

GOOD HEALTH

starts

ONLINE

"I worry about what my children will see online. How do I keep them safe?"

The internet can be a scary place but there are ways to protect your children online.

Have regular conversations with them so you know what they are looking at and searching. Tell them to speak up if something worries them and make sure they keep their login details and passwords safe.



Find out more here about how good health can start online.

