

How to create an environment for kids to talk

internet
matters.org

1 Talk early and often

- Talk with children from an early age to make it easier to maintain good communication
- Have bitesized conversations that are relevant to them



2 Choose the right time

- Choose to talk when you are due to spend some time together, like over a meal or during their bedtime routine
- Bring digital experience into normal, everyday conversations

3 Open up and share too

- Model the behaviour you want them to show by sharing about your day
- Be open and encouraging to make them feel supported



4 Create a safe space for your child

- Ask open-ended questions
- Ensure that your child feels listened to rather than cornered
- When they start talking, hold off with questions and really listen
- Be prepared, calm and patient with them



What to talk about



Online reputation

- Understanding how online activity creates a 'digital footprint' that lasts forever
- Being a [good digital citizen](#) e.g. treating people like you would face to face
- Thinking before posting

Critical thinking

- Making them aware that some people hide behind fake profiles
- Being [critical about what they see online](#) as not everything is true
- Agreeing digital boundaries to allow them freedom to make informed decisions

Resolving online issues

- Tools and strategies to deal with issues they may face online such as cyberbullying or seeing inappropriate content
- Where & how to [report an issue](#) – encouraging them to speak to an adult

Personal safety

- Keeping info private on devices and apps they use with [privacy settings](#)
- What a secure social media profile looks like
- Create strong passwords for every online account

Best of the net

- What they enjoy most about their favourite apps or sites
- The coolest [sites and apps](#) among their group of friends
- Talking about things online you can enjoy together and ways to stay involved in their digital world

Free tools to promote conversations

Digital Matters

Use the Once Upon Online storytelling activities to discuss how children can get help and from where, along with how to manage different aspects of their online lives.

The Online Together Project

This interactive quiz provides guidance on how to talk about tough issues like gender stereotypes and online safety.

Find the Fake

Discuss what misinformation online looks like and what children can do to make sure they think critically about what they see online.

