



Digital Parenting

You make the difference

Take your great offline parenting online.

Make these conversations and activities part of your routine family life.

- Ask your child where their favourite places are online and who they talk to.
- Ask them if they have ever seen any content that upsets them or promotes extreme views of any kind. Open up the discussion and find out what they think.
- Talk to them about how you want them to behave online. Make sure they understand that the way they behave online should be the same as the way you want them to behave offline.
- Discuss with your partner and your children what the family tech rules are going to be in your house.
- Make sure you have set the technology up in your house the way you want to. Explore settings and parental controls and update them as your children grow. Do it as a family.
- Set some boundaries. Remember tired children don't make good decisions.