Employ the same parenting skills you use offline to keep them safe, such as negotiating boundaries, talking about the difficult subjects we'd all rather avoid, helping your child to recognise what's good and bad behaviour.

1. 1.Set fair and consistent rules in relation to your child's internet use at home. As they get older, try to agree the rules with them so that they have some control over their digital world.
2. 2.Teach your child to think critically about what they read, see or hear online. For young children, that might mean encouraging them to ask 'what would Mum or Dad say about that?' As they get older they need to be able to assess for themselves whether they are in a risky online place and whether the information they are receiving is reliable and helpful to them. (The Parent Zone Digital Parenting course(link is external) explains in full why some online spaces are riskier than others.)
3. 3.It's much harder for people to empathise with each other when their communications are digital. It's why trolls find it so easy to post horrible messages. Helping your child to understand that and to pause and think about the impact of things that are posted online, will help them cope with some of the difficult behaviour they will come across and avoid getting caught up in it.
4. Maintain a positive outlook on your child's use of the internet.
Whatever you think to the stuff they watch or the hours they spend on Musical.ly or the PS4, if you constantly criticise the apps and games they love, they're not going to want to talk to you about their online life.
5. 5.Children who can recover from an online mistake can learn and avoid making the same mistake again. You can help by making it easy for them to talk to you about their mishaps (that means trying to keep calm even if you're at your wits' end!), making sure they know where to go for help if they need it, and recognising if they're not recovering well so you can step in and get help for them.
6. Allow your child to explore and take charge of their online life.Having some control over any given situation is an important part of resilience – and it's a really important part of digital resilience. It's essential in helping them understand and develop their own sense of what's right and wrong online.

Digital resilience is not fixed. It's not a single ability or a set of lessons that can be learnt. It is something that every child can have and parents can do more than anyone else to foster it. Set clear boundaries for their life online and then step away, letting them explore the online world safe in the knowledge that you will be there to help if anything goes wrong.

WHAT IS
DIGITAL RESILIENCE?

A child who is digitally resilient will be able to:

! **Understand when they are at risk online**

Know what to do to seek help

Learn from experience

Recover when things go wrong

This involves:

• Recognising potentially risky scenarios.
• Understanding how to deal with them.
• Using these experiences to adapt what they do online in the future.

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