

TOP TIPS FOR PARENTS

CAREGIVERS &



CyberBreak
• A 24 hour family digital detox
from 5pm, Friday 20th October

1 INTRODUCE TECHNOLOGY GRADUALLY

- Start slowly - e.g. game offline, use your own device, sign up with family email address
- Build trust before buying a smart device: keep careful eyes and ears out when they're online
- Check out [PEGI](#) and [Common Sense](#) to find out about age ratings and content

2 CREATE HEALTHY HABITS

- Charge devices in a communal area
- Keep devices out of bedrooms: avoid using them at all from 1 hour before bedtime
- Make mealtimes tech-free
- Think about your own online use and the example it sets: practise what you preach!

3 CHECK OUT PARENTAL CONTROLS

- Explore parental controls - these exist on most devices
- Use child friendly versions of apps e.g., YouTube Kids (remember these are not foolproof!)
- Use SafeSearch options on search engines (e.g., Google, Safari, Edge, Qwant Jr)
- Check out controls on games, especially chat settings and follower lists

4 START THE CONVERSATION NOW

- Make talking about the online world a normal and ongoing conversation
- Ask: "What kind of things do you like doing online?"
- Reassure: "You can always talk to me if you see or hear anything that worries you."

5 DO THINGS TOGETHER!

- Ask your children to teach you how to use a popular app or play their favourite game
- Check out apps and games that promote creativity and collaboration e.g. Minecraft
- Sign up for a local Coder Dojo group in your area

