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

www.fosi.org/good-digital-parenting
FIRST PHONE
• Use a ready-made safety contract to establish ground rules
• Explain possible sanctions for misuse and enforce them
• Set time limits and don’t allow phone use during mealtimes, homework etc.

TURNING 13
• Discuss the pros and cons of being on social media sites and apps
• Insist on being your child’s “friend” or follower
• Set social media profiles to private and explain how to report bad behavior or content

DRIVERS LICENSE
• Explain the law and dangers of texting and driving
• Explore apps that eliminate phone use while driving
• Talk about distraction and the need to switch off

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Cyberbullying is the use of technology to tease, humiliate, threaten and/or harass someone. It can take place through text messaging or social media. Cyberbullies might send mean comments, post embarrassing photos, or share private information about someone to humiliate or mock them online. Even if your child isn’t being cyberbullied, remind them that it is everyone’s job to prevent bullying and encourage them to take a stand.

**Cyberbullying Unplugged**

**Spot It**  
* A child who is being cyberbullied may  
  ▶ Avoid using the Internet  
  ▶ Seem stressed when getting an email, instant message, or text  
  ▶ Withdraw from family and friends  
  ▶ Resist attending school and social events  
  ▶ Show signs of low self-esteem like depression or fear  
  ▶ Have declining grades  
  ▶ Stop eating or sleeping  
  ▶ In serious cases, consider suicide

**Deal With It**  
* If your child is being cyberbullied, teach them to  
  ▶ Not respond  
  ▶ Save the evidence  
  ▶ Report it to the website or app

* If your child is being cyberbullied, you should  
  ▶ Meet with school administrators to discuss a plan of action and their bullying/cyberbullying policy  
  ▶ Talk about the situation with the bully’s parent or guardian

**Stand Up To It**  
* If your child sees someone being cyberbullied, tell them to  
  ▶ Not forward embarrassing photos or messages  
  ▶ Not comment on insulting or harassing posts  
  ▶ Report it to the website or app  
  ▶ Tell a teacher at school if it involves a classmate  
  ▶ Support the victim by being a good friend and showing the cyberbullies they won’t join in
Gaming Safely

Parental involvement is critical when it comes to helping children game more safely. Take an active interest in the games that your child plays and wants to buy. You can research games’ ratings and content on www.esrb.org. This website is maintained by the Entertainment Software Rating Board which rates thousands of games each year.

**Know** which safety features are available on the gaming equipment that your child uses—a headset may have voice-masking features, for example.

**Keep** gaming consoles in an easy-to-supervise location and be aware of other places where your child may be accessing games.

**Tell** your child never to give out personal information while gaming or agree to meet anyone outside of the game.

**Set rules** about how long your child may play, what types of games are appropriate, and who else may participate.

**Have** your child check with you before using a credit or debit card online.

**Check** to see if the games your child plays have reporting features or moderators.

Start a discussion with your child:

» Can we play some of your favorite games together?
» How do you respond if someone bothers you while you are gaming?
» How much do you let people know about you while gaming?
» What kinds of people do you game with?
» Do you feel safe while you are gaming online? Why or why not?