

SAME RULES APPLY



If you wouldn't allow it in the offline world, why allow it online?
Here are some top tips on what to talk to your children about!

KEEP IT PRIVATE



- DON'T SHARE YOUR PERSONAL INFO
- TURN PRIVACY SETTINGS ON
- LOCATION SETTINGS OFF
- DON'T INTERACT WITH STRANGERS

KEEP IT REAL



- WOULD YOU SAY IT ONLINE? IF NOT, THEN DON'T SAY IT IT FACE TO FACE!
- NOT EVERYONE IS WHO THEY SAY THEY ARE
- CHECK CAREFULLY WHERE YOUR INFORMATION COMES FROM

KEEP IT POSITIVE



- WHAT YOU PUT ONLINE STAYS ONLINE!
- THINK ABOUT HOW MUCH YOU ARE SHARING ONLINE
- THINK ABOUT WHAT YOUR POSTS SAY ABOUT YOU!

KEEP IT HEALTHY



- KEEP AN EYE ON YOUR SCREEN TIME: THE ONLINE WORLD IS DESIGNED TO BE ADDICTIVE.
- TAKE SOME TIME OFF BEFORE BED
- YOU ARE NOT THE SUM OF YOUR LIKES & FOLLOWS!

KEEP TALKING!



- ALWAYS FEEL SAFE TO TALK ABOUT ONLINE LIFE AND ASK FOR HELP IF YOU'RE STUCK OR AFRAID
- CHAT ABOUT THE LATEST GAMES & APPS

#samerulesapply



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