PARENTS GUIDE TO ENCOURAGING GOOD TECH HABITS

Manage your child's online habits with these top tips.

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Education on Demand

1 SET GUIDELINES

It's really important to set guidelines for usage, screen time limites and restricting access to certain sites.

2 CHECK YOUR SETTINGS

All internet providers offer settings which you can alter and change. Make sure these are set appropriately so your child doesn't accidently access any dangerous sites.

3 HAVE A CHAT!

Whether you're dropping your child off at school or having dinner, talk to your child and see what they find interesting online.

4 HELP THEM COMMUNICATE

Chatting to their friends is a great way to share experiences and dangers that their peers may have come across.

5 ENCOURAGE A MULTI-SCREEN BAN

It may be a good idea to start the intiative where your child can only watch one screen at a time so they understand limits.

6 PRIVACY IS IMPORTANT

Social media and the internet can be a minefield when choosing what is appropriate to upload and share. It's important for your child to understand the risks of posting private data, images and videos.

7 THINK BEFORE YOU CLICK

Emphasise the phrase 'think before you click' to your child. It's important that they understand the dangers of the internet.

8 LEAD BY EXAMPLE

It's essential to be a good role model for your child. Make sure you are not spending too much time looking at different screens

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