



## Internet safety

As digital technology use grows and evolves at a rapid pace in society it becomes more important for us all to manage and reduce the risk of online harm.

### **Netsafe** [www.netsafe.org.nz](https://www.netsafe.org.nz)

is an independent, not for profit New Zealand organisation focused on online safety. They are committed to helping everyone in New Zealand take advantage of digital opportunities by providing support to manage and resolve online safety challenges. Their work includes providing education, advice and awareness about challenges like online bullying, abuse and scams. There is more information available for parents on their website by clicking <https://www.netsafe.org.nz/advice/parenting/>

### **Reporting an incident to Netsafe**

You can report online issues including online harassment, bullying and abuse, also fraud, privacy breaches and online trading complaints. **Netsafe** will review your report and give you advice and information, and let you know the options available to you.

- Call toll-free on 0508 NETSAFE (0508 638 723)
- Submit a report to [netsafe.org.nz/report](https://www.netsafe.org.nz/report)
- Email [queries@netsafe.org.nz](mailto:queries@netsafe.org.nz)

Please note, the helpline is open 8am-8pm Monday to Friday, and 9am – 5pm on weekends and public holidays.

If you are, or someone you know is in danger or a crime is being committed, call 111 or visit your nearest Police Station immediately.

### **Tips for Tweens, teens and screens**

Devices and phones are here to stay, but how can you restore some balance in your homes? (ideas from the HBDHB, John Adams)

- Be involved. Share the joy, learning and excitement that is available through the internet.
- Set time limits and allocations. When time is up, time is up.
- Start with small reductions in time limits to reduce any resistance.
- Be the parent and set an example: put your own phone down.
- Get the whole family to charge all their devices together in the kitchen overnight. That way no-one uses their devices in bed.