What can Parents do generally to protect their children?

Advice from waynedenner.com

That's a great question. As we mentioned, it's important for parents to become more informed in the digital world our children are growing up in. Keeping up to date with what's happening with apps and social media is important. Below are a few suggestions which ALL parents can do:

• As a family have regular conversations about the latest risks online.
• Focus on practical ways to stay safer online such as being careful about sharing personal information, only accepting friend's requests from people you know and making sure you have privacy settings set up and are aware of updates.
• Use Screen Time Management Tools – it's important that we all take time offline and we manage the time that we are spending online. Try to set a daily limit and stick to it. (That includes you Parents)
• Use Parental Controls – it's not about being controlling. It's about helping block certain apps, limiting time spent on others and helping block access to any unwanted or explicit content such as pornography. Remember what is seen can't be unseen.
• Have technology-free bedrooms and mealtimes. We don't really need our phones in the bedroom. Or at meals. Keep them out of the bedroom and off the dining table. There is credible research to prove that it impacts our sleeping habits. Instead of setting our smartphones, revert back to an old fashioned alarm clock. And talk rather than screen gaze at the dinner table.
• Have a technology free weekend (or even a day a week). Spend family time without the disruption of constant ping notifications and annoying status updates. Head off for a hike or walk outdoors. Forget about selfies and live in the here and now. Make a pact as a family and leave all devices at home when you can. Fresh air, family and no phones. You know it makes sense.