



# Tips for Parents



**Monday Monitoring** – use every Monday as a scheduled day to check in with your children on their online habits.



**“If they have it, you should have it.”** - If your child has Snapchat, so should you.



**“Team work makes the dream work.”** – Set up your child’s social media account with them and ensure you set all settings to private.



**Read Up – Knowledge is power** - If your children are using social media or are on a device you need to stay current. Check out our blog at [www.cybersafetyproject.com.au](http://www.cybersafetyproject.com.au) for regular updates.



**“Let’s be mates”** – if your child is using social media, a non-negotiable should be that you are to “follow” and be “friends” with them.



**Screen Time Policy** – 1. Always in communal spaces of the home (never in private). 2. Scheduled screen free time for ALL family members.