PARENTING THE SCREENAGER: TIPS FOR PARENTS FROM EMMA SADLEIR (Sep 2021)

1. **Have regular check-ins and conversations with your children about what they are up to online**. Watch (with your children!) The Social Dilemma on Netflix and Childhood 2.0 on YouTube: https://youtu.be/He3IJJhFy-I

2. Rule of thumb: **THE BILLBOARD TEST** - if you wouldn't put the content on a huge billboard next to your name, your face and your school's name don't let it exist ANYWHERE in digital format.

3. Have a Smartphone contract with your child – download a free one here:

    i. https://www.thedigitallawco.com/parents/smartphone-contract-teenagers/

4. ALL devices out of **the bedroom** at a fixed time every night

5. No social media until **high school**

6. Agree on **a time budget** with your children. Set time limits on their devices

7. Learn more about the **websites, games and apps** that your children are using. Have a look at the ultimate parent guides released by Common Sense Media - https://www.commonsensemedia.org/parents-ultimate-guides and Bark - https://www.bark.us/blog/streaming-sites-safety-kids/

8. Turn off **location services** on your children's devices – except tracking software (free on most smartphones or have a look at Life360)

9. Install **parental control software** – for high-risk children have a look at Bark, Qustodio or Our Pact – otherwise Google Family Link on Android or Screentime on Apple

10. Teach your children to presume everyone they meet online is **dodgy** until proven otherwise.

11. **Catfishing** is real!

12. Work with your child in setting up their **social media accounts**. Make sure that they have activated all privacy settings. Set up some ground rules for the sharing of personal information. All social media accounts must be private.

13. If your child is being **cyberbullied** – teach them to 1) SCREENSHOT, 2) BLOCK and 3) Tell a trusted ADULT

14. Teach your children **how to say a short sharp NO** if they asked for anything that they are uncomfortable sending (like nudes). No need to give reasons or excuses. No means NO!

15. Install filtering software on **the WiFi at home**. Turn off your home WiFi at night.

16. Consider **your child's privacy** when posting photos of them. No naked pictures, no embarrassing pictures, make sure you have activated all privacy settings and when your children are old enough, ask them if they are happy with you posting pics of them.

17. Teach your children that if someone expresses **suicidal thoughts** to them **or** is **self-harming** – that is not a secret they have to keep. They must tell a trusted adult.

18. **Model good phone behaviour**. Check your own use and addiction!

19. Device-free times, locations and meals at home

20. Teach your children **the 6 P's rule** – If you wouldn't want the **Police**, your **Parents**, your school **Principal**, a **Potential** university/employer/scholarship provider, a Paedophile/**Predator**, or a **Phisher** to see it - don't let it exist in digital format.

Most importantly - Educate your children (and yourself) by signing up for the kids' course on the Digital Law Academy here

https://www.digitallawacademy.com/courses/The-dangers-of-social-media-and-how-to-avoid-them

https://youtu.be/kfMOERmW3UM   www.DigitalLawAcademy.com   Pieter@DigitalLawAcademy.com