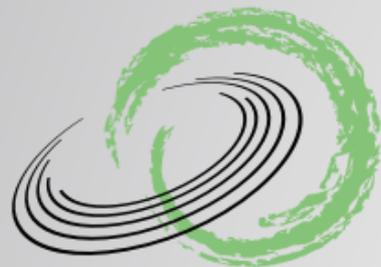


7 STEPS TO
***GOOD DIGITAL
PARENTING***



Family
Online Safety
Institute



Talk with Your Kids

Stay calm

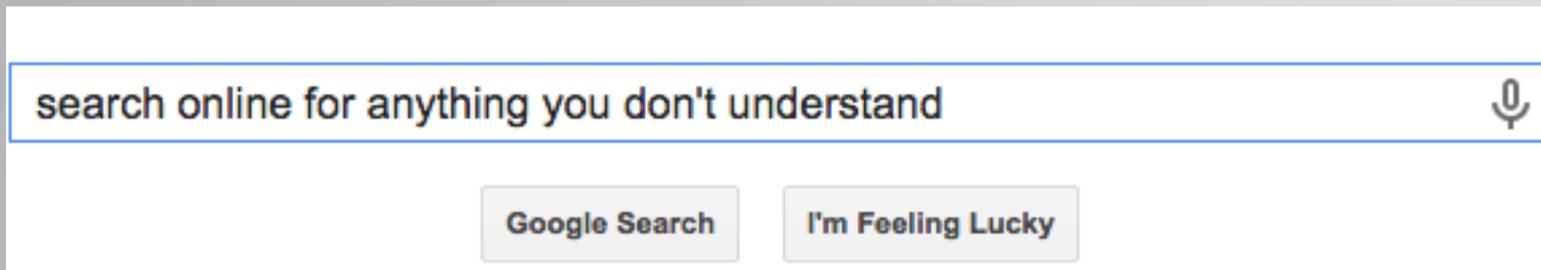
Talk early and often

Be open and direct





Educate Yourself



Try out the apps
sites yourself



games



and





Explore the GDP tips and resources

Good Digital Parenting



A collage of digital parenting resources. On the left, a 'Tip Sheet: What is Instagram?' document with the title '3 Things Parents Should Know' and a list of tips. On the right, a video thumbnail for 'Tech Resolutions for 2015' featuring fireworks, and another video thumbnail for 'GDP: Checking Your Teens Phone' featuring a man speaking.



RESOURCE

Cyberbullying Guide



RESOURCE

Digital Reputation Guide



RESOURCE

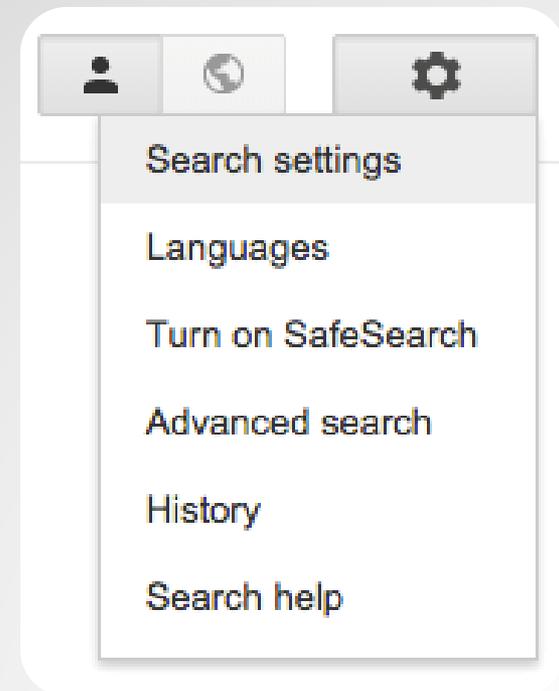
Mobile Safety Guide





Use Parental Controls

Activate the safety settings in your operating system, search engines, and games



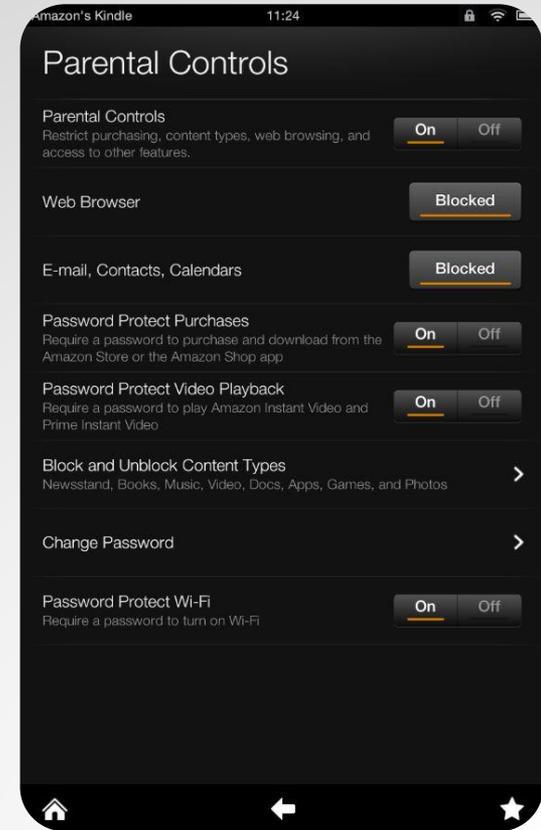


Use the parental controls on your children's phones, tablets, and game consoles

Privacy & online safety

PRIVACY

- Child defaults
More private
- Teen defaults
Moderate
- Adult defaults
More social
- Custom





Monitor your kids' use and their screen time





Set Ground Rules and Apply Sanctions

Agree and sign a

Family Online Safety
Contract

I AM EXCITED TO GIVE YOU THIS

TABLET

BUT THERE ARE SOME RULES THAT GO ALONG WITH IT...

WEB BROWSING:

You are able to use the following websites and software:

SOCIAL MEDIA:

Being smart on social media is important and we need to establish some house rules for sharing information and enabling privacy settings.

I want to start with: _____

TIME LIMITS:

You are allowed to use this tablet _____ hours per week for non-school-related activities.

IF YOU AGREE TO FOLLOW THESE RULES,
I PROMISE TO...

NOT OVERREACT:

If you come across something that makes you feel uncomfortable, I want to know about it so I can help you. And I promise, if that situation ever comes up, I will not overreact.

LEARN NEW THINGS:

I want to know about the cool things you do on your tablet so we can talk about them. I promise to try and learn new and different things about technology so we can try them out together.

BE RESPONSIBLE:

It is important that I set a good example when using my tablet too. So, I promise to make sure I read information before I purchase apps and make safe decisions online.





Set time and place limits for their tech use

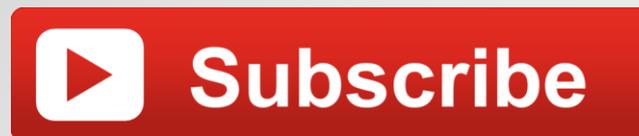
Enforce sanctions when necessary





Friend and Follow, but Don't Stalk

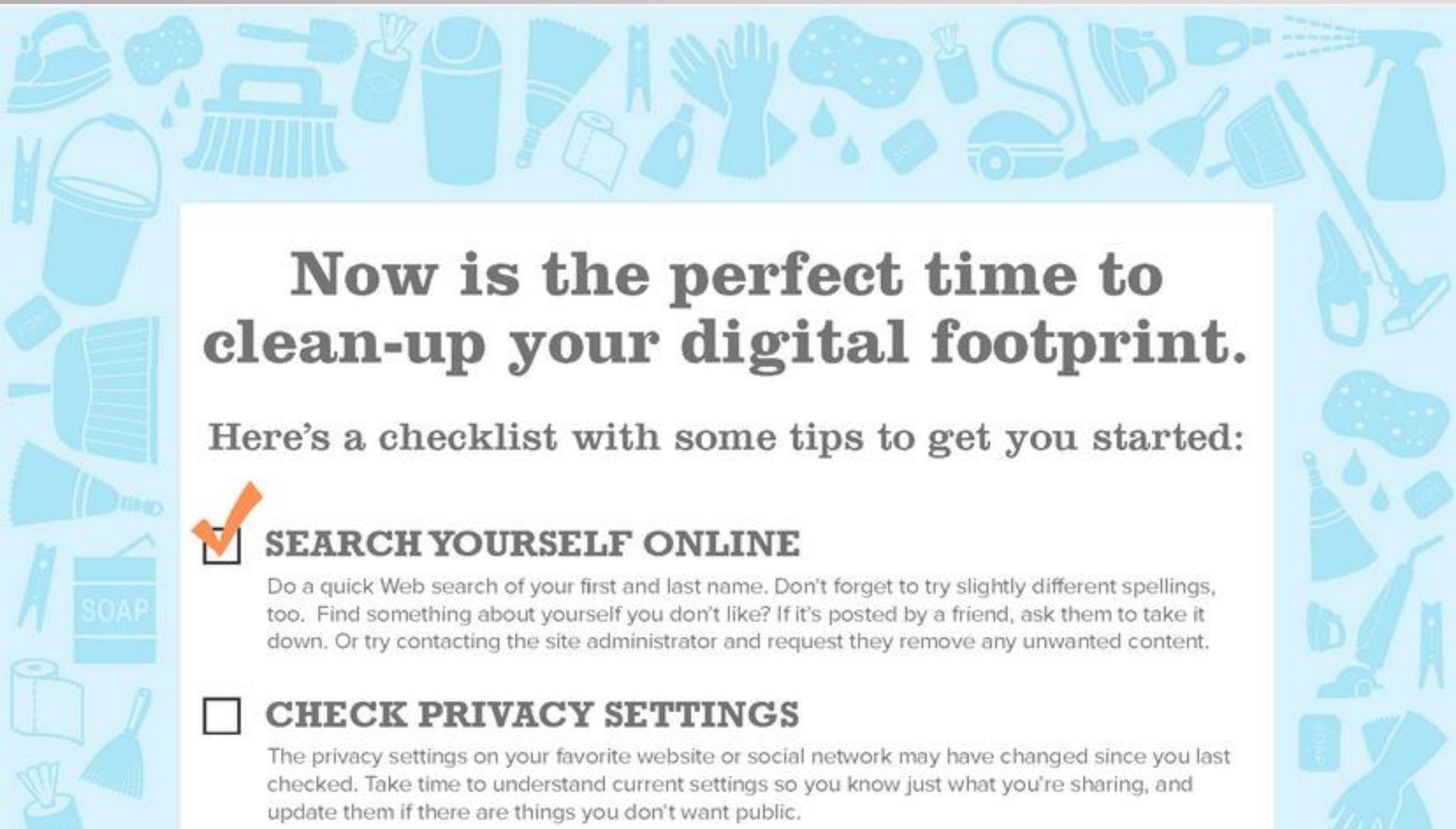
Friend your kids on social media



Respect their online space and don't over do it



Encourage your kids to create a good digital reputation



Now is the perfect time to clean-up your digital footprint.

Here's a checklist with some tips to get you started:



SEARCH YOURSELF ONLINE

Do a quick Web search of your first and last name. Don't forget to try slightly different spellings, too. Find something about yourself you don't like? If it's posted by a friend, ask them to take it down. Or try contacting the site administrator and request they remove any unwanted content.



CHECK PRIVACY SETTINGS

The privacy settings on your favorite website or social network may have changed since you last checked. Take time to understand current settings so you know just what you're sharing, and update them if there are things you don't want public.



Explore, Share, and Celebrate

Go online with your kids and explore their online world

Take advantage of new ways of communication

Learn from them and have fun





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

