



digitalsafety

DIGITAL SAFETY FOR ALL

# ONLINE SAFETY CHECKLIST

**A guide for parents of young children**



## Online safety checklist for parents of young children

### Use parental controls and safe browsing

- Set parental controls on your home broadband and any internet-enabled devices.
- Set up parental controls on devices and apps, including password protection so they can't enable apps or purchases accidentally.
- Enable safe search filters (Google SafeSearch, YouTube Kids).

### Monitor and limit screen time

- Follow age-appropriate screen time guidelines.
- Keep devices in shared spaces, not in bedrooms.

### Supervise online activities

- Watch what they watch and play together when possible.
- Encourage educational over entertainment-based content.

### Choose age-appropriate content and apps

- Research and approve games, apps, and videos before allowing access.
- Use child-friendly streaming services and educational platforms.



## Teach basic online safety rules

- "Never talk to strangers online."
- "Always ask a parent before clicking on links or downloading anything."



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## Protect personal information

- Teach them not to share names, addresses, or photos online.
- Avoid signing up for accounts that require personal details.

## Model good digital behaviour

- Show responsible device use (e.g., no excessive screen time).
- Talk about kindness and respect online and offline.

## Set clear technology rules

- Create rules for device use (e.g., no screens at bedtime).
- Use a family media plan to balance online and offline activities.

## Keep communication open

- Let them know to tell you if they feel uncomfortable or see something nasty online and they won't get into trouble.

