

## Parents 'to do' list as follows:

- Discuss Cyberbullying with your children
- At around aged 11 or 12, have the “Sexting, nudes and inappropriate images” talk with your child. Remind them that images and videos can be highly illegal.
- Regularly review images and videos with you child. Include in this review, any backups.
- Remind you children that once something is “sent” via the internet, it cannot be “unsent” and is there “forever” and don’t be fooled into thinking SnapChat is safe!
- Remind your kids of the “rules” of posting to the internet
- Know the apps and games that your child is using/playing
- Recognise the signs of addiction (DSM-5)
- Set Boundaries: Limit Screen Time; Get the internet out of the bedrooms
- Decide on ‘consequences’ for crossing those boundaries and don’t be afraid to ‘impose’ those consequences
- Learn how to recognise suitable and unsuitable games
- Put restrictions on your child’s device and vet every app they download
- Stick to the age limits for social media
- Know the links to Social Media help and support pages
- Never simply leave your child unsupervised when using the internet
- When the next internet “challenge” raises its ugly head, downplay the hype
- Visit the IWF and INHOPE website and read up on the work they’re doing
- Switch from google search to duckduckgo.com! Switch from WhatsApp to Signal
- Protect your child’s hearing
- Protect all devices using good anti-virus software
- NEVER use public Wifi
- Know where your child is at all times
- Make or buy posters reminding your family of the safety rules
- Put controls on your Wi-Fi router
- Buy The Book