

DON'T PANIC!

YOUR GUIDE TO:

Helping young people to be safe online

Focus on the positives

There are lots of great things about the internet, don't just focus on the dangers.

Be brave

Be open to having conversations about difficult subjects that may be uncomfortable for everyone.

Be curious

Learn about why young people are online, what they do online and be open to understanding their world. Remember, you don't have to be the expert!

Model behaviour

Think about your own social media presence and activities online and make sure your own behaviour is the same as what you expect from young people. They will follow your lead.

Keep talking

Have ongoing conversations with young people about their online activities and listen to what they have to say. Be sure to choose your words carefully so they don't feel judged and are comfortable talking with you.

Discuss the dangers

Help young people identify what might be harmful online, why it might be harmful and what they can do to stay safe – this builds their digital literacy and empowers them.

Empower them

Young people need to know how to respond to inappropriate online content and contact. Work out practical ways together, so they feel empowered to tackle potential situations.

Stay up-to-date

The digital world keeps changing and so do the dangers. Know what the latest online trends are.

Encourage empathy

Educate young people about respectful relationships and empathy towards others - online and offline.

Watch for changes

Be aware of what they're doing online and pay attention if their behaviour or mood changes. Seek support!