

House Technology Rules

Do you expect your child to ask you when they are going to visit a friend or go play at the park? Do you get your child to bed at a reasonable time? Do you put vegetables or salad on their plates most nights? Do you expect them to wear seatbelts in the car and helmets on their bikes? Yes?

Why?

Because you love your child. You want your child to be as independent, healthy and safe as possible.

How does your child know these expectations? Because you insist on it.

“This is how it is done in our family.”

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 okay.” 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 balanced, healthy and safety mindset. It becomes automatic.

Rules and boundaries, as they surround technology, are as important to your child’s development as those of the physical world. Rules and boundaries help your child know ‘how we do things here’ and **help make good decisions automatic**.

They will soon be teenagers, seeking even more independence. You can use this time to create great habits. 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 child. Hang it in your study, or pop a copy inside the iPad case. Share it with your friends and family. Remember, consistency is the key.

House Technology rules

I ask permission.

- I check with a parent/adult before I use any device (iPad, iPod, computer, tablet, phone, DS, Xbox, Wii, PlayStation).
- I must ask permission to use the Internet (on the computer, phone, gaming console).
- 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 I 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 that 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 or my family on the computer or on a device.

- I must never share a photo online without permission.
- I must never mention my school or home 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 my 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 okay.
- I do not play with people I do not know inside games (like Minecraft).

If something makes me uncomfortable or if I make a mistake, I must tell a parent or carer.