# **Grandparents Guide to Online Safety**

internet matters.org



### Know the rules and stick to them:

Get to grips with tech rules in place for your grandchild and try and be consistent with the messaging of what they can and can't do online.





## Gen Up on Your Technology:

Stay informed on devices your grandchild uses and ensure you know how they work.





## Understand if the tech they're using is age-appropriate:

Talk to your grandchild about what apps, games and sites they are using and make sure you know that whatever they are doing is age-appropriate.





### **Check Parental Controls:**

Many parents set parental controls through their broadband – make sure that parental controls are in place on your broadband where necessary.





## Be prepared if something

goes wrong: Have an action plan in place so you're well prepared to support them if they come across anything that upsets them online.

