



House rules for safe fun technology use

Do you hold your child's hand as you cross a busy road?

Do you insist on knowing where your child is going and how long they will be gone when they leave your home/yard on the weekend?

Why?

Because you love your child. You want your child to be as safe as possible.

How does your child know to hold your hand or ask permission to leave the house? Because you insist on it. 'This is how it is done in our family.' Not negotiable. It becomes normal behaviour. It's part of their 'mindset'.

"When I want to go to the neighbour's house to play, I need to let Mum/Dad know and make sure it's OK." Easy.

And who doesn't love playing with the neighbours. It's a great way to spend the day.

So let's make using the internet safe and fun too. You can use sensible rules and boundaries to create a safety focus mindset. It becomes automatic.

Rules and boundaries as they surround technology are as important to your children's development as those we use in the physical world. Rules and boundaries help your children know 'how we do things here' and help them make good decisions.

Now is the perfect time to build these safe habits for your children and mould their mindsets regarding rules and boundaries. Do it when they are young and you will have fewer 'debates' later in life, when they are perhaps considering more risky online behaviour.

Every family is different. Consider how these rules work in with your values, beliefs and aspirations for your young children.

Print off the colourful PDF version and discuss it with your children. Hang it in your study or pop a copy inside the iPad case. Share it with your friends and family.

House rules for safe fun:

I ask permission

- I check with parent/adult before I use any device (iPad, iPod, computer, tablet, phone, DS, Xbox, Wii, Play Station)
- I must ask permission to use the internet (on the computer, phone, gaming console)
- My parent or carer must log me on
- I cannot use the internet unless my parent or carer is there (or knows what I am doing)
- I ask permission before I chat with a friend
- I ask permission before I download a game or app
- I ask permission before a purchase anything on line
- I ask permission before I enter any competitions
- **When I am asked to log off, I do that**

I have time limits

- There are times when I am not allowed on the computer
- I must have some technology free time each night before bed
- I never use internet devices in the bedroom
- There is no technology allowed in my bedroom at night, so I sleep well

I protect my passwords

- My parent or carer **has my passwords** to any device or website
- I do not share my password with anyone except my parent or carer (unless they give me permission to share)

I must never talk about myself on the computer or on a device

- I must never share a photo online without permission
- I must never mention my school or address
- I must never mention the team where I play sport
- I must never mention when we are going on holidays

I am only allowed on some sites and some games

- I have a list of websites that I am allowed to visit
- I can only use programs that my parent/carers allows
- I must never click to download anything (without permission)

I must not talk to people I have not met in person

- I check with parent/carers before I chat with someone, even if I think I know who they are
- I can only message others if I have permission from my parent or carer
- I do not accept a message from anyone until an adult has said it is OK
- I do not play with people I do not know inside online games

If something makes me uncomfortable or if I make a mistake I must tell my parents