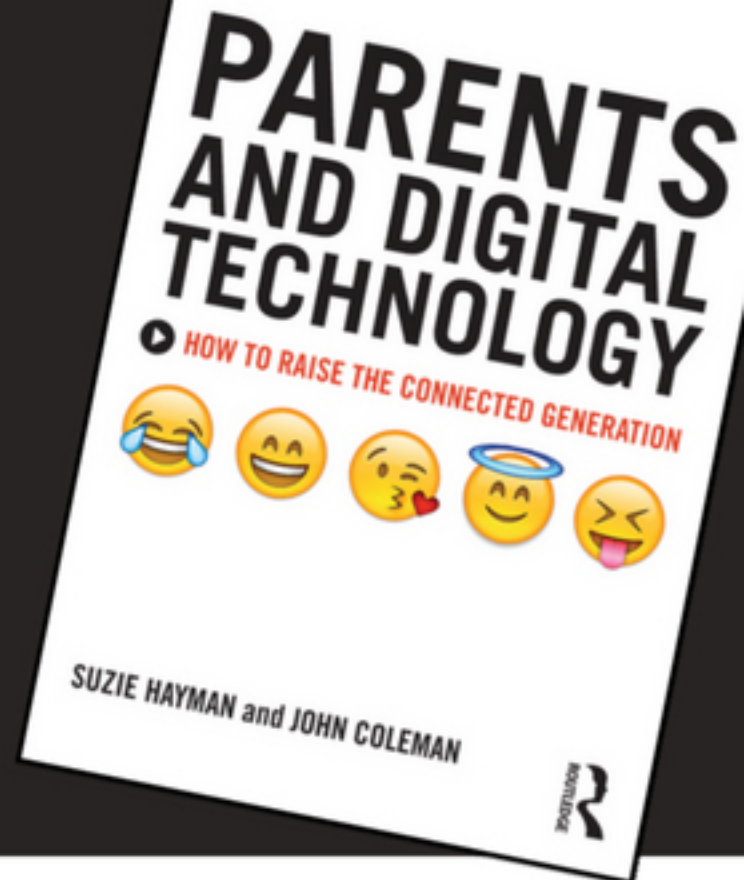


5 RULES

For Kids When Using Digital Technology

from
Parents and Digital Technology



HOLD THE LINE

Parenting can be tough, but it is the responsibility of the adult to think about the issues, set rules in place and hold that line. It's important to recognise that boundaries on time, or certain activities, have to be set and held.

BE AWARE

Parents have to recognise that amongst all the wonders of digital technology there are dangers, and should help make kids aware of them, and where they are.



"SCREEN TIME"

Screen time is actually a false concept when thinking about how children use digital technology. A better way of looking at it is what kids are actually using that time - be it homework, a project for school or something creative.



BE FLEXIBLE

Setting effective rules starts with recognising what children are actually doing. Activities range from educational, social and entertainment, so the rules and boundaries should be flexible to incorporate this range.



HAVE FUN!

It's the parents' job to help kids recognise where the dangers lie, to put rules in place, but also what sort of rules should be put in place. But once they're there, children can enjoy their experience – and have fun!

