

**What would you do if you or your child weren't happy with what they saw on social media site?**

Every site has a set of rules about what is and isn't acceptable. These guidelines also have some handy pointers about what to do if you're not happy about stuff, so take a look: <https://www.antibullyingpro.com/support-centre>



**Do you know how to use parental controls and privacy settings?**

Click on the link and tap in your electrical device and networks: broadband, mobile, smartphones, social media, etc. These step-by-step guides will support you to create a safe space for your child to explore online:

<https://www.internetmatters.org/parental-controls/>



**How can you build up your child's digital resilience?**

This isn't a one off discussion, it's a progressive process to help them feel safe and in control. Check out Dr Linda Papadopoulos' video about what a digital resilience toolkit might look like:

[https://www.youtube.com/watch?time\\_continue=59&v=i7JnGqur5p0](https://www.youtube.com/watch?time_continue=59&v=i7JnGqur5p0)