

# Safe Bedrooms

A initiative of the Daniel Morcombe Foundation



## TOP TIPS for online safety

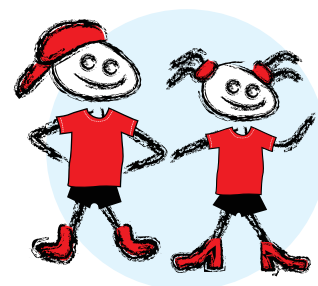
### Use devices in shared spaces

Encourage your children to use technology in places you can check they are okay – such as the living room or the kitchen. Keep devices out of bathrooms and bedrooms.



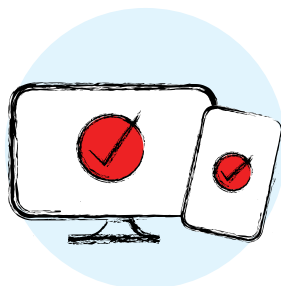
### Stick to 'real life' friends

Teach your child that if they don't know someone in the real world, they are actually a stranger. Remind them that they should never meet up with anyone they only know in the online world.



### Share their online world

Sit down with your children and let them show you the apps, games and websites they love.



### Think before you post

Help your child understand that, once it's out there, it won't go away.

Show them that, even if they delete something, they can't control who has seen it, saved it or made a screen shot.

### Use a strong and secure password

Help your child to develop a strong password and to keep this password secure. Prompt them to sign out before they leave the computer.



### Make a Family Technology Agreement

Work together to outline the ways your family can develop and maintain a healthy, balanced and safe relationship with technology.



### Switch off

Have a safe and healthy balance of online and offline time. Encourage regular technology free times. Switch off your devices at night and turn off the family Wi-Fi at bedtime.