



## **The Essential Checklist!**

### **THINK**

THINK about how you guide your family in the real world and do the same in the digital world – don't be afraid to set boundaries and rules for your child from a young age.

### **HAVE**

HAVE a go at some of the technologies your son or daughter enjoys – play on the Wii together and ask them to help set you up on Facebook if you're not already a member.

### **TALK**

TALK to your friends, family and other parents about how they help their children manage their digital world – you might pick up some interesting tips.

### **MAKE**

MAKE the most of tools like Parental Controls on computers, mobiles and game consoles, privacy features on social networking sites and safety options on Google and other search engines.

### **TRY**

TRY not to use technology as a babysitter too often – we all do it sometimes, but it's important to know what your child is doing.

### **MAKE**

MAKE digital issues part of everyday conversation – show your child that you understand how important technology is to them and talk about all its amazing benefits, but don't shy away from difficult subjects like responsible online behaviour, bullying and pornography.