

# CREATING A SAFE DIGITAL ENVIRONMENT AT HOME

DIGITAL PARENTING DOESN'T HAVE TO FEEL OVERWHELMING.  
LET'S START BY BREAKING IT DOWN INTO THREE PHASES!



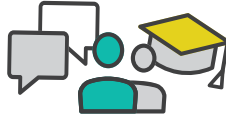
## PLAN

Understand why your children want to use connected technologies.

Learn about the games or apps by downloading, exploring and playing them before allowing you child to use them.

Collaborate as a family to create rules and ways to keep each other accountable for when, where and how technology is accessed in your home.

1



## PROTECT

Talk positively with your children about technology use.

Play and build common technology interests with your children.

Demonstrate and model effective cyber safe and digital wellbeing practices.

Teach your children about how to manage Strangers, Tricky People and Unkind People online.

2



## PREVENT

Explore and activate device and profile settings before using a new app or game.

Research free and paid monitoring software for your home network and mobile devices.

Establish steps your child can take if things go wrong.

Encourage your child to create a list of 3 trusted adults they could turn to for help.

3



CYBER SAFETY PROJECT

ENROL FOR OUR FAMILIES WORKSHOP AT  
[families.cybersafetyproject.com.au](https://families.cybersafetyproject.com.au)