

# 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 us to learn and play online safely.

Benefit for your child	Rule	Action	Benefit for parent
Confident action	I ask permission to use technology.	“May I use your phone?” “May I play on my iPad?”	You are involved and aware of online activity.
Empowered decisions	I must not talk about myself on a device.	I won’t say I play football for Swifts. I won’t share my phone number online.	You protect your information and keep your child anonymous.
Healthy choices and balanced activities	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.	This reduces nagging and arguments.
Protected from 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.	You are confident that strangers can’t enter your home.
Protected from themselves	I do not cyber bully.	I treat people kindly.	You have confidence that your child is not hurting others.
Safe environment	I only use Internet devices in public places.	I do not use Internet devices in my bedroom.	You can observe and monitor.