

# 5 Tips to Keep Your Children Safe Online

with Dr. Maureen Griffin, Forensic Psychologist



## 1 Involvement.

Be involved in your child's online life and discuss online safety the same way that you would discuss safety in real life.



## 2 Boundaries.

Set rules/limits on what your child can do online; get your children involved in setting these so that they're more likely to engage with them.



## 5 Security.

Read through the T&C's and privacy settings, always use an internet security suite, which includes firewall, antispyware etc. on all devices.



## 3 Model Good Practices.

Lead by example and model good practices for your children; appropriate use of technology should be for everyone in the family.



## 4 Knowledge.

New apps are always appearing like Snapchat, YikYak, ooVoo, try to understand how they work so that you can talk to your children about them.