

RESPONSIBLE DIGITAL PARENTING

The internet and technology provide virtual playgrounds for children and adults alike.

The uses and resources are unlimited and can feel overwhelming at times to parents. Cyber safety tips to get you started:

1. Educate yourself on current trends and responsible digital parenting.
2. Talk with your child about internet safety and set family ground rules.
3. Lead by example. Be a good digital role model.
4. Continue the conversation and have frequent check-ins on your child's technology use.
5. Set security boundaries/rules
Example: Amount of time child can use, when to putting technology away, establish password protection and set parental controls.



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DIGITAL PARENTING



STEPS TO ENSURING DIGITAL SAFETY FOR KIDS:

- Put protections in place to block or monitor your child's activity
- Have strong antivirus software for technology.
- Know your child's passwords/kids should never share passwords with peers.
- Create proper passwords that are difficult to guess.
- Teach kids to never give out personal information online or in texts and emails.
- Secure wireless and private WIFI. Avoid open WIFI networks.
- Learn to recognize scams and teach kids how to as well.
- Teach kids to not answer calls or texts from unfamiliar numbers.

QUESTIONS KIDS SHOULD ASK THEMSELVES BEFORE POSTING OR TEXTING ANYTHING:

- Would you want your parent to see it?
- Is it really private or anonymous?
- Would you really say this to someone's face?
- What if someone posted or said this about me?
- If I get caught, would I be in trouble.

RESOURCES

Net Smartz:

netsmartz.org/Home

Family Online Safety Institute:

fosi.org/good-digital-parenting/

PBS:

pbs.org/wgbh/pages/frontline/digitalnation/resources/parents/

Common Sense Media:

commonsensemedia.org

Digital Parenting Coach:

digitalparentingcoach.com

