

Safety is safety



For some carers, online safety feels like a completely new world. But in the end, online safety and offline safety are very similar.

Children and young people don't really see a difference between "online" and "offline" – it's all just part of life.

For carers, keeping our children and young people safe online can be hard. We worry about sexual predators, scammers, bullies and trolls. We know that our kids might encounter violence, pornography, and extreme content.

We also have to face some unique safety issues that other parents don't have to deal with. And we know that if our kids have experienced trauma, they can be more vulnerable to online dangers.

The good news is that with some knowledge and an open mind, we can help keep our kids safe online. And there's lots of help out there, too.

We don't need to be technical experts to keep kids and young people safe online.

Stranger danger, bullying, and doing silly things are all part of offline safety as well as online safety. We can stay aware of what our kids are doing online, and help them understand risks and dangers, even if we don't understand the technology.



There's lots of benefits to being online.

- 👍 Staying in touch with friends
- 👍 Games and fun activities
- 👍 Learning new things
- 👍 Building modern day life skills

We need to balance the risks and the benefits. Most of the time, the internet is fun and safe – just like real life.

Kids are often experts – let them teach us!

It can feel strange when our kids are more advanced at technology than we are, but it's normal. Asking young people to teach us about the online world helps build trust. More importantly, it helps us start real conversations about staying safe.