TECH GUIDE

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HOW CAN I KEEP MY CHILDREN SAFE ONLINE

Here are some tips on how to keep your children safe on the internet:

- **Talk to your children about online safety.** Explain to them the risks of talking to strangers online, sharing personal information, and clicking on links in emails or text messages.

- **Set rules for internet use.** Establish guidelines for how much time your children can spend online and what websites they are allowed to visit.

- **Monitor your children's online activity.** Check their browser history and social media accounts regularly to make sure they are not doing anything inappropriate.

- **Use parental controls.** There are a number of parental control software programs available that can help you filter out inappropriate content and restrict your children's online activity.

- **Teach your children about online predators.** Explain to them that there are people online who may try to harm them, and that they should never give out personal information to anyone they do not know and trust.

- **Encourage your children to come to you if they see anything online that makes them uncomfortable.** Let them know that you will not be angry with them if they tell you something, and that you will help them to deal with any problems they encounter online.

- **Be a role model.** Show your children how to use the internet safely by setting a good example yourself. Be careful about what you share online, and be respectful of others when you are interacting online.

The internet can be a great resource for children, but it is important to make sure they are using it safely. By following these tips, you can help to keep your children safe online.