

DON'T BLOCK

Avoiding technology is not a practical solution.

COLLABORATE

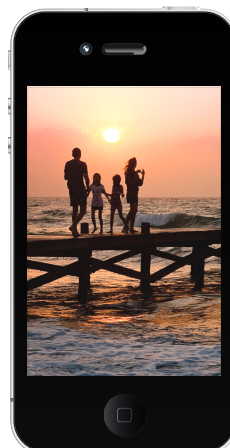
Take an interest in your child's digital interests and favourite apps or sites. Consider co-viewing or co-creating at times.

BE THE PARENT

You're in charge. Set boundaries and consider filtering software.

YAPPY

Teach privacy: Your full name, Address, Phone number, Passwords, Your plans



RULES

Create a family media agreement with tech free zones such as cars, bedrooms and meals.

CRITICAL THINKING

Help children filter information and navigate fact from fiction.

Digital Citizenship & Internet Safety TIPS FOR PARENTS

LEARN

Explore reliable resources for parents so you can educate yourself.

UNPLUG

Balance green time and screen time. Focus on basic developmental needs.

COMMUNICATE

Work with your child to navigate digital dilemmas. Encourage open communication and avoid using devices as rewards/punishments.

13 +

Don't support your child to sign up for 13+ sites if they're underage.

Don't forget
YOU ARE A ROLE MODEL