


Top Ten Tips to help your child become a digital citizen

Understandably, parents are worried about their children posting online. However it's important to remember that the positive aspects of the Internet outweigh the negatives. The Internet is an excellent educational and recreational resource for children. Encourage your child to make the most of it and explore the internet to its full potential.

Young people need guidance to navigate their online world, just like their offline world. The 'Ten Top Tips' on this poster will be helpful for you to have conversations with your child about keeping safe online. To support parents, there will be further updates and advice about different aspects of digital citizenship and online safety.

10 INTERNET SAFETY TIPS FOR PARENTS

- 1 Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6 Help your child learn to **filter** information online and navigate fact from fiction.
- 7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8 **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10 **Learn more:** Explore reliable resources for parents so you can educate yourself.

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Help your child learn about privacy

Teach your child to keep personal information private online.

YAPPY is a useful acronym to remind children of some of the personal information they should not share on public online spaces (blogs, forums, social media, etc.).

YAPPY stands for: **Y**our full name, **A**ddress, **P**hone number, **P**asswords, **Y**our plans and birthday.

There are many grey areas beyond **YAPPY** though — sharing opinions, sharing information about others, deciding if the content you create should have a public audience... the list goes on. Experience and conversation with your child can be vital.



The infographic features a teal background with a white border. At the top right, there is a Creative Commons license icon (CC BY-NC-ND). A yellow speech bubble on the left contains the text "Don't yap about your YAPPY online...". Below this, the acronym is expanded: "Your full name", "Address (home/school/email)", "Phone number", "Passwords", and "Your plans and birthday". On the right, a light blue rounded rectangle contains the text "Think carefully before revealing..." followed by a list of items: "your opinions", "information about others", "geolocation", "clubs/teams", "photos/videos", and "holiday plans". A cartoon illustration of a boy with glasses and a hand on his chin is positioned at the bottom right of this list. The website address "www.kathleenamorris.com" is at the bottom left.

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Help your child learn about online laws

Be aware of age restrictions

Many popular sites (YouTube, Instagram, etc.) have age restrictions, and these are in place for a reason: to keep young people safe.

Don't allow your child to sign up for sites if they are underage or not ready.

When they are old enough to register, make sure your child sets their online accounts to private to limit access to people they know well.

BE AWARE OF LAWS

Many sites and web tools have age restrictions (often 13+).

Most images and work that's online is protected by copyright and can't be reused.



Help your child learn about communication

Keep the lines of communication open. It's crucial to talk to your child regularly and openly about what they are doing online.

Encourage your child to tell you if they ever have a problem online. Help them come up with a 'plan of attack' if they ever see anything online that makes them feel worried or unsure (e.g. tell an adult, close the tab, etc.)

Work together with your child to help them navigate digital dilemmas. Reassure your child that you won't take away their devices if issues occur.

Many experts, such as Dr. Joanne Orlando, advise against using technology as rewards and punishments. You don't want your child to be discouraged from talking to you about problems due to the fear of being disconnected.

TIPS FOR STUDENTS

DIGITAL CITIZENSHIP AND INTERNET SAFETY

TALK TO ADULTS

Tell your parents or caregivers what you're doing online.

Immediately leave any site that makes you feel uncomfortable and talk to a trusted adult.



Help your child learn about online 'friends'

Talk about the risks associated with meeting online friends in person. The internet can be a positive meeting place for children, where they can get to know other young people and make new friends.

Some people online will be honest and just want to chat or be friends. However, not everyone they chat to online will be who they say they are. It's easy to lie online.

Lots of people online are genuine. But some people use the internet to chat to young people because they want to hurt them or make them do things they don't want to. Children should be encouraged not to add people they do not know

For safety and to avoid unpleasant experiences, it is important that children **do not meet up with strangers** they have met online unless they have their parent's approval first **and** they are accompanied by an adult they know and trust.

If parents agree they should make sure the meeting is in a public place, and a fail-safe plan is agreed, such as the child calling parents shortly after the meeting begins so that they can bail out if they feel uncomfortable.

TIPS FOR STUDENTS

DIGITAL CITIZENSHIP AND INTERNET SAFETY

ONLINE FRIENDS

Don't add, meet, or send pictures or information to online friends without parent permission.

Don't trust everything friends tell you. Anyone can be anyone on the web.



Help your child learn about their digital footprint

A **digital footprint** is a person's online identity and individuality and it builds their online reputation depending on the things they do online.

Explain to your child that what goes online stays online forever, regardless of it being deleted.

Ask them what they'd do if someone was standing too close to them, or if strangers were asking nosy questions. Then ask them what they think is the online equivalent.

Get them to type **their own** name into a search engine - they may be surprised by what comes up.

Encourage them to ask permission before tagging photos or videos of friends and family.

Explain that they could be breaking the law if they make comments about someone online (it could be slanderous).

TIPS FOR STUDENTS
DIGITAL CITIZENSHIP AND INTERNET SAFETY

YOUR REPUTATION

Don't post anything online you wouldn't want teachers, family, friends, and future employers to see.

Once on the web, things can exist forever.

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Help your child think critically online

Teach your child about evaluating information and being critically aware of information found online.

Most children use the internet to improve and develop their knowledge in relation to schoolwork and personal interests.

Children should be aware that not all information found online is correct, accurate or relevant.

Show your child how to check information they find by comparing it to alternative sources on the same topic.

Show them trusted sites they can use to compare information.

ALWAYS QUESTION

You can't believe
everything you read
and see on the internet.

Anyone can publish
online and there's a lot
of incorrect and biased
information.



Help your child learn about cyber bullying

Tell your child to inform you if they are being bullied or see that another child being bullied online.

Encourage them not to respond to any cyberbullying threats or comments online. However, **do not delete** any of the messages. Instead, print out all the messages, including the email addresses or social media handles of the cyberbully. You will need the messages to verify and prove there is cyberbullying.

If there are threats of physical violence or the bullying continues to escalate, report it to the police

Encourage your child **not to be drawn into cyberbullying** or **become an accomplice** by forwarding to friends or making comments on any of nasty messages.

Remind them of the value of friendship: to be a friend, other people need to be decent, kind and supportive

TIPS FOR STUDENTS

DIGITAL CITIZENSHIP AND INTERNET SAFETY

REPORT BULLYING

Cyberbullying is using technology to hurt, upset, or bully someone.

Tell an adult if you think cyberbullying is happening to you or someone you know.



Help your child learn about strong passwords

First of all, children should be told:

Keep your **passwords** private – never share a **password** with anyone else.

Do not write down your **passwords**.

Use **passwords** of at least eight (8) characters or more (longer is better)

The top 5 passwords are:

123456/password/123456789/12345678/12345

According to the website ‘How secure is my password’ all these can be guessed ‘instantly’. Ne way to strengthen a password is to make it longer and include at least one special character like ! or ?

Changing sunshine to sunshine! would take 2 hours to hack; adding two exclamation marks would take 4 days!

Adding the name of the site you are using – sunshine!sainsburys - makes it almost impenetrable to crack!

Check how quickly hackers could guess your password on:

<https://howsecureismypassword.net>

TIPS FOR STUDENTS

DIGITAL CITIZENSHIP AND INTERNET SAFETY

ONLINE ACCOUNTS

Choose usernames and email addresses that are sensible and don't give away personal details.

Use a different strong password for every account. Never share them with others.



Help your child learn about 'netiquette'

Good manners are as important online as offline – the following advice is very useful to remind children of this:

Double check before you hit 'send'. Pay attention to typos, grammar and most importantly tone – these all help to create an impression of you online - your digital reputation

Don't say something online that you wouldn't say to someone's face.

Understand that you will never agree with everyone online. There is a polite way of sharing your opinion online without attacking or abusing others. Not only will you lose online friends but it will damage your online reputation.

'UNDERSTAND WHEN TO USE CAPS'. Typing in capital letters can be seen as 'shouting' or aggressive. It is OK to use a word here or there but don't do it all the time.

TIPS FOR STUDENTS

DIGITAL CITIZENSHIP AND INTERNET SAFETY

USE YOUR MANNERS

Be polite and respectful online just as you would be offline.

Treat others how you like to be treated.

