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## **TIPS FOR YOUNG DIGITAL USERS**

### **BE SAFE**

- Keep passwords private but let mom/dad/caregiver know what they are and when they change
- Keep accounts private and don't give out private information
- Only use devices in communal areas
- Only communicate online with people you have met face-to-face
- Set restrictions to age appropriate levels (ask a parent to help with this)
- Don't download new apps and games without checking with a parent
- Don't search the internet without a parent's permission
- Give parents free access to devices and not hide or delete any content

### **BE WISE**

- Remember the internet is public
- Be yourself and not pretend to be someone else
- Never use anyone else's accounts or passwords
- Limit my time on devices. One hour a day is recommended.
- Make time for friends, family, sport and recreation
- Only use devices after homework and chores are completed
- Don't use devices at the dinner table or during family activities
- Don't believe everything I see online. Share any worries or concerns with a parent
- Tell an adult immediately if I see something online which makes me feel uncomfortable, bad, angry or sad
- Watch, follow and listen to things which inspire, encourage and motivate you and are age appropriate
- Respect and stick to the boundaries parents decide on

### **BE KIND**

- Behave respectfully online, never bullying or teasing other people
- Respect other people's ideas and views
- Encourage others and be a positive influence
- Tell an adult if I think someone is in trouble or needs help

### **FOR PARENTS**

- Be open to your children's requests, questions and concerns. Make an ongoing effort to understand the online world
- Make an effort to understand their need to be part of the online world but set limits and strong boundaries
- Help your children learn from their mistakes and walk through consequences
- Don't let your phone distract you when your kids need to talk to you or need your help
- Don't use devices at the dinner table or during family activities
- Training your child to be a healthy digital user is your responsibility and privilege
- Lead by example and keep auditing your own digital diet and online life
- Stay involved and give more freedom as your child becomes a teen and shows increasing responsibility and maturity
- Keep talking. Know what your child watches, enjoys and is interested in. Have ongoing conversations about what healthy, safe digital use looks like.