



Cyber Safety Framework for Parents of Young Children

| Do... | Don't... |
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| Have involvement in your child's online world. | Leave your child to make their own choices about what they do online. |
| Have rules and boundaries regarding how long your child uses technology during the day. | Feel comfortable with the fact your child is happily consumed with their technology and not nagging or annoying you or their siblings. Technology is not a kind babysitter. It quickly becomes their master (addiction). |
| Set parental controls that restrict which sites/games/apps your child can access or download. | Allow your child to visit websites that are not designed for children, and do not let them have accounts that have age restrictions outside the age of your child. |
| Set parental controls that turn off access to Internet-enabled devices at least one hour before bed. | Allow children to have Internet-enabled devices in their bedrooms. |
| Trust your instincts. | Assume everything will be okay because your child is quiet and inside the house. |
| Monitor internet browsing. Check what your child is looking at. | Feel guilty about looking at what's happening online. |
| Talk to your child. Ask questions. Get interested. | Allow your child to decide what they share with you. |
| Make your own decisions. | Be guided by what other adults think or say if you feel it's not quite right. |



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| Be consistent in your rules and expectations about the use of technology in your home. | Feel guilty for restricting your child's choices. You make choices every day that keep them safe and happy. |
| Talk to friends, family, and teachers to stay informed. | Assume your child will bring issues directly to you. |
| Know that it is okay to say "No" sometimes when it comes to technology. | Attempt to indefinitely ban technology. |
| Realise that most parents think the same way as you. You are not alone. | Believe your child when they say, "But everyone else can do that!" |
| Provide guidance and rules to create a safe and fun experience for your child. You protect them because you love them. | Let your child manipulate you or make you feel guilty. You are the boss. They will have bosses and rules most of their lives, so you are giving them essential skills. |
| Know that your entire family is much happier and safer when you are in control of technology. | Assume that because your child is having fun, that they are out of harm's way. Young children are easily overwhelmed, confused, and misled and may not even realise it is happening to them. |
| Teach your child how the rules of the physical world apply in the cyber world. | Allow them to talk to or connect with strangers. |