7 STEPS TO GOOD DIGITAL PARENTING

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