



**THINK** about how you guide your family in the real world and do the same in the digital world.

**TRY** some of the technologies your son or daughter enjoys – play on the X-Box together or ask them to help set you up on Facebook if you're not already a member.

**MAKE** the most of tools like Parental Controls on computers, mobiles and games consoles, privacy features on social networking sites, and safety options on Google and other search engines.

**MAKE** sure you've set some tech boundaries before they get their mobile, smart phone or games console.

**TALK** to them about what they post and share online – written comments, photos and videos all form part of their 'digital footprint' and could be seen by anyone and available on the Web forever.

**DON'T** let your son or daughter under 13 sign up for services like Facebook and YouTube that have a minimum age limit of 13.

**REMIND** them that they shouldn't do anything online that they wouldn't do face-to-face.

**TALK** to them about how they might be exploring issues related to their health, wellbeing and body image online – they might come across inaccurate or dangerous information on the Web.

**DISCUSS** how they behave towards others and what they post online and don't shy away from difficult conversations.

**TALK to** your son or daughter about spending on things like apps agree boundaries so that they manage their money responsibly.

**DISCUSS** things like downloading and plagiarism so that they understand what's legal and what's not.

**ADJUST** the settings on Parental Controls in line with your son or daughter's age and maturity – if they ask you to turn them off completely, think carefully before you do and agree in advance what is acceptable online behaviour