


YOU don't need to be an **EXPERT** ... be a **PARENT**



- **It's your choice** - Don't let others dictate when the right time is to use tech.
- **Stay involved** – make time to communicate, talk about what they are doing. What do they enjoy? What makes them laugh?
- **Don't quiz them** – have regular conversations. What's their favourite app? What is the best site to learn new things from?
- **Join in** - watch them play a game and join in. Who are they playing with? Do they know the other players?
- **'Show me how...'** – ask their advice to help you with your privacy settings, who you should add as a friend, are there any risks?
- **Lead by example** - children learn as much from watching as they do from being told not to do something, so model good behaviour
- **Reassure them** - tell them that they won't get in trouble and that you are always there to help.



Visit www.internetmatters.org/parental-controls/ to find out how to set controls on devices:




Set up devices safely

Set parental controls on a range of devices, apps, and platforms with our how-to guides.

Smartphones & other devices


Select the smartphone, other device or OS from the dropdown list:



VIEW ALL

Broadband & mobile networks


Select your network provider from the dropdown list:



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Social media


Select the social media app or platform from the dropdown list:



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Video games & consoles

Select the video game or console from the dropdown list:



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