



## **10-12 Checklist!**

### **MAKE**

MAKE sure you've set some tech boundaries before they get their first mobile or games console – once they have it in their hands, it can be more difficult to change the way they use it

### **REMIND**

REMIND your child to keep phones and other devices well hidden when they're out and about to minimise the risk of theft.

### **TALK**

TALK to them about what they post and share online – written comments, photos and videos all form part of their 'digital footprint' and could be seen by anyone and available on the Web forever.

### **DISCUSS**

DISCUSS the kind of things they see online – this is the age when they might be looking for information about their changing bodies and exploring relationships, for example.

### **HOLD**

HOLD the line on letting your son or daughter sign up for services like Facebook and YouTube that have a minimum age limit of 13 – talk to other parents and their school to make sure everyone is on the same page.

### **REMIND**

REMIND them that they shouldn't do anything online that they wouldn't do face-to-face