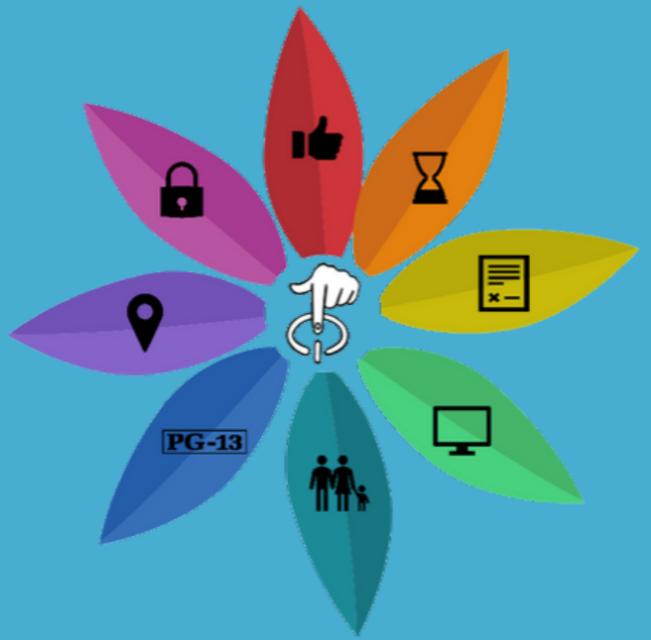


# BE IN TOUCH

## 8 STEP DIGITAL PARENTING CHECKLIST



### 1 BE MINDFUL OF SCREEN TIME

Understanding the impacts of digital overuse is the first step to setting healthy digital screen time limits for both you and your kids.

Be in Touch [Screen Time Guidelines](#)



### 2 CREATE A FAMILY DIGITAL ALLIANCE

Agreeing and setting digital use behaviours and limits is essential to creating good digital family habits in your home.

Be in Touch [Conversation guide](#)

Be in Touch [Digital Family Alliance template](#)



### 3 MODEL GOOD DIGITAL HABITS

Children are more likely to do what we do, rather than do what we say.

Set the example for your kids:

\*check your own screen time use

\*tell them what you are doing on your device, to help them understand the difference between functional and fun tech use.



### 4 INSTALL PARENTAL CONTROLS

Protect your family from digital risks - cyber bullying, pornographic exposure, inappropriate messaging, cyber crime, identity-theft, ransomware...

Be in Touch [recommended home security solution](#)



### 5 UNDERSTAND AGE RESTRICTIONS

Know what Apps, games, movies and memes are popular - and what the recommended age restrictions are.

Be in Touch [App Guide](#)

Check [age restrictions](#) with CommonSense Media



### 6 LOCATION AND PRIVACY SETTINGS

When their devices reveal their location, your kids children access to unregulated publicly accessible devices exposes them to unintended risks of predation and cyber crime.

Keep both their and your personal information private.

Be in Touch [Privacy and Location tips](#)



### 7 PASSWORDS AND DEVICE CHECKING

As parents, our primary concern must be the emotional and physical safety of our children. There is no privacy online. Devices should be loaned and not owned by kids.

Are you retaining your "licence to parent" whilst you navigate the line between respecting your child's increasing desire for privacy and making sure they are safe online?



### 8 BEFRIEND YOUR KIDS ONLINE

Ask your child about their digital day? Our children don't GO online, they LIVE online.

If we don't ask them about their digital lives, they won't tell us about it. Know which Apps and games your kids use and befriend them - just don't embarrass them!

