



Tips for Parents



Monday Monitoring – use every Monday as a scheduled day to check in with your children on their online habits.



“If they have it, you should have it.” - If your child has Snapchat, so should you.



“Team work makes the dream work.” – Set up your child’s social media account with them and ensure you set all settings to private.



Read Up – Knowledge is power - If your children are using social media or are on a device you need to stay current. Check out our blog at www.cybersafetyproject.com.au for regular updates.



“Let’s be mates” – if your child is using social media, a non-negotiable should be that you are to “follow’ and be “friends” with them.



Screen Time Policy – 1. Always in communal spaces of the home (never in private). 2. Scheduled screen free time for ALL family members.