TIPS FOR SAFER GAMING, SOCIAL MEDIA AND DIGITAL TECH FOR CHILDREN

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HOW TO START

- Start having regular chats about the internet/social media accounts etc. Don't wait for a problem to arise.
- Model good habits- try not to scroll too much around your children. Have 'screen free' time together.
- Talk about the effect of too much screens on YOU as an adult- let them know you have to watch your times too!

THE GOLDEN RULES

- Set ground rules-make an agreement for when/how devices are to be used.
- Be in control-devices should be in your earshot so you can monitor. NO DEVICES IN BEDROOMS!
- Take an interest-ask about games, sit with them while they play.
- Talk about 'Stranger Danger' online.
- Check regularly that profiles are set to private.
- Make kids aware you can check devices and activity at ANY time.
- It is NEVER ok to meet up with someone they meet online.
- They will not be in trouble for asking you questions or telling you if something happens online.

Tips for Adults

- Have ground rules-if rules are broken, follow through and be consistent.
- Try to be strong. If friends have apps or socials that are not for their age, SAY NO!
- Have time limits set-devices to be handed over before bedtime
- Be approachable-try be calm if they come to you with a story about a friend etc.
- Make them aware of the dangers.

If online bullying happens:

- Record the evidence (screenshot messages/email videos on to your email
- Report and Block the user in question.
- Inform relevant authorities (school/Gardaí)
- Do not take your child's device away completely as they will think you are punishing them for telling you.
- Tell your child it is not their fault, they did nothing wrong.
- Try to monitor and talk regularly to your child. Seek professional help if needed.

Parental Controls -Tablets/Phones

Google Family Link-is a family parental controls service by Google that allows parents to adjust control for their children's devices. The application allows parents to restrict content, approve or disapprove apps, set screen times, and more.

One adult in your family — the organizer — invites all the other members to join and sets up accounts for anyone under 13.2 Once family members join, Family Sharing is set up on everyone's devices automatically. The group then chooses which services and features they'd like to use and share.

Apple screentime

Amazon Fire Tablet

https://www.internetmatters.org/parental   -
controls/smartphones-and-other-devices/

Parental Controls:Gaming & Consoles

Playstation-Parental Controls

Xbox-Microsoft Family

Nintendo Switch-Parental
Control App

https://www.internetmatters.
org/paretnal-
controls/gaming-consoles/