



Positive online communication tips for your children

As children and adolescents spend more time online, **developing strong digital communication skills** becomes critical. Communicating positively and respectfully online supports youth's friendship quality, overall well-being, and helps them maintain a positive digital reputation. **Parents play a key role in shaping these positive online experiences!**²⁻⁴ Use these tips to encourage your children to be kind and respectful online:



1

Model positive communication

Children learn from how we interact online! It can be helpful to model kindness in texts, comments, and emails, even when things are frustrating.

For example: If something you personally wrote gets misunderstood, you might say, *"Sorry if that came off the wrong way—here's what I meant."*



2

Discuss the consequences

Have a conversation about the real consequences of posting online and the words that are used.

For example: *"Remember, having a digital footprint, which will stay online, can potentially impact your life later on."*



3

Foster open communication

Let your child know you're here to discuss their use of the internet, what they see online, and even to address some questions they might have about navigating the online space.

Remember: As parents, it's normal not to know all the answers! You can always search for some guidance online together.



4

Stand up to Cyberbullying

Did you know 1 in 4 Canadian youth are exposed to cyberbullying?¹

Whether it's reporting the comment, reaching out to a victim, or speaking to an adult—children should be reminded the ways to stand up to cyberbullying.

My child might be a victim of cyberbullying ✨
Encouraging Upstander Behaviour ✨



5

Online Etiquette

Children should be reminded that their choice of words can hurt, just as mean things can hurt when said in person. They can be encouraged to ask themselves questions before making a post:

"Would I say this in person?"
"How would that make them feel?"