

What can parents do

- Think about where the computer is located in the house.
- Ensure security settings are set correctly.
www.fosi.org
- Create a family email address for registering online.
- Bookmark your family's favourite websites.
- Agree rules as a family about personal information, time spent online, and contacting people via the internet.
- Be involved in your children's internet use. Discuss the opportunities and risks and help them see for themselves how they might get into and out of difficulty.
- Encourage children to talk to someone they trust if they are worried.
- **Be approachable so your child can approach you.**