



Staying Safe Online

PERSONAL DEVELOPMENT

PRACTICAL TIPS

1. Keep the conversation open

Talk regularly about school, friends and online life; listen without judging.

2. Set clear, fair boundaries

Agree on rules for screen time, social media and curfews; explain why they matter.

3. Stay involved in their online world

Know the apps and games they use, encourage privacy settings and remind them to protect personal info.

4. Watch for changes in behaviour

Mood swings, secrecy, or falling grades can signal stress, bullying, or other issues, offer support early.

5. Encourage balance and independence

Promote offline hobbies, exercise, and healthy routines while letting them make age-appropriate choices.