

Parental Support Resources:

HerHelp

We can help our children safely navigate the online world by taking some basic steps to reduce the risks.

BE ENGAGED, OPEN AND SUPPORTIVE

Stay actively involved in your child's wellness journey on HerHelp. Explore wellness activities together, like trying meditation exercises or engaging in positive challenges. Talk about the features they enjoy on the app and ask about their interactions and experiences with others.

Keep the lines of communication open. Regularly ask your child about their experiences on HerHelp—what they're learning, who they're connecting with, and if they've encountered any challenges. If something makes them uncomfortable or worried, reassure them that they can always come to you. Encourage open dialogue without fear of losing their online privileges. Let them know that their mental well-being is a priority and that you're there to help them through any concerns they might have, online or offline.

If you notice changes in your child's behavior or mood, sit down and talk with them. HerHelp is a wellness space, but it's important to address concerns openly and seek professional help if necessary. Whether through a GP, psychologist, or school counselor, there are many avenues for support, and HerHelp can be a helpful tool in their overall journey to mental health.

SET SOME RULES

Establish clear boundaries around how your child engages with HerHelp. Work together to create rules for when and how they use the app, ensuring balance in their screen time. As they grow and develop their wellness practices, you can revisit and adjust these rules together, building a foundation of trust and responsibility.

Include your child in setting these rules—this encourages them to understand online safety risks and responsible use of wellness tools. Lead by example by practicing the same healthy boundaries and behaviors, whether it's balancing your own screen time or engaging with mental wellness resources.

Consider setting up a Family Wellness Agreement to outline how everyone in the household engages with wellness apps like HerHelp. This could include agreed-upon screen time, the types of challenges you take part in, and how you support each other's mental health goals. The more you involve your child in these decisions, the more they'll feel empowered to use HerHelp responsibly.

USE SAFETY FEATURES AND SETTINGS

Get familiar with HerHelp's privacy and safety policies to ensure your child's experience remains positive and secure.

Choose wellness activities thoughtfully, based on what's appropriate for your child's age and developmental stage. Keep an eye on the app store ratings and user reviews to understand if certain activities or content are well-suited to your family's values.

For additional peace of mind, explore HerHelp's Safety Centre, which offers information about how to protect personal information and manage any concerns related to content or interactions. Always encourage your child to report anything that makes them feel uncomfortable, and stay proactive about reviewing content together.