Online safety: Keeping your children safe

October is Cyber Awareness Month. During the month, Ontario students will be encouraged to learn about online safety at school.

Here are some tips to help parents continue the conversation at home.

Learn more about social media, virtual reality and video games to better understand where your children are spending time online.

Balance your own time spent on and off devices and encourage your child to do the same.

Be aware that they are watching your digital interactions and behaviours – both positive and negative – and may copy them.

Have open discussions with them about your and their online experiences.

Stress the importance of strong passwords, using different passwords for different accounts and devices, and not sharing passwords with others.

Discuss news about online scams to raise awareness about potential threats.

Teach them to be cautious when meeting new people online where interactions can sometimes be disturbing, threatening and harmful.

Show them how to spot suspicious links, attachments and requests for personal information.

Encourage your children to clean up or back up personal information, files, unused apps, downloads and images to protect privacy.

Encourage your kids to use trustworthy websites.

Find out more

A series of privacy and online safety resources are available for parents, students and educators:

- Education Collaborative Network of Ontario:
  www.ecno.org/cyber-awareness

- Information and Privacy Commissioner of Ontario
  www.ipc.on.ca/en/resources/children-and-youth

- Ontario Cyber Security
  https://cybersecurityontario.ca/k-12

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