

Golden rules

- **Be Positive!** – The internet creates many opportunities for children and young people. Make use of the technology that your children are using.
- **Communication is key!** – Speak to your children about what they are experiencing online and about the risks that they may face online.
- **Be Informed!** – Find out what your children are doing online, try out the games, apps and websites your children are using. If you don't know how to use them ASK! or search for information online.
- **Make rules!**
 - **Set rules together with your children.** In this way agreement will be reached and you will ensure that your children know exactly what is expected of them;
 - It is important to **set a time limit** and identify the appropriate places where technology is to be used;
 - **Encourage children to create an online-offline balance.** Encourage them to engage in physical activity. Make sure that your children do not have too much free time where they do not know what to do. Give them ideas of what they can do especially during the weekend and holidays.
 - **Rules need to be changed** depending on the age of the children.
- **You are a role model!** – Your children depend on you for guidance and support, so lead by example. For instance if you tell your children not to use their devices during family time or dinner etc. avoid using them yourself.
- **Remember that what is good or bad in the real world is also good or bad when making use of technology.**

Make use of these rules in order to reach an agreement with your children by making use of the contract overleaf.

Younger Children

- Encourage your children to inform you should they come across **content** which is not appropriate.
The internet has all kinds of content that is not always age-appropriate.
- Encourage your children to inform you and/or a teacher at school if they are **bullied online**.
*In this case, keep the evidence and for further support you may call the **Helpline 179**.*
- Encourage your children not to give out **personal information** online.
This is extremely important when children are playing games and can chat with people they don't know from all over the world.
- Encourage your children to set a strong **password**.
This should not be shared with anyone except you.
- Encourage your children to make use of websites which are **trustworthy**.
Not all information found online is accurate and reliable.



Older Children

- Encourage your children to **make good use** of social media.
Once something is shared online, it can last forever as it can be saved and shared by others.
- Encourage your children to **be careful** of what they post online.
*Your children's digital footprint is made up of information that exists about them online.
People may form their opinion about your children depending on their digital footprint.*
- Encourage your children to **respect** themselves and others.
Cyber bullying is a crime.
- Encourage your children **not to give in** to peer pressure.
It is ok to be different.
- Encourage your children to **be careful** when coming into contact with people they do not know.
*People online may not necessarily be who they say they are.
Advise them about the risks involved.*
- Encourage your children to **avoid meeting** people they have met online, face to face.
If this cannot be avoided, encourage your children to inform you and encourage them not to meet this person alone.



Do your children make use of technology?

For further information or support with regards to online safety you may contact:

-  **Helpline 179**
-  **kellimni.com**
-  **179.appogg@gov.mt**
-  **besmartonline.org.mt**



We the undersigned:

1. Agree not to use technology during meal times.

2. Agree _____

3. Agree _____

4. _____

5. _____

6. _____

7. _____

Signature

Signature

Date



be SMART
ONLINE!