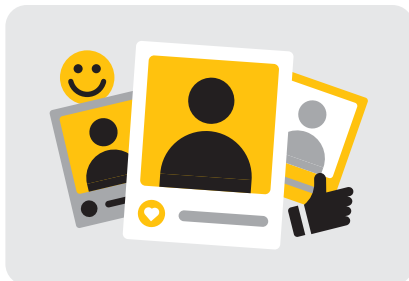




Educate your child about online safety

Don't just tell your child to be safe online, show them how. The best way to do this is to regularly do something fun with your child online eg play a video game together, or search online for something that interest you both. Enjoy the time together but also use this time to explain where the risks are as you see them. Eg click bait advertising, video game chat rooms, social media risks.



Keep parent-child social media posts positive

You are setting up your child's digital identity from the time you upload that first photo of them online. Take care with what you upload because your child will never have the opportunity to remove it from the internet. Ensure all your social media posts about your child present them in a positive way. Be careful of over-sharenting and posting too much of their life online, and avoid using social media to share challenging times of being a parent. If it can be traced back to your child, it can negatively effect their digital identity.



Be careful of using technology to reward a child's good behaviour

It can work in the short term, however when you offer a child a reward, their brain gets a feeling of pleasure. If the same reward (such as technology time) is given over and over the feeling of pleasure becomes very strong, so they will want to use it more and more. So avoid using technology as your go-to strategy to manage your child's behaviour, instead use a range of strategies that don't involve technology.



Focus on screen quality

We often think of healthy technology use in terms of screen time and keeping check of how many hours and minutes a child spends online. What a child does on their device – screen quality – is just as important! Encourage technology use that is creative, select games and activities that include lots of problem solving, and working with ideas. Model this in your own use and show your child the quality things you do on your device.



Don't make technology talk with your kids only about the negatives

"It's time to get off, or put that device away." This sets up a stressed and untrusting technology environment, and can lead a child to be hesitant to tell you if something is worrying them online. Instead make sure technology talk also focuses on the positives. Take a genuine interest in what they do online, encourage them to talk about it and be proud of their technology related achievements.