

We're serving up some online safety tips.

We know it can be difficult for parents to have conversations about internet safety, particularly because they don't always use social media or the internet in the same way their children do.

That's why we've teamed up with child psychologist, **Dr Martha Deiros Collado**, and internet safety experts, **Internet Matters**, to kickstart meaningful talks on online safety over mealtime.

"Whilst talking about online safety is tricky, there are ways to approach the conversation with your children. Get curious with your questions, share as much as you ask and have a conversation, not an interrogation!"

Dr Martha Deiros Collado



What is your favourite thing to do online on your phone, laptop or tablet?

How do you keep your accounts safe? Why do you think having a strong password is important?

What would you do if you saw something online that upset you?

If a friend was mean to you or someone else online, what would you do?

Do you think that what you post online now could affect you in the future? How?

What are 4 things you need to be careful about sharing online with others?

Let's get started.

"If it's not right to say to someone face-to-face, it's not right to say online." What do you think and feel about this?

What would you do if your friend shared a comment that was funny, but could hurt someone else?



Can you think of two kind things you can do online to show you care about someone else?

Why might disagreeing with someone online be different to 'online hate'?

What would be the first thing you do if you ever receive nasty comments online?

What would you do if a child, who you didn't know, started talking to you online? How would it be different if you found out that they were an adult?