



## Using Digital Tools Safely and Responsibly

**Here are some ways to support your child's safe and responsible use of digital technology tools.**

### Get involved:

- Technology is a big part of children's daily lives. Parents and guardians need to become familiar with the basic technology tools that children use.
- Know what games, websites, and social media accounts your children use and who they are communicating with online.
- Don't wait for problems to occur. Use everyday opportunities, like stories in the media, to initiate conversations.



### Communicate your expectations:

- Establish some basic guidelines for use of computers, tablets, smartphones, and the internet. Be specific about what is off limits and what is acceptable.
- Remind children to keep their personal information private. Encourage your children to think about the privacy and safety of others before posting a picture or video.
- Review and help your children set the privacy features on their digital devices.

### Use good judgement:

- Help children understand that once they post something, there's no taking it back. Everything they post on the internet or social media is out there in the world for anyone to see.
- Remind children that what they do online can have real-world consequences. Posting improper photos, re-posting inappropriate images, and threatening content can have legal and school-based consequences.
- Encourage your children to report inappropriate content directly to a trusted adult, school staff or law enforcement.

## Reminder:

- ✓ Online actions have real-world consequences
- ✓ Careful when posting – you can't take it back
- ✓ Tell children to trust their gut if they see a suspicious post
- ✓ Help children understand what info should stay private

