

PARENTING IN A DIGITAL WORLD

A Guide for Parents

1. Your Child and the Online World

Children use the internet to:

Learn

Play games

Watch videos

Talk to friends

The online world can be helpful and fun, but children need adults to help them stay safe and healthy.

2. Be a Good Role Model

Children copy what adults do.

Try to:

Limit phone use at meals and bedtime

Be kind and respectful online

Think before posting photos or messages

Ask before sharing photos of your child

If you are unsure, do not post.

3. Talk Openly With Your Child

Let your child know:

They can talk to you about anything online

They will not get in trouble for asking for help

Say often:

"I am here to keep you safe."

4. Devices, Apps and Games

You can use:

Parental controls

Internet filters

App store passwords

Always:

Check age ratings on games and apps

Be careful with in-app purchases (spending money)

Remember that most apps, especially social media platforms, have an age rating of 13

Talking with your child is more important than any app or filter.

'Fortnite' and 'Five Nights at Freddy's' have an age rating of 13. Minecraft has an age rating of 7+

5. Privacy and Digital Footprint

A digital footprint is what we leave online.

Teach your child:

Do not share full name, address or school

Do not share photos without permission

Use nicknames or avatars when possible

What goes online can stay online forever.



6. Online Content

Children may see things that are:

- Scary
- Rude
- Upsetting

Tell your child to:

- Close the screen
 - Tell a trusted adult
 - Never share harmful content
- Age ratings help protect children.

7. Online Friends and Strangers

Not everyone online is honest.

Teach your child:

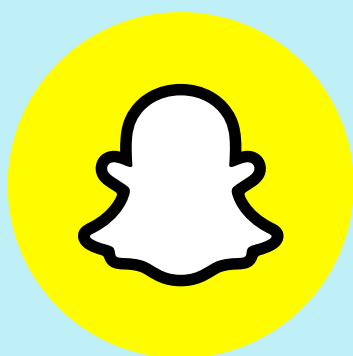
- Never share personal information
 - Never meet someone they only know online
- Stop talking to anyone who makes them uncomfortable.

8. Bullying and Wellbeing

Online bullying can happen at any time.

Help by:

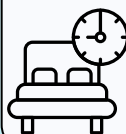
- Talking often
 - Limiting screen time
 - Helping children save messages or screenshots
- Make sure your child knows more than one trusted adult.



Have screen-free meal times.



Let children take a break after 1-2 hours.



No screens before bedtime and leave devices outside bedrooms.

9. Final Message

You do not need to be a technology expert.

What matters most:

- Care
- Trust
- Communication

Small, regular conversations make the biggest difference.

