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tips to help your child thrive

GET HELP

Netsafe offers a free service for people of all ages seven days a week.

Call us toll-free on 0508 638 723, text 'Netsafe' to 4282 or email help@netsafe.org.nz for online safety assistance.

For more information visit netsafe.org.nz/advice/parenting

While there might be a digital technology gap between what you know and what your child knows, you can still help. It's important to share your wisdom as your child learns to be safe online. Use these simple tips to talk to them.

1 KEEP IT LOCKED

Show your child how to set a PIN or password to protect their devices, accounts and the information contained in them

2 KEEP IT PRIVATE

Make sure your child doesn't disclose personal information like their address and that they know how to keep their profiles private

3 KEEP IT HELPFUL

Explain to your child that what they do online leaves a digital footprint so it's always best to think twice about what they are doing – before they do it

4 KEEP IT REAL

Talk to your child about how to handle approaches from strangers and why sometimes people pretend to be someone else online

5 KEEP IT FRIENDLY

Teach your child to be kind and respectful online, and to be careful talking to, or sharing information with, people they don't know