IS YOUR CHILD A RESPONSIBLE DIGITAL LEARNER?

✓ **Respect for Self & Others**   ✓ **Safe & Responsible Use**   ✓ **Positive Peer Influence**

HERE'S HOW YOU CAN SUPPORT!

Discover Together

Learn from each other, grow together
Learn about what your children like to do online and let them share with you about tech use. Highlight how to use technology appropriately, wisely and responsibly.

Manage digital diet and digital nutrition
Guide your children to monitor their time spent online (digital diet) and make better, 'healthy' choices about their activities online (digital nutrition).

Make it social, engage together
Turn online activities into time for bonding (e.g. co-view an online video, discuss an online blog post, play an online game together).

Get involved or be left out
Don't be too critical of your children's online exploration.
Get involved so that you are not the last one to know.

Share with your children potential dangers and risks when they go online.

TEACH

Be Respectful Online
Encourage them to put themselves in others' shoes, and accept others' diverse views and opinions.

Be Vigilant Online
Stop the online activity and seek help when they feel upset or uncomfortable with any online situation.

Think Before Posting
Ask them to consider how their actions can affect relationships, others' feelings, their future and the community.

Be the Role Model
☑ Show your children how to be safe, responsible and respectful online.
☑ Highlight that the values that guide everyday interactions are also applicable online.
☑ Practise asking for consent before posting photos, videos, and details online (including your children's).
☑ Be mindful of your digital media use (or over-use).

KEEP an EYE...
☑ **Activate parental controls in all computing devices.**
☑ **Monitor and guide your children's online use actively.**
☑ **Review all apps and services that your children use** (e.g. age restrictions, information-sharing policies, location services).
☑ **Maintain positive communication with your children** to help your guidance stick and encourage your children to seek help when needed.
☑ **Look out for signs that your children may have encountered difficulties online** (e.g. changes in how they use technology, upset or angry when online, amount of time spent online and act secretive when online).

FAMILY RULES MATTER

Understand your children's needs, interest and curiosity and work out an agreement with them on rules for tech use in your home.

1. Agree on what is:
   ☑ Acceptable time limit for online activities.
   ☑ Appropriate disclosure of personal or family information [e.g. photo, video, email address, phone number, home address].
   ☑ Respecting other's privacy by seeking consent before posting.
   ☑ Age-appropriate content and acceptable sites, apps and online services.

2. Work out together in advance the consequences of breaking family rules.

3. Set aside time to talk to your children about their online behaviour and affirm them.☺

UNPLUG & ENGAGE 📵

☑ Discuss the importance of unplugging from their digital devices and to **dedicate time for conversation, play, and creativity** to foster life balance.
☑ Provide opportunities and **engage in various offline activities together** such as in outdoor recreational activities.
☑ **Create tech-free zones** such as during meal times and at bedtime.
☑ **Use technology as a tool to** engage rather than as a babysitter, reward, or punishment.

PARENTING IN THE DIGITAL AGE

P rovide opportunities for a variety of offline activities.

A ctivate parental controls in all computing devices.

R ole-model good digital habits.

E stablish the ground rules for Internet use.

N avigate the Internet with your child to understand his/her patterns of use.

T alk with your child about his/her Internet use and it's impact.