

INTERNET SAFETY FOR LITTLE EXPLORERS



Helping Children Stay Safe Online

The internet helps children learn, play, and connect, but it also comes with risks. Children aged 3–11 may use apps, games, videos, and online learning tools daily. Parents can help children stay safe by setting boundaries, using parental controls, and encouraging open conversations.

Talk About Online Safety

Children should know they can always speak to a trusted adult if something online worries them.

Teach them:

- Never share personal information
- Don't talk to strangers online
- Tell an adult if something feels wrong

Common Online Risks

Children may come across harmful content, online strangers, scams, adverts, or bullying.

Older children may also experience peer pressure in games or messaging apps.

Regular supervision helps reduce these risks.



1 Ages 3–5

Young children should always be supervised when using the internet. Use child-friendly apps and websites, turn off autoplay where possible, and avoid games with open chat features. At this age, children should also be encouraged to engage in active and imaginative play rather than spending long periods on devices, as this is vital for their social, emotional, and cognitive development.



2 Ages 6–8

As children become more independent online, parents should continue to guide safe habits by teaching safe clicking, explaining privacy, and checking that apps, games, and videos are age-appropriate. Children at this age should not be using social media, and should be encouraged to maintain a healthy balance between screen time and offline activities.

3 Ages 9–11

As children aged 9–11 become more independent online, parents should remain actively involved in their digital lives. Talk regularly about online safety, including cyberbullying, stranger danger, scams, fake profiles, and the importance of keeping personal information and passwords private. Parents should monitor the apps, games, and platforms children are using, check privacy settings regularly, and encourage open conversations so children feel comfortable reporting anything that makes them feel unsafe or uncomfortable online.

The best internet safety tool is regular conversation. Keep devices in shared spaces, check privacy settings, and help children feel comfortable asking for help.

