

How Cyber Safe Rules Benefit Your Children

You can use the ideas in this table to reinforce the house rules. It shows the rule and the action but also explains some of the ‘why’ of the rules.

Rules aren’t put in place to control or limit our children.

Rules guide decisions and provide clarity about how to behave in a way that allows children to learn and play online safely.

Rule	Action	Benefit for your child	Benefit for parent
I ask permission to use technology.	“May I use your phone?” “May I play on my iPad?”	Confident action	You are involved and aware of online activity.
I have time limits on technology.	I am only allowed on technology after homework for 1 hour. All technology is off at 6 p.m.	Healthy choices and balanced activities	This reduces nagging and arguments.
I must not talk about myself on a device.	I won’t say I play football for Swifts. I won’t tell my phone number on social networking websites.	Empowered decisions	You protect your information and keep your child anonymous.
I only use Internet devices in public places.	I do not use Internet devices in my bedroom.	Safe environment	You can observe and monitor.
I do not cyber bully.	I treat people kindly.	Protected from themselves	You have confidence that your child is not hurting others.
I must not talk to people I have not met in person.	I only chat or play with people I know in the physical world.	Protected from others	You are confident that strangers can’t enter your home.