

eSafety Tips

A Parent's Guide to Talking to Your Child About E-Safety 2025



Why E-Safety Matters

In today's digital world, children are exposed to the internet at an early age. While technology offers incredible learning opportunities, it also comes with risks such as cyberbullying, inappropriate content, online predators, and privacy concerns. Having open, ongoing conversations with your child about e-safety can help them navigate the online world responsibly.

1. Create a Safe and Open Environment

- Encourage open communication so your child feels comfortable discussing online experiences with you.
- Assure them that they won't be punished for asking questions or reporting something that made them uncomfortable.
- Show genuine interest in their online activities without being intrusive.

2. Start Conversations Early and Make Them Age-Appropriate

- Young Children (Ages 5-9): Introduce basic online safety rules, such as not sharing personal information and only using child-friendly websites.
- Tweens (Ages 10-13): Talk about privacy settings, recognizing online dangers, and the impact of social media.
- Teens (Ages 14+): Discuss cyberbullying, online reputation, responsible social media use, and digital footprint.

3. Key Topics to Discuss

a) Personal Information & Privacy

- Teach them not to share personal details (full name, address, school, phone number) online.
- Explain why strong passwords and privacy settings are important.
- Help them understand what information is appropriate to post online.

b) Stranger Danger & Online Predators

- Discuss the risks of talking to strangers online and why they should never meet someone in person without your approval.
- Teach them to be cautious of anyone asking for personal details, photos, or money.

c) Cyberbullying

- Explain what cyberbullying is and its impact on mental health.
- Encourage them to speak up if they experience or witness online bullying.
- Teach them how to block, report, and avoid engaging with bullies.

d) Recognizing and Avoiding Scams & Fake Information

- Teach them to recognize phishing emails, suspicious links, and online scams.
- Encourage them to verify information before sharing news or clicking on links.

e) Screen Time and Digital Well-Being

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- Set guidelines for screen time and online usage.
- Encourage breaks from screens and participation in offline activities.
- Discuss the importance of sleep, exercise, and social interactions outside the digital world.

4. Practical Steps to Stay Safe Online

- Use parental controls on devices and apps.
- Teach them how to report and block inappropriate content or users.
- Encourage critical thinking when engaging with online content.
- Monitor their digital behavior without invading privacy—agree on boundaries together.

5. Keep the Conversation Going

- Make e-safety an ongoing conversation rather than a one-time discussion.
- Regularly check in on their online experiences and any concerns they may have.
- Stay informed about new digital trends and potential online risks.

Conclusion

By fostering open and honest discussions about e-safety, you empower your child to navigate the digital world safely and responsibly. Keep the conversation age-appropriate, create a judgment-free space, and lead by example with your own online habits. The goal is not to scare them but to equip them with the knowledge and confidence to stay safe online.