



Let's Talk About...
supporting your kids online,
with Rio Ferdinand

'Let's Talk About' is our series of videos offering practical digital skills advice to help make your life easier. In this episode, football legend Rio Ferdinand shares some insider tips for helping your kids use the internet safely.

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Communicating
with kids is the
best way to keep
up with them and
understand what
they're looking
at. When you're
making a decision
on boundaries
and rules, do it
together. You're
not a dictator!
– Rio

”



Tip 1: Set up bank accounts for your kids

When they're using their own money to pay for apps or in-app purchases, kids are more likely to think about what they're spending and whether it's a good idea.



Tip 2: Talk about what they're viewing

Even apps that appear to be child-friendly can have content you'd rather your child didn't see. Have a discussion about what they're watching and ask them if they think it's appropriate. Let them answer the questions themselves.



Tip 3: Set limits for screen time

Balancing screen time and family time is important. Agree with your kids how much time they can spend online, and whether they need to do homework and chores first. You can set notifications to tell them when screen time is up so there are no arguments.



Tip 4: Agree rules for using social media

Children want to keep in touch with their friends online, but as a parent, you want to keep an eye on what they're doing. Make a deal with them on what privacy settings they need to use and whether you get to approve their friend requests.

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