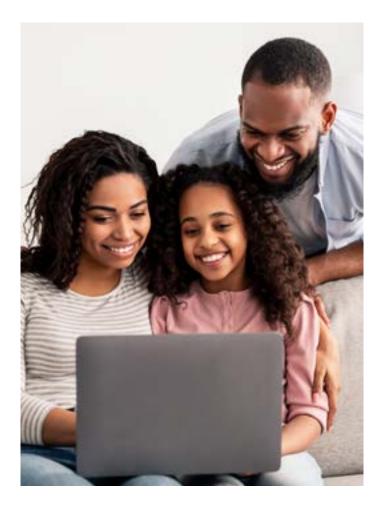


# 7 Steps to Good Digital Parenting

Seven simple, but still challenging steps to become a good digital parent. It is definitely a journey, like parenting itself. There is no such thing as perfection. Just good enough.



#### **1. TALK WITH YOUR KIDS**

Talk early and often Be open and direct Stay calm

#### 2. EDUCATE YOURSELF

Search online for anything you don't understandTry out the apps, games, and sites yourselfExplore FOSI's parenting tips and resources

### **3. USE PARENTAL CONTROLS**

**Set** content and time limits on your kids' devices **Routinely** check privacy settings on social media **Monitor** your kids' use and their screen time

#### 4. SET GROUND RULES AND ENFORCE CONSEQUENCES

**Discuss** and sign a family safety agreement **Restrict** where and when devices can be used **Remove** tech privileges when rules are broken

## 5. FRIEND AND FOLLOW BUT DON'T STALK

Follow your kids on social media Respect their online space and freedom Don't flood their accounts with comments

#### 6. EXPLORE, SHARE, AND CELEBRATE

**Go** online with your kids and explore their digital world **Share** your own online experiences **Learn** from each other and have fun

### 7. BE A GOOD DIGITAL ROLE MODEL

**Curb** your own bad digital habits **Know** when and where to unplug **Show** your kids how to collaborate and be kind online