

Real World Relationships

- ✓ The power of **listening** and trust.
- ✓ Encourage **positive, open communication**
- ✓ **Learn together**; be online together
- ✓ **Share** real life examples
- ✓ **Check in** regularly, stay involved
- ✓ **Monitoring vs following**; **evaluate** when it's okay to do so
- ✓ **Agree on rules together** when your child gets a new device
- ✓ **Don't overreact when things go wrong**
- ✓ **Lead by example**



Being Kind to Oneself

- ✓ **Remind them each day** that their value is not about likes/shares/comments
- ✓ **Support them offline**—take a break and spend time together
- ✓ **Help them build resilience** by encouraging a healthy network of friends and family

Being Kind to Others

- ✓ Educate your children on always treating others with **respect**
- ✓ **Teach them to ask other's permission for** before posting
- ✓ Encourage kids to **agree on rules with friends**
- ✓ As a parent/guardian, discuss rules with other parents
- ✓ **Explain to** them the importance of compassion, empathy and sympathy
- ✓ **Help them** understand other people's point of view without retaliation
- ✓ Provide kids with a **strong support network** offline



Limit Screen Time

- ✓ Reward creative, positive uses of screen time (Quality v Quantity)
- ✓ Use the **"Do Not Disturb"** function and **"Night Shift"** mode
- ✓ Swap your mobile device for a book in bed
- ✓ Stop using devices an hour before bedtime
- ✓ Invest in an alarm clock
- ✓ Charge devices outside the bedroom at night
- ✓ Use a **mobile tracking app** to monitor online usage



Safety Settings and Parental Controls

- ✓ Set up **Google safe search**
- ✓ Set up **YouTube safety mode** <https://www.youtube.com/yt/kids/>
- ✓ Resources for **Android** <https://families.google.com/familylink/>
- ✓ Resources for **IOS** <https://www.apple.com/families/>
<https://www.apple.com/family-sharing/>
<https://www.mobicip.com/>



Recommended Cyber Safety Websites

- ✓ Trend Micro's global youth platform <https://whatsyourstory.trendmicro.ie/>
- ✓ Webwise <https://www.webwise.ie/>
- ✓ Cyber Safe Ireland <https://cybersafeireland.org/>
- ✓ Common Sense Media <https://www.commonsensemedia.org/>
- ✓ Net Family News <https://www.netfamilynews.org/>
- ✓ NAMLE for media literacy <https://namle.net/>



Dealing with strangers

- ✓ Let them know they can **always talk to someone**
- ✓ **Online support services:** <https://www.ispcc.ie/>
- ✓ **Reporting suspected illegal content:** <http://hotline.ie/> <https://www.garda.ie/>

The World of Social Media and Gaming

- ✓ Ensure the games your kids are playing are **age appropriate**
- ✓ Only play **authorised version** of games
- ✓ Use **privacy settings & Manage In App purchases** (or turn them off)
- ✓ Review and enable **parental controls** on gaming devices
- ✓ Agree reasonable **gaming time limitations** with your kids
- ✓ Limit spending by using i-tunes/x-box **gift cards**
- ✓ Talk about what information is okay/not okay to **share online**
- ✓ **Monitor** who your kids interact with when online
- ✓ **Gaming Toxicity:** talk about how best to deal with abusive players
- ✓ **Report and block** incidents of cyberbullying, encourage open conversations about this
- ✓ **Keep up to date** with the latest trends (Lots of good advice online)
- ✓ **Join in** and learn about why your kids love gaming.

