online life as a family just like you talk about school, music, play dates, plans etc.**

Here are ideas – of the good & not so good – you can chat about;

- a kind message from a friend, and a friend who posts too much
- a cake recipe online, and pop up adverts
- a funny video, and fake news
- asking them what they have been up to in school and online

- **How far would you let your child travel on their own? To a mountain top, in a big city centre or shark infested water?**

It's the same online – go with them.

- spend time playing their games with them
- watch YouTube with them
- read & write messages together

- **Show them the behaviours you want to see in them;**

- if you don't want them to take devices to bed, don't take yours
- be open about your online life
- did you spot fake news today? tell them what you did about it
- do you keep checking your phone... think about it
- try a digital detox yourself and discuss it together

Be Smart Cookie can help you and your child to stay smart and safe online

