

# Online safety starters – Teens (14-18)

We've put together some ideas to help you with online safety conversations, along with resources to help build your online safety knowledge. Use your judgement to choose the topics that are most relevant for your child. For more online safety advice visit [www.netsafe.org.nz](http://www.netsafe.org.nz)



## Managing Time Online

**Questions:** How would you tell if you were spending too much time online? If you wanted to cut back, what are some ways you would try to do this?

**Resources:** [www.netsafe.org.nz/time-online/](http://www.netsafe.org.nz/time-online/)



## Catfishing

**Questions:** What do you know about catfishing? How do you tell if someone really is who they say they are online?

**Resources:** [www.netsafe.org.nz/catfish/](http://www.netsafe.org.nz/catfish/)



## Social Media vs Reality

**Questions:** How well do you think social media reflects people's real lives? How do you tell when someone is getting paid to promote content on social media?

**Resources:** [www.netsafe.org.nz/social-media-vs-reality/](http://www.netsafe.org.nz/social-media-vs-reality/)



## Online Bullying

**Questions:** What does online bullying look like? What's the difference between bullying & banter? What advice would you give to a friend who was being bullied?

**Resources:** [www.netsafe.org.nz/youth-bullying](http://www.netsafe.org.nz/youth-bullying) and [www.netsafe.org.nz/banter-vs-bullying](http://www.netsafe.org.nz/banter-vs-bullying)



## Sending Nudes

**Questions:** How common do you think sending nudes is? What are the risks? What advice would you give to a friend who has had their nudes shared without their consent?

**Resources:** [www.netsafe.org.nz/dont-be-a-nick](http://www.netsafe.org.nz/dont-be-a-nick) and [www.netsafe.org.nz/sending-nudes-parents](http://www.netsafe.org.nz/sending-nudes-parents)



## Online Pornography

**Questions:** What do you think are some of the differences between pornography and sex in real life? What would you do if you saw pornography that upset you?

**Resources:** [www.netsafe.org.nz/porn-advice-parents](http://www.netsafe.org.nz/porn-advice-parents)