

# 5 ONLINE SAFETY RULES

## Every Primary School Kid Should Know

A guide for families with children aged 6-12 · By Bianca Edgar



1

### Online friends are strangers first.

Just like you wouldn't get in a car with a stranger, you don't chat privately with someone you've only met online. Online friends are not the same as real friends - no matter how kind they seem. We don't know who is really behind the screen - you can never tell for certain.

2

### Keep personal information private.

We never share personal information online. Our full name, school, address, phone number, age and photos are private. If anyone online asks for these, we tell a trusted adult immediately.

3

### If it feels wrong — stop and tell.

No matter what. There is no such thing as an online secret you have to keep from your parents. If something online makes you feel uncomfortable, scared or confused - you tell us. We promise we won't be angry. We just need to know.

4

### Passwords are private — even from friends.

We don't share passwords with anyone except Mum or Dad. Not even best friends. Passwords are like a toothbrush - yours alone. Think of a passphrase - that's only meaningful to yourself - not a password.

5

### Screens have rules — just like everything else.

Screen time has a place and its not in the bedroom at night. Devices charge in a communal space overnight. Screens off one hour before bed. Sleep protects your brain - and your safety.

### Our Family Agreement

Write your child's name here: \_\_\_\_\_

We follow these rules together as a family.

