

How to create a great environment for kids to talk

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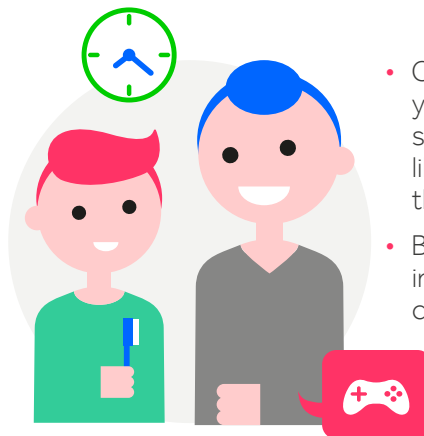
TALK EARLY AND OFTEN



- Talk with children from an early age to make it easier to maintain good communication
- Have bitesize conversations that are relevant to them

2

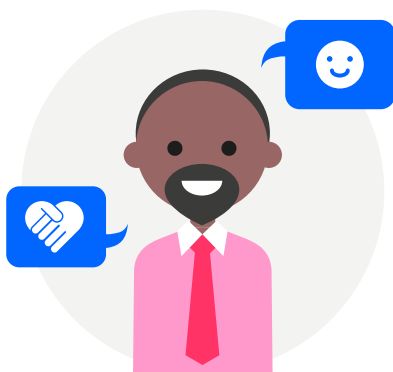
CHOOSE THE RIGHT TIME



- Choose to talk when you are due to spend some time together, like over a meal or during their bedtime routine
- Bring digital experience into normal, everyday conversations

3

OPEN UP AND SHARE TOO



- Model the behaviour you want them to show by sharing about your day
- Be open and encouraging to make them feel supported

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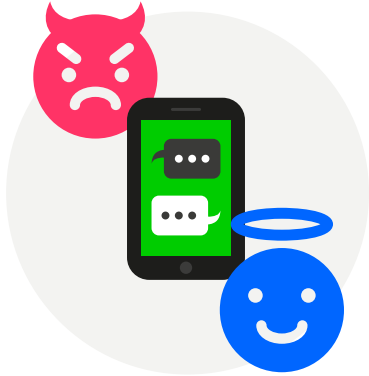
CREATE A SAFE SPACE FOR YOUR CHILD



- Ask open-ended questions
- Ensure that your child feels listened to rather than cornered
- When they start talking, hold off with questions and really listen
- Be prepared, calm and patient with them

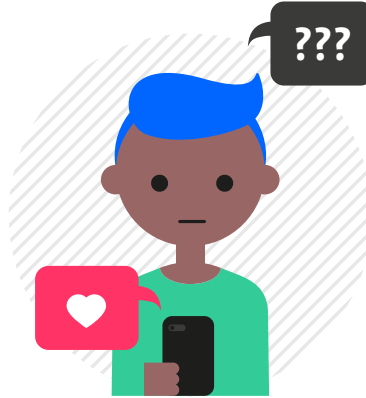
Things to cover in conversations

ONLINE REPUTATION



- Understanding how online activity creates a 'digital footprint' that lasts forever
- Being a good digital citizen e.g. treating people like you would face to face
- Thinking before posting

CRITICAL THINKING



- Making them aware that some people hide behind fake profiles
- Being critical about what they see online as not everything is true
- Agreeing digital boundaries to allow them freedom to make informed decisions

PERSONAL SAFETY



- Keeping info private on devices and apps they use through privacy settings
- What a good social media profile looks like
- Create strong passwords for every online account

RESOLVING ONLINE ISSUES



- Tools and strategies to deal with issues they may face online such as cyberbullying or seeing inappropriate content
- Where & how to report an issue – encouraging them to speak to an adult

BEST OF THE NET



- What they enjoy most about their favourite apps or sites
- The coolest sites and apps among their group of friends
- Talking about things online you can enjoy together and ways to stay involved in their digital world

Internet Matters App



Download our free tablet app for a fun way to start a conversation about online safety with your child and help them make smart choices online

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