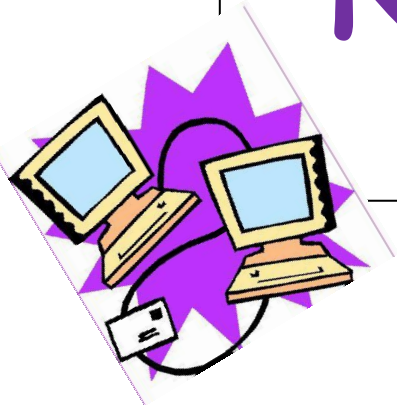# E-SAFETY NEWSLETTER

Issue 7.

It goes without saying that children pick up both good and bad habits from us. We can help them make sensible choices by establishing our own good behaviours when engaging with the digital world. Here are some areas in which you can help your child develop simple habits by modelling them yourself and discussing them informally.

DEMONSTRATE YOUR OWN 'NETIQUETTE'

Model appropriate behaviour for your child, especially if they have access to your devices or you are using them together. Avoid commenting on, posting or following social media posts that you wouldn't want your child to see. Always post and communicate respectfully.

OPENESS

Establish open, non-judgemental, supportive communication about the use of digital devices. This way, if there are any problems, it is much more likely your child will tell you about them in good time. Always stress that your aim is to keep them safe and happy, not to restrict them.

SECURITY

From virus protection to filtering, talk openly about why this is important and the purpose of having such security in place. If you are downloading apps for your child, focus their attention on the privacy requirements of the app; don't just click 'Accept' without reading them. Question why some apps ask permission to access all your files or photos. What could they be used for? If you find the privacy terms unacceptable, do not install the app – this will help your child to develop the same good habits.

SHARENTING

We have to admit that we like to share the positive moments in our child's life; social media is certainly a platform to do this. However, do we fully understand the potential risks of posting to social media? How often do we ask our child if we have permission to put an image of them online? Do we think it is OK to post about our child and share content because our accounts are only visible to friends? Do we understand the damage that posting and sharing content about our child could have in the future? These questions must be considered carefully. If in doubt, don't share!

PERSONAL INFORMATION

Only share information online that you know wouldn't cause any harm if a person with bad intent, or even an employer, were to see it.

RULES

Establish rules that all family members abide by, including when accessing the internet away from home. Talk through strategies that your child can use if they are put in an uncomfortable position when you are not around.