Family Online Safety **Institute**

GOOD DIGITAL PARENTING

7 STEPS TO *GOOD DIGITAL PARENTING*

1) TALK WITH YOUR KIDS
- Stay calm
- Talk early and often
- Be open and direct

2) EDUCATE YOURSELF
- Search online for anything you don't understand
- Try out the apps, games, and sites yourself
- Explore the GDP tips and resources

3) USE PARENTAL CONTROLS
- Activate the safety settings in your operating system, search engine, and games
- Use the parental controls on your children's phones, tablets, and game consoles
- Monitor your kids' use and their screen time

4) SET GROUND RULES AND APPLY SANCTIONS
- Agree and sign a family safety contract
- Set time and place limits for their tech use
- Enforce sanctions when necessary

5) FRIEND AND FOLLOW BUT DON'T STALK
- Friend your kids on social media
- Respect their online space and don't over do it
- Encourage your kids to create a good digital reputation

6) EXPLORE, SHARE, AND CELEBRATE
- Go online with your kids and explore their online world
- Take advantage of new ways of communicating
- Learn from them and have fun

7) BE A GOOD DIGITAL ROLE MODEL
- Curb your own bad digital habits
- Know when to unplug
- Show your kids how to collaborate and create online

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