



# Keeping Kids Safer Online

*At least 300 million children per year are subjected to online sexual exploitation and abuse (OCSEA)\**

**What happens online can have real-world consequences.** Putting in place some basic online safety steps will help you protect yourself and your family.

\*2024 Childlight

## Know the Warning Signs of Online Abuse

- Sudden mood swings, secrecy, or withdrawal from family/friends.
- Avoiding activities they used to love.
- Spending too much or too little time online.
- Drop in school performance.

**Technology-facilitated violence can occur on any digital device and across various online platforms.**

### 1 Setting Clear Guidelines for Internet Use

- Set boundaries for safe websites, screen time, and respectful behavior.
- Involve children in creating the rules to encourage respect.
- Regularly update the guidelines as your child grows and technology changes.

### 2 Teaching Privacy and Online Awareness

- Teach children the risks of sharing personal information.
- Encourage caution with strangers and suspicious links.
- Help children question offers or messages that seem too good to be true.

### 3 Keep Communication Open

- Talk regularly about your child's online activities and any challenges they face.
- Encourage your child to seek help if something makes them uncomfortable online.
- Lead by example to set a positive digital behavior and respect privacy.

### 4 Strengthen Security

- Teach your child to create strong, unique passwords and keep them confidential.
- Encourage using different passwords for different accounts and enable two-factor authentication (2FA).
- Stay informed about new apps and emerging online threats to maintain digital safety.

### 5 Practice Permission and Consent

- Before taking a child's image or video or sharing it online, seek permission from both the child and their legal parent or guardian.



#### Who is behind Online Violence?

Not just strangers! Friends, classmates, and even trusted adults can pose risks.

*This publication has been produced with financial support from Safe Online. However, the recommendations expressed herein are those of [your organisation] and do not necessarily reflect those of Safe Online.*



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