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.

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.

For more digital skills to help make
parenting, work and home life easier, visit
www.bt.com/skillsfortomorrow