Handy Hints for parents in the digital age

1. Make sure you have discussed the Cyber Safety User Agreement with your child and that they understand that signing is a commitment to each safety item.

2. Discuss safe transport of the iPad to / from school – not showing it off too much and taking care with the school bag.

3. Encourage your child to leave their phone in their locker during the school day to reduce distractions and for safe keeping – use other means if you need to communicate urgently with your child.

4. Establish some guidelines for balanced use of technology at home – other activities are vital.

5. Keep technology out of bedrooms as much as possible.

6. Discourage use of technology 1-2 hours before bed as it can delay sleep.

7. Discuss your need to keep an eye on your child’s cyber activity as you do with any other activity.

8. Ensure your child understands that they should treat others with the same respect online as in the real world.

9. Reinforce that if your child is uncomfortable with something they see or experience online, it’s OK to talk to you about it or another trusted adult.

10. Practice what you preach – as in all things, parents are a role model for their children.