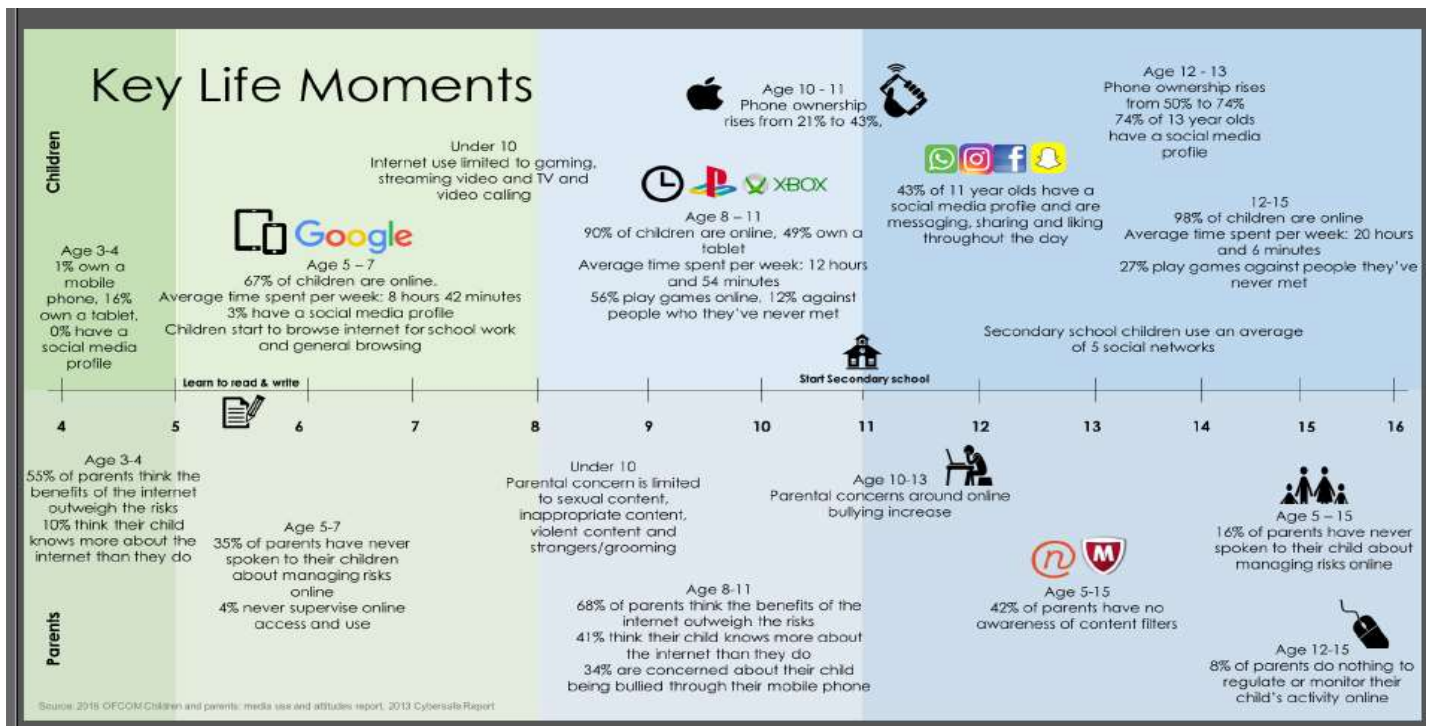
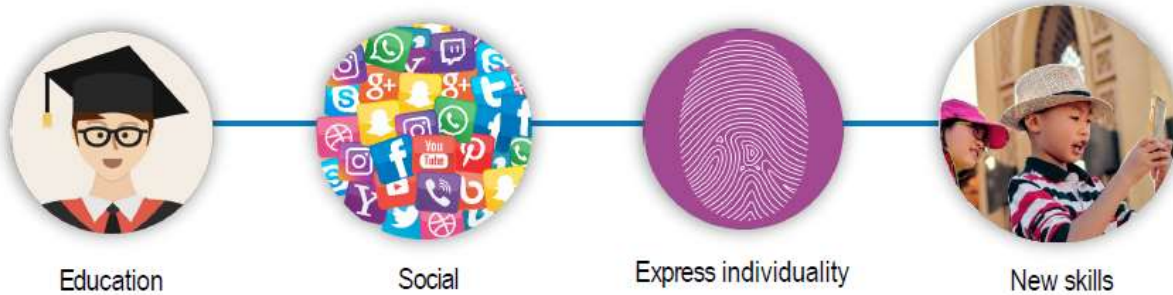




My child is on her phone all the time. What can I do?

The internet is great



## What can I do to protect my child?

Risk is not harm. Positive action can limit risks becoming harmful

### 5 tips for parents:

1

Understand the risks

2

Communicate regularly

3

Keep the risks in proportion

4

Agree helpful mediation strategies

5

Develop coping strategies that foster resilience

internet  
matters.org