

Setting internet rules for your kids



Refresh your memory by watching this video: www.bit.ly/exploredigitalparenting

Then see if you can answer these questions:

Setting clear rules is the best way to keep your kids safe online and keep them out of trouble. Good rules don't focus on *punishments* but instead on making clear the *values* you expect your kids to live by.



Here are some different categories for rules you may want your children to follow, and one example you might use for each. Add other rules that make sense for your family in each category.

RULES ABOUT KEEPING YOURSELF SAFE

Sample rule: Tell me anytime anything happens that makes you feel upset or weird while using a connected device.

Your rules:



RULES ABOUT KEEPING THE DEVICE SAFE

Sample rule: Don't download apps (programs for your phone or tablet) without asking me first.

Your rules:



RULES ABOUT RESPECTING YOUR PRIVACY

Sample rule: Don't post your phone number or home address anywhere online where people you don't know could see it.

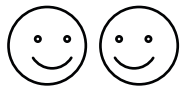
Your rules:



RULES ABOUT RESPECTING OTHER PEOPLE

Sample rule: Before you say anything to someone online, take a minute to think about how it might make them feel.

Your rules:



RULES ABOUT SPENDING MONEY

Sample rule: Check with me before spending money on anything online.

Your rules:



RULES ABOUT SPENDING TIME

Sample rule: Don't use a connected device (a phone or tablet) at the dinner table.

Your rules:



RULES ABOUT WHAT'S APPROPRIATE TO WATCH AND PLAY

Sample rule: Check with me before visiting a website that you're not sure is appropriate for you.

Your rules:



QUESTIONS YOU CAN ASK TO MAKE SURE YOUR KIDS UNDERSTAND YOUR RULES

- Do you feel like you know what things we expect you to do, and not do when you're online?
- Do you know what to do if things go really wrong?