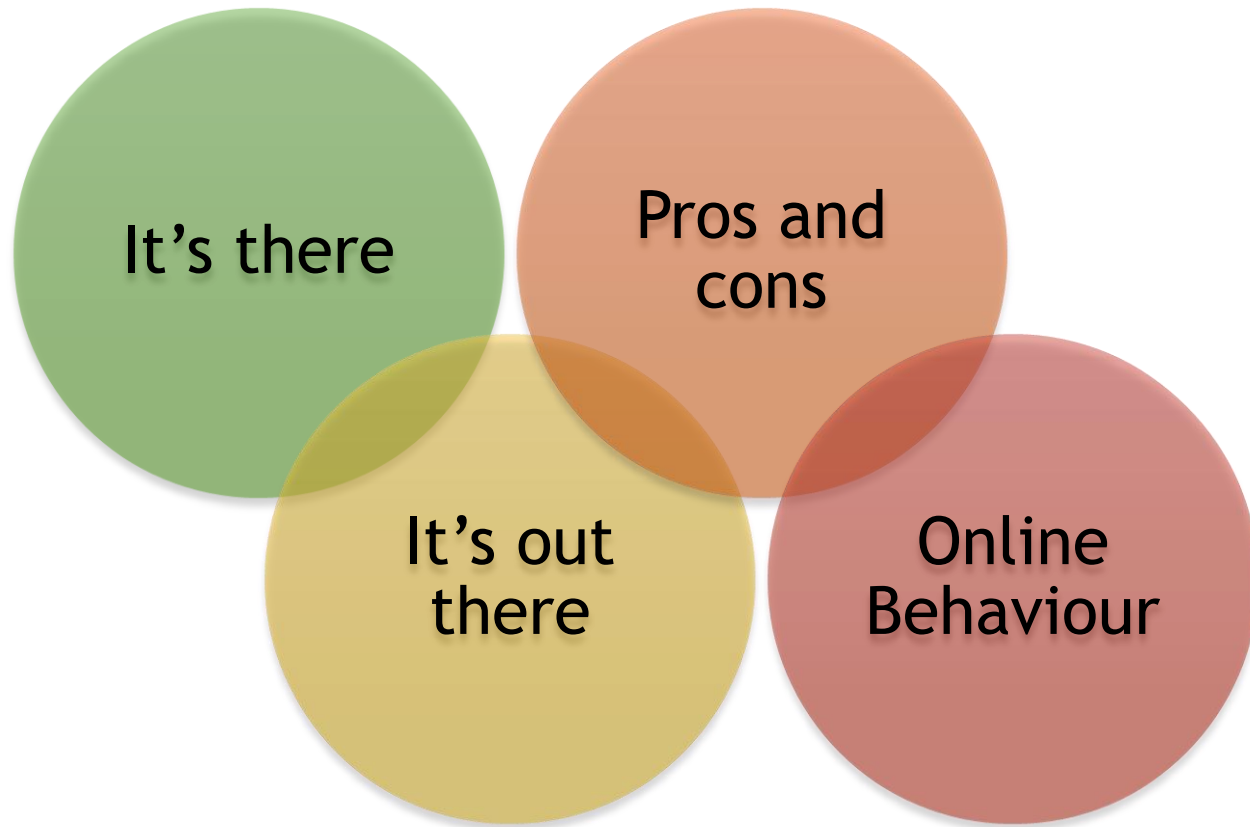


Digital Parenting

Together for a better internet

Common Sense Approach to Social Media



The kids are watching you...

- ▶ The kids will be watching how you use technology. Consider how you behave, be consistency in how you role model good behaviour

Consider the following

1. Turn off notifications to avoid that constant 'ping'
2. Buy an alarm clock so you don't have to have devices in the bedrooms
3. Keep your phone on silent when you pick the kids up from school
4. No phones at the table rule or no phones between 6-7 rule
5. Consider what you post - do you get permission from your kids?

Controlling Tech Time



- ▶ Set a good example
- ▶ Talk together about the time spent online
- ▶ Agree an appropriate length of time they can use their device(s)
- ▶ Get the whole family to unplug and create screen free time
- ▶ Use technology apps to manage screen time

Help is out there



YOUNG Mi MINDS



Key Messages

- Think of the internet as a place your child goes to - in their bedroom doesn't necessarily mean they are at home
- Role model - what does your digital behaviour look like to your child.
- Be clear on your family rules, limits and acceptable behaviour online. They aren't necessarily the same as others.
- If you are not prepared to say or do it in the middle of Aboyne - don't do it online definitely more people will hear and see it

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