



steps to



**GOOD DIGITAL**

**parenting**

**1**

### **TALK WITH YOUR KIDS**

- Talk early and often
- Stay calm
- Be open and direct
- Create a safe environment where kids feel safe to talk to you

**2**

### **EDUCATE YOURSELF**

- Search online for anything you don't understand
- Try out the apps, games, and sites yourself
- Explore more information and resources

**3**

### **EDUCATE YOUR KIDS**

- Teach smart online behavior
- Remind children that posts are public and permanent
- Encourage kids to be authentic
- Talk about password confidentiality
- Discuss communicating with strangers and cyberbullying
- Role play possible scenarios

**4**

### **USE PARENTAL CONTROLS**

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

**5**

### **SET GROUND RULES AND APPLY SANCTIONS**

- Create, agree, and sign a family media use plan
- Set time and place limits for technology use and hold your child accountable

**6**

### **FRIEND AND FOLLOW BUT DON'T STALK**

- Friend your kids on social media
- Respect their online space
- Know who is connecting with your kids online

**7**

### **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

**8**

### **BE A GOOD DIGITAL ROLE MODEL**

- Curb your own bad digital habits
- Know when to unplug
- Support critical thinking and civil behavior
- Promote physical activity and adequate sleep

Resource: Family Online Safety Institute



**DIGITAL CITIZENSHIP**

DIGITAL CITIZENSHIP = *empowering your children with skills to think critically, behave safely, and participate responsibly online, allowing them to connect and collaborate in meaningful ways. (Common Sense Media)*