

# Supporting 13-17 year olds online

As your child grows, their independence grows too. Trusted adults can help create safe spaces for older children and young people to explore online. These tips can help you support your child as they become more independent online.

## Social identity

Young people connect through online groups, chats and social media. Create opportunities for your child to socialise online in safe and open environments.

## Online safety

There are risks for everyone online. Keep your family safe by introducing a family safety plan so your child knows how to get help when they need to.

## Social media use

Most social media platforms require children to be over 13 years old to create an account. When your child is ready, have open conversations about privacy, respectful online behaviours and acceptable social media use.

## Family agreements

Help everyone stay accountable for their online behaviours. As a family talk about your expectations and review the agreement regularly.



## Build independence

Your child may want to spend more time online alone. Offer support by being interested and available to help. Have a clear plan for responding to negative behaviours.

## Encourage respect and empathy

Discuss the importance of creating positive online experiences for others and talk about the impact of sharing content that might upset people.