1. The golden rule is: children must never meet alone with anyone they have only ever met online. A parent or trusted adult should accompany them the first time.

2. Work out a plan of attack - don’t wait till it’s too late. Explain how predators use false screen names and ages to make contact with children.

3. Set guidelines for online behaviour and make these consistent with your real world family values and code of behaviour.

4. Encourage netiquette to maintain good relations on the net.

5. Use parental safety software to manage web usage, spam (junk email), IM, and p2p activity.

6. Cyberbullies are just as dangerous as real world bullies and similar prevention strategies should be used. Report serious cases to your school or law enforcement authorities or call the NetAlert Helpline.

7. Encourage your children to talk to you about everything good or bad online.

8. Create a separate email account for competitions and online communities.

9. Children signing up for, or using, chat or instant messaging services should never provide personal information that could be seen by others online.

10. Children should use online names that don’t draw unwanted attention or hint at their real identity.

11. Know the online names of your children and their friends.

12. Learn the language: do you know what “urgr8” means? (You are great!!)