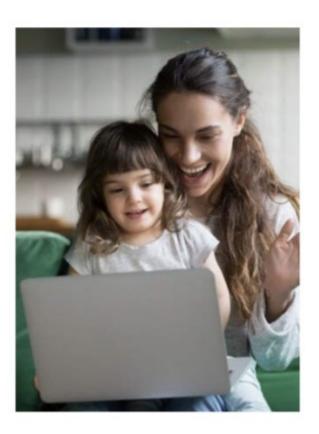


7 Steps to Good Digital Parenting

Seven simple, but still challenging steps to become a good digital parent. It is definitely a journey, like parenting itself. There is no such thing as perfection. Just good enough.



1. Talk With Your Kids

Talk early and often Be open and direct Stay calm

2. Educate Yourself

Search online for anything you don't understand Try out the apps, games, and sites yourself Explore FOSI's parenting tips and resources

3. Use Parental Controls

Set content and time limits on your kids' devices **Routinely** check privacy settings on social media **Monitor** your kids' use and their screen time

4. Set Ground Rules and Enforce Consequences

Discuss and sign a family safety agreement Restrict where and when devices can be used Remove tech privileges when rules are broken

5. Friend and Follow But Don't Stalk

Follow your kids on social media Respect their online space and freedom Don't flood their accounts with comments

6. Explore, Share, and Celebrate

Go online with your kids and explore their digital world Share your own online experiences Learn from each other and have fun

7. Be a Good Digital Role Model

Curb your own bad digital habits Know when and where to unplug Show your kids how to collaborate and be kind online

For more information: fosi.org/parenting