

SETTING DIGITAL BOUNDARIES AND GUIDELINES

OPPORTUNITIES

- CONNECTING
- CREATING
- COMPETING
- CONSUMING
- COMMERCE



RISKS

- CONTENT
 - CONDUCT
 - CONTACT
 - COMMERCE
 - COST
-

DIGITAL PARENTING

YOU'RE THE DRIVER - NOT YOUR CHILD!

- DELAY** - WAIT UNTIL YOU ARE CONFIDENT YOUR CHILD IS READY FOR A DEVICE, THEY ACTUALLY NEED IT, AND YOU CAN ACTIVELY SUPPORT AND GUIDE THEM.
- RESTRICT** - SET AND MAINTAIN CLEAR BOUNDARIES. AS YOUR CHILD CONSISTENTLY DEMONSTRATES RESPONSIBILITY AND CAPABILITY, GRADUALLY RELAX THEM.
- INVOLVED** - STAY ENGAGED AND SHOW GENUINE CURIOSITY ABOUT YOUR CHILD'S DIGITAL WORLD. ASK QUESTIONS AND USE TECHNOLOGY TOGETHER TO REALLY UNDERSTAND WHAT THEY'RE DOING ONLINE.
- VISIBILITY** - KEEP DEVICES IN SHARED SPACES (NOT BEDROOMS) AND ENSURE ONLINE ACTIVITY IS OPEN AND TRANSPARENT, ALLOWING YOU TO MONITOR, GUIDE, AND SUPPORT THEM.
- EDUCATE** - EXPLICITLY TEACH YOUR CHILD DIGITAL LITERACY AND DIGITAL CITIZENSHIP SKILLS, ALONG WITH STRATEGIES TO MANAGE TECHNOLOGY'S IMPACT ON THEIR WELLBEING.
- ROLE MODEL** - DEMONSTRATE THE DIGITAL BEHAVIOURS YOU WANT YOUR CHILD TO ADOPT. THEY'RE WATCHING AND LEARNING MORE FROM WHAT YOU DO THAN WHAT YOU SAY!
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- CO-CREATE AND AGREE RULES AND BOUNDARIES TOGETHER (IF POSSIBLE)
 - FIND OUT FIRST- BE INFORMED (SEE WEBSITE LINKS BELOW)
 - WALK ALONGSIDE YOUR CHILD AS A DIGITAL MENTOR
 - MONITOR TOGETHER, AGREE THIS UPFRONT AND AVOID SNOOPING
 - RELATIONSHIP, TRUST AND COMMUNICATION ARE KEY TO DIGITAL PARENTING
 - KEEP DEVICES OUT OF BEDROOMS
 - PROMOTE BALANCE BETWEEN DIGITAL AND NON-DIGITAL ACTIVITIES
 - UTILISE DIGITAL PARENTING TOOLS
 - MIND THE GAP!
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THE VACUUM WILL BE FILLED BUT WITH WHAT?

CREATIVITY, THINKING, CONVERSATION, PLAY, EXPLORATION

WITHOUT DEVICES IN BEDROOMS - READING AND SLEEP CAN FILL THE GAP

WITHOUT DEVICES AT THE DINNER TABLE - CONVERSATION CAN FILL THE GAP

WITHOUT DEVICES IN TRANSIT - WATCHING THE WORLD GO BY AND THINKING CAN FILL THE GAP

WITHOUT DEVICES IN PLAYGROUNDS - PLAY CAN FILL THE GAP

BE INFORMED

www.digitaltweens.com.au

www.esafety.org.au

www.common sense media.org

www.internetmatters.org

