



HTCSD Parent Tech TIPS

Talk about appropriate use,

- Everyone puts Technology away during mealtime.
- Involve your child in creating tech rules.
- Have time limits for Technology.
- Balance between online and offline activity.
- Ensure your child knows the consequences of inappropriate use.

be Involved in their world, and

- Find ways to say yes to your child about using Technology.
- Have conversations about your child's online world.
- Learn something new from your child about Technology.

Pay attention!

- Know the social media your child uses.
- Know their online friends.
- Know their passwords.

Adapted from <http://www.common sense media.org/blog/rules-of-the-road-for-parents-in-a-digital-age>