

#Stronger  
SmarterSafer

# 5 THINGS WE NEED TO TALK ABOUT AT HOME...

because being part of our children's online lives helps to keep them safe and happy.



1

## KEEP IT PRIVATE

- Don't share personal information like your email address or date of birth.
- Turn ON privacy settings to protect your stuff.
- Don't add people you don't know.
- Turn OFF location sharing.
- If you wouldn't share with a stranger on the street, don't share it publicly online.

2

## KEEP IT POSITIVE

- Think about how much information you are sharing online.
- A comment that you leave on someone's page or what you post when out with friends, may not give the best impression of you.

3

## KEEP IT REAL

- If you wouldn't say it to someone's face, don't say it online.
- Be the same person online as you would be in real life.
- Beware fake profiles. Other people may not be who they say they are.

4

## KEEP IT HEALTHY

- Find a healthy balance with screen time. The Internet is designed to be addictive.
- Avoid gaming or any screen time for at least an hour before bedtime.
- The number of 'likes' you get does not define you as a person.

5

## KEEP TALKING TO ME

- You can always talk to me if you are worried or uncomfortable about anything online.
- Tell me about what you like online, and what you don't like.
- Sometimes you won't know the best thing to do. Don't simply react – talk it over first with an adult you trust.

35% of children have never or rarely spoken to a parent about online safety.

[www.cybersafeireland.org](http://www.cybersafeireland.org)

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CyberSafeIreland  
Empowering kids to be Stronger  
Smarter & Safer online

TÚSLA  
An Ghníomhaireacht um  
Leanaí agus an Teaghlaigh  
Child and Family Agency

CYPSC  
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES

