



# 7 STEPS TO GOOD DIGITAL PARENTING



## 1) TALK WITH YOUR KIDS

- Stay calm
- Talk early and often
- Be open and direct



## 2) EDUCATE YOURSELF

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



## 3) USE PARENTAL CONTROLS

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



## 4) SET GROUND RULES AND APPLY SANCTIONS

- Agree and sign a family safety contract
- Set time and place limits for their tech use
- Enforce sanctions when necessary



## 5) 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



## 6) 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



## 7) 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

