

# Online safety starters – Under 10s

We know that regular conversations at home helps to minimise the damage if things go wrong online. We've put together some ideas to help spark a kōrero about online safety with your tamariki.

Use your judgement to choose the topics that are most relevant for your child. For more online safety advice visit [netsafe.org.nz](https://netsafe.org.nz)



## Internet Basics

**Questions:** What do you think the internet is? How does it work? How long do you think it's been around for? What are some of the good things about it?



## Managing Time Online

**Questions:** What do you like doing on the laptop/phone/tablet? How could you tell if you were spending too much time online? If you wanted to spend less time online, how would you do it? What are some of the things you would like to do instead?

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



## Online Bullying

**Questions:** Have you ever felt sad or unhappy online? What did you do? What do you think the difference is between bullying and a joke? If your friend was being bullied online, what would you do?

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



## Privacy & Personal Info

**Questions:** What are some things you shouldn't share online? What is the difference between public and private posts? Do you know what privacy settings are and what they're used for?

**Resources:** [netsafe.org.nz/online-safety-for-parents](https://netsafe.org.nz/online-safety-for-parents) and [netsafe.org.nz/digital-footprint](https://netsafe.org.nz/digital-footprint)



## Truth & Tricksters

**Questions:** Do you think it's easy to pretend to be someone else online? How would you be able to tell if someone really is who they say they are online?

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



## Upsetting Content

**Questions:** Do you think that everything on the internet is okay for kids to see, or is some of it only meant for adults? Have you seen anything online that made you feel uncomfortable? What did you do?

**Resources:** [netsafe.org.nz/upsetting-content](https://netsafe.org.nz/upsetting-content) and [netsafe.org.nz/porn-advice-parents](https://netsafe.org.nz/porn-advice-parents)