

PARENTING IN THE DIGITAL AGE



Being online and connected is a big part of young people's lives. Here are some simple ideas to help you navigate your children's digital world.

1. STAY INVOLVED

Talk with your kids about their digital lives, create conversations and stay involved. Assure children that their internet privileges won't be taken away if they are exposed to content that makes them feel uncomfortable or concerned.

2. EDUCATE YOURSELF

Ask your children how they use technology and try it for yourself – try playing a game or uploading a video together.

3. SET GROUND RULES AND AGREE LIMITS

Explain the rules of responsible device ownership (such as care of equipment, staying within data limits) and help your children create a media use roster, allocating blocks of time for homework, chores and their screen time.

4. KEEP IT PERSONAL

Talk to your children about the value of personal information, what it is and why it's important to be careful sharing it. Encourage children to 'think before they click', to think about content and the consequences of posting.

5. BE AN OFFLINE SUPPORTER

Encourage kids to have some screen-free time each day and turn off devices before bedtime.

6. DO UNTO OTHERS

Teach kids to treat others the same way they'd like to be treated online and be zero-tolerant to rude or mean online behaviour.

7. MAKE THE MOST OF PARENTAL CONTROLS

Consider parental controls to help manage children's digital activity and restrict access to sites with adult content. For Telstra products and services, we recommend Telstra Mobile Protect for mobile devices and Telstra Broadband Protect for your home network.

8. ROLE MODEL IT

Don't just talk about the right thing to do, be a role model with your own digital habits.