

DIGITAL TECHNOLOGY USAGE: TIPS FOR DISCUSSING IT



Your teen's online life is as important as their offline life.

1 Take an interest in your teen's activities

- What are their favourite games?
- What are the platforms they like the most?
- What are their main social networks?

2 Help your teen develop critical thinking skills

Encourage your teen to:

- Check the sources and compare different points of view.
- Find out who's talking and why.
- Be open to discuss the arguments.

3 Help them become a digital citizen

Encourage your teen to:

- Be respectful online.
- Show empathy with the person behind the screen.
- Refuse to tolerate inadequate behaviours and to talk about it to a trusted adult.

Be present and available.

