

Magnifying Glass

Help your child to look closely at what people say online and not to believe everything they see and read. As they grow older it's important to talk about how they manage romantic and sexual relationships online

Plasters

Encourage your child to let you know if something they've seen or read has upset them. Explain that sometimes people say and do things in the online world that hurt even if they didn't mean it.

Compass

Spend time with your child as they start their journey, help them find the best sites and apps for their age so they have a safe zone to explore.

Stopwatch

Know when to take time out. There comes a time when certain friends and followers are no longer good to have around - particularly if they're making your child feel insecure or down. It's also good to have regular breaks.

Accident evaluation form

We all make mistakes - and that's true in the online world. Encourage your child to talk to you, or to someone they trust if they need advice about anything they've seen and done online.

Whistle

Once your child has ventured onto social media networks, work out together how to use privacy settings and how the reporting and blocking tools work in case you ever need to use them. Agree how to respond to friend requests and communication from strangers.