

PARENTING AND DIGITAL CONSUMPTION

YOU'RE A ROLE MODEL FOR YOUR TEEN!



Think about your own digital consumption, **lead by example**, and develop good **digital hygiene** as a family.



1

Learn how to stay safe online

Use strong passwords, don't share your codes.

2

Set up your privacy and security settings

Activate private browsing, turn off location services.

3

Take the time to do some research

Look for the benefits and drawbacks of an app before downloading it.

4

Think of the long term

Pictures, messages, and comments leave a footprint.

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HERE ARE SOME TIPS FOR SUCCESSFULLY MANAGING DIGITAL CONSUMPTION AT HOME.



Involve your teen in your reflections on setting rules and limits for screen use.



Establish guidelines that change with time, based on the age of your teen and their personal characteristics.



Help your teen balance their time between screen use and other activities that are good for them, like sports, hobbies, and playing with friends.



Discuss the digital content your teen consumes, potential online risks, and best practices to stay safe online.