

- 1. Engage with technology and the internet together. Sit down with your child and look at different Apps and sites as a family.
- 2. Balance 'screen time' between other activities. Don't let your child use technology for too long.
- 3. Check home broadband and settings on personal devices to ensure that you filter inappropriate content.
- 4. Look at the age restrictions on games and make sure they are playing appropriate games.
- 5. Teach your child to inform a responsible adult, if they feel worried.

