HAVE THE CONVERSATION

Wondering if your child is doing okay online? The easiest way to find out is to talk, but *how* you bring it up matters. Scan the QR code for a plethora of resources to keep your child safe online!

Set

Set up parental controls and screen limits together to reduce exposure to online harms.

Think

Help your child think critically about what they encounter online, and how it makes them feel.

Report

Report inappropriate content and harmful contact. Teach your child how to do it too.

Engage & Support

Check in regularly and have open conversations at home about your child's digital experiences.

HAVE A CONVERSATION ABOUT

Gaming and Cyberbullying

Instead of saying this:
"Just ignore them and they'll stop."

Try saying this:
"That sounds really unfair. Do you want to talk about what happened, or would you like help reporting it?"

Instead of saying this:
"Who are these people you're playing with?"

Try saying this:
"Can you show me how this game works? I'd love to understand what you enjoy about it."

Did you know? Boys are more likely to underreport cyberbullying, which often happens in gaming through voice chat and exclusion from groups, not just text messages. Children who feel judged for gaming are less likely to tell you when something goes wrong in that space. As a parent, showing curiosity rather than suspicion keeps the door open. *(Ofcom, "Children's Register of Risks," 2025)*

DIGITAL FOR LIFE
PLAY IT FORWARD

In Collaboration With
Cyberlite

HAVE A CONVERSATION ABOUT
Social Media and Algorithms

Instead of saying this:
> *"Social media is bad for you."*

Try saying this:
> "After you scroll for a while, do you usually feel better or worse? I'm curious what you notice."

Instead of saying this:
> *"You shouldn't compare yourself to people online."*

Try saying this:
> "Did you know that one 'perfect' photo can take dozens of attempts? Let me show you something interesting..."

Did you know? Three hours a day on social media doubles the risk of poor mental health in adolescents. The content matters just as much as the time — algorithms learn what your child engages with, then show them more of it.

(The U.S. Surgeon General's Advisory, "Social Media and Youth Mental Health," 2023)

HAVE A CONVERSATION ABOUT
AI Companions

Instead of saying this:
> *"That's not a real friend — it's just a computer."*

Try saying this:
> "What do you like about talking to it? Is there something it gives you that feels hard to get elsewhere?"

Instead of saying this:
> *"You need to spend time with real people."*

Try saying this:
> "Did you know AI chatbots are designed to always agree with you? What do you think that does over time?"

Did you know? 1 in 8 children use AI chatbots because they feel they have no one else to talk to. Nearly 4 in 10 teens have turned to AI for support, advice, or company. *(Internet Matters, "Me, Myself, and AI," 2025, and OnSide, "Generation Isolation 2025: Social Lives, Trust, and Connection in the AI Age," 2025)*