



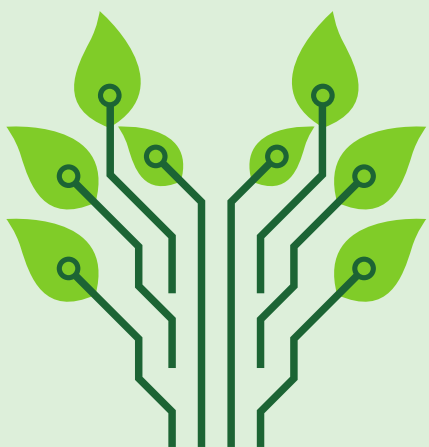
DIGITAL WELLNESS TIPS FOR FAMILIES



How can you support your child to stay healthy, safe and connected while using technology and creating digital content?

Balance Screen Time and Green Time

Build in technology-free times during the day (like a device free dinner time) or technology free zones in your house (like the bedroom).



Get outside, read a book, enjoy an activity together. Use built-in and parental controls to set content and time limits.

Create a Family Plan

Develop a simple family media use plan to make technology use intentional and aligned with your family values and goals. Involve your child and let them have some input and they will be more likely to follow the plan! Be specific about the rules and expectations around the use of television, computers, tablets, smartphones, gaming etc, and hold each other accountable.

Model the Way

Technology's irresistible pull draws in parents as much as it does students.

Analyze your digital behaviours as parents and look to model the same positive digital behaviours you would like the whole family to adopt.



Promote Online Safety

Help your child to create good habits online, like using safe passwords, looking at privacy settings or making responsible choices. Talk about personal information and what is okay to share or not. Discuss how to identify and avoid online scams, clickbait, quizzes and "special offers".

Be Present and Informed

Be there to talk with your child and keep the lines of communication open. Be aware of who they are with online and what they are doing. Set up their account with them.



Be Age Appropriate

Make sure your expectations and permissions match the age and maturity of your child. Do some research and make decisions alongside your child, explaining reasons for or against the use of a specific digital media.

Talk Openly and Honestly about the Benefits and Dangers

Have open conversations with your child about the things they are seeing, it is essential for their safety and well-being. Learn how to recognize and address cyberbullying and unhealthy behaviours. Talk about the benefits of having friends online and be prepared to have uncomfortable conversations around the dangers of online dating, sexting, and pornography.



Support Digital Literacy Skill Development

Help your child to understand how to search the internet, evaluate the credibility of information, explore new tools and use technology to express their creativity. Don't forget to watch and play together online.

Persevere!

Don't feel bad about setting boundaries on technology use. Ensure you keep talking about technology! It takes a village to raise safe, savvy digital citizens!

