

DIGITAL SAFETY FOR YOUR FAMILY

@PARENTINGONPLATFORMS



**K.MCGARVEY
PRESENTATIONS**

Know the apps your child is using	Make sure that you know the exact apps, sites and games that your child is using. Have their login information, and monitor these constantly.
Set Boundaries and Have the Tough Conversations	Clear boundaries need to be set around what your children are able to do on their devices. Think about the What, Where, How much, and who of every app and game and cover your boundaries around these. Check out my E-course that can help you set these boundaries!
Have the tough and uncomfortable conversations with you children	Children have access to the internet and the ability to seek out anything they may be curious about. Make sure you are the one they are learning from when it comes to the tough topics like sex, politics, religion etc. They need to know that you are there to help them, in an informative non-judgmental way!
Provide Time with NO Devices	Children are suffering from mental health issues and loneliness and many of those feelings relate to too much device/social media time. Provide both family and friend time where devices are not around. Be the example.
Keep Devices out of the Bedroom	Have a charging station outside bedrooms, keep gaming systems in common areas and make bedrooms a device free zone!
Know what Social Media & Gaming Opens your Child up to	These apps open your child up to a number of things that in many ways they are not ready for. Use these games and apps yourself before blindly handing them to your child!
Implement Resources	Look into the following resources to help you on your Digital Safety Journey! <ul style="list-style-type: none">● SaveVision● Gabb Wireless● Bark

- Life360
- Kidas

Follow me on Instagram for more tips and tricks:



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Check out my E-course for implementing boundaries:

Start Here

SCREEN SHOT THE QR CODE AND
FOLLOW THE LINK!

