

NAVIGATING THE DIGITAL WORLD



Find the balance with technology.
Decide at times to: **Disconnect to Reconnect**



BE INFORMED

Listen to Parentline NI Podcast
Episode 37

SOME TIPS FROM PODCAST:

Teach your child how to block, report & know what to say if they are asked to share an image or video.

Be mindful that people advertise online how to get around parental controls!

Pair their social media accounts with your phone.

Choose times to put devices into sleep mode.

Be aware smart TVs have internet access.

Keep devices out of bedrooms for better sleep - use basic alarm clocks.

MANAGE SCREEN TIME

Talk and agree on mobile manners and household rules for social media.

We have resources to view/print on our website.

KEEP THEM SAFE

www.psni.police.uk/safety-and-support/keeping-safe/protecting-yourself/internet-safety/keeping-children-safe-online

<https://www.psni.police.uk/safety-and-support/keeping-safe/sextortion>

BUILD POSITIVE CONNECTIONS

Show an interest in the online games they play.

Can you have family gaming nights?

Can you dig out board and card games?

BE MINDFUL of gaming addiction and get support.

See: www.ukat.co.uk



PREPARE - THINK AHEAD

Talk about responsible online banking, password security, data protection and building a positive online reputation.

**We are in your corner here at Parentline, to listen, support or advise.
Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm
or Saturdays 9am to 1pm**