

HOW
TO

PARENT IN THE DIGITAL WORLD

Set aside some time each day to break from technology and reconnect with family & friends (e.g. no phones at dinner, walks).

TECH-FREE TIME



Turn on parental controls on phones, home WiFi, & phone network. Make sure all social media is set to PRIVATE.

PARENTAL SETTINGS



Discuss appropriate online behavior with your child and how bullying, sending inappropriate pictures, and making negative posts can impact them forever.

ONLINE REPUTATION



ALL user names and passwords should be shared with parents so both parent and child know that all accounts could be viewed at any time.

OPEN ACCESS



COMMUNICATION IS THE KEY

Parents should sit down and have a healthy, direct conversation with their children about all of these topics in order to keep their children safe and healthy in the digital world.

Thanks to <https://www.cybersafetycop.com/>

<https://www.flaticon.com/>



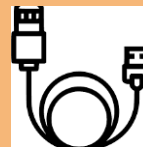
HANDLING NEGATIVITY

Discuss how to handle rude or threatening messages. Don't respond, take a screenshot, report to parents & GLC, block caller.



MONITOR APPS

Password protect the app store so your child can't download apps without your permission. Know minimum age requirements for apps.



CHARGING

Charge phones in parents' bedroom or the kitchen so phones aren't used at night and sleep is uninterrupted. If it's an alarm, charge it face down across the room.



RESEARCH

You can research apps, websites, games, movies, and TV shows on sites like www.common sense media.org & www.cybersafetycop.com.