

Supporting your son or daughter



- Take an interest.
- Listen and don't judge.
- Engage with them.
- Use technology with them.
- Do not become a 'sharent' - lead by example.
- Talk to other parents about any issues - join social media parents groups.
- Open minded to technology.



Dear Parents and Carers,

How often do we ask permission before posting a picture or story related to our children? It is time we started supporting our children so that they can talk to us about what they access online. Here are the top tips from the experts:

1. Use technology **with** children - include them in your use of technology. Ask them for permission if you are sharing pictures of them; this will teach a positive habit. Take the lead and show them how YouTube works, show them how you write emails, post to your social media and make sure your profiles are positive so that they copy your lead.
2. Do not become a sharent - we know that children copy adult behaviours so be a role model when using your own social media. Try to limit the amount of time your children see you accessing technology. Teach good habits, and if you want to share an image, then ask your child's permission. This teaches them a positive behaviour in that they need to learn that they can say no to things that make them feel uncomfortable. They need to learn to ask others before sharing images too.