



## **13+ Checklist!**

### **DON'T**

DON'T think it's too late to reinforce boundaries or teach your child anything about technology – they might think they have the know-how but they still need your wisdom and guidance.

### **TALK**

TALK to them about how they might be exploring issues related to their health, wellbeing and body image online – they might come across inaccurate or dangerous information on the Web at a vulnerable time.

### **DISCUSS**

DISCUSS how they behave towards others and what they post online and don't shy away from difficult conversations about things like pornography and other risky behaviours, such as sexting.

### **GIVE**

GIVE your son or daughter control of their own budget for things like apps and music but make sure you have agreed boundaries so that they manage their money responsibly.

### **DISCUSS**

DISCUSS things like downloading and plagiarism so that they understand what's legal and what's not.

### **ADJUST**

ADJUST the settings on Parental Controls in line with your son or daughter's age and maturity – if they ask you to turn them off completely, think carefully before you do and agree in advance what is acceptable online behaviour.