



# 7 STEPS TO GOOD DIGITAL PARENTING



## TALK WITH YOUR KIDS

- Stay calm
- [Talk early and often](#)
- Be open and direct



## EDUCATE YOURSELF

- Search online for anything you don't understand
- Try out the apps, games, and sites yourself
- Explore the [GDP tips and resources](#)



## USE PARENTAL CONTROLS

- Activate the safety settings in your operating system, search engine, and games
- Use the [parental controls](#) on your children's phones, tablets, and game consoles
- Monitor your kids' use and their screen time



## SET GROUND RULES AND APPLY SANCTIONS

- Agree and sign a [family safety contract](#)
- Set time and place limits for their tech use
- Enforce sanctions when necessary



## FRIEND AND FOLLOW BUT DON'T STALK

- Friend your kids on social media
- Respect their online space and don't over do it
- Encourage your kids to create a [good digital reputation](#)



## EXPLORE, SHARE, AND CELEBRATE

- Go online with your kids and explore their online world
- Take advantage of new ways of communicating
- [Learn from them](#) and have fun



## BE A GOOD DIGITAL ROLE MODEL

- [Curb your own bad digital habits](#)
- Know when to unplug
- Show your kids how to collaborate and create online

