



Online safety starters

Teens (14-18)

We know that regular conversations at home helps to minimise the damage if things go wrong online. We've put together some ideas to help spark a kōrero about online safety with your rangatahi.

Use your judgement to choose the topics that are most relevant for your child.
For more online safety advice visit netsafe.org.nz



Managing Time Online

Questions: How do you manage your time online? How much of your free time do you spend online? How do you tend to feel after spending time online? Resources: netsafe.org.nz/time-online



Catfishing

Questions: Have you ever been catfished? How do you tell if someone really is who they say they are online? Have you ever had someone contact you online in a way you didn't like? What did you do? Resources: netsafe.org.nz/time-online



Social Media vs Reality

Questions: Who do you like following on social media? Why? What kinds of content do you share on social media? Resources: netsafe.org.nz/social-media-vs-reality/



Online Bullying vs Banter

Questions: Have you ever received unwanted comments online that were hurtful? What did you do? What advice would you give to a friend who was being bullied? Resources: netsafe.org.nz/youth-bullying and netsafe.org.nz/banter-vs-bullying



Sending Nudes

Questions: Have any of your friends sent nudes? What did you think? What are the risks? What advice would you give to a friend who has had their nudes shared without their consent? Resources: netsafe.org.nz/nudes and netsafe.org.nz/sending-nudes-parents



Online Pornography

Questions: How does pornography differ from sex in real life? Do you think it's realistic? Have you ever accessed or stumbled across porn online? If you had questions about porn or sex, where would you go for answers? Resources: netsafe.org.nz/porn-advice-parents