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DIGITAL PARENTING CO.

Quick Guide to

DIGITAL

PARENTING



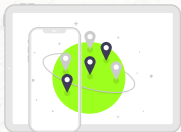
[www.digitalparenta.com](http://www.digitalparenta.com)



When having the first online safety talk with children, it's essential to keep the discussion age-appropriate, clear, and open. Here are the key points to cover:

## 1 What the Internet Is

Explain that the internet is a tool where people can communicate, learn, and play but also a space where not everyone is who they say they are. Encourage curiosity while emphasising that not everything online is trustworthy



## 2 Personal Information

Teach the importance of keeping personal information (like home address, school, passwords, and family details) private. Let them know that sharing too much online can make them vulnerable

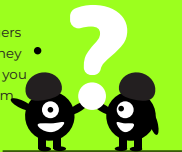




### 3 Stranger Danger

Explain that just as they shouldn't talk to strangers in real life, they shouldn't engage with people they don't know online. Encourage them to come to you if someone they don't know tries to contact them.

[Office for National Statistics](#)



### 4 Cyberbullying

Discuss what cyberbullying is and encourage them to come forward if they or someone else is being bullied online. Emphasise that they should never participate in bullying.

### 5 Respectful Online Behaviour

Teach children to treat others online the way they would want to be treated.

Remind them that everything they post can stay online forever, even if deleted.



### 6 Reporting and Blocking



Show them how to report inappropriate content or behaviour and block users on platforms they use. Encourage them to tell an adult if they see something upsetting or strange.

## 7 Scams and Phishing

Warn about online scams and the importance of not clicking on unfamiliar links or giving out personal details. Explain what phishing is and how they can avoid it



## 8 Screen Time and Balance

Discuss the importance of balancing screen time with other activities like homework, outdoor play, and family time. Set clear, age-appropriate rules on screen time limits



## 9 Privacy Settings

Go over the privacy settings on their devices, apps, and games. Teach them to use strong passwords and why it's important to protect their accounts



## 10 Coming to You for Help

Reassure them that if they ever feel uncomfortable, confused, or scared about something online, they can come to you without fear of punishment





# Android

## **Step 1: Get the Family Link App**

- Go to the Play Store (shopping bag icon).
- Search for "Google Family Link" and install it.

## **Step 2: Connect Your Child's Phone**

- Follow the app's instructions to link their phone to yours.

## **Step 3: Set Restrictions**

- Open Family Link to block bad apps and set screen time limits.

## **Step 4: Set a Bedtime**

- Use Settings > Digital Wellbeing to turn off the phone at night.

# iPhone



## **Step 1: Open Settings**

- Tap the gear icon on the phone.

## **Step 2: Turn on Screen Time**

- Find Screen Time in Settings, then tap to turn it on.

## **Step 3: Block Content**

- Use Content & Privacy Restrictions to block adult stuff.

## **Step 4: Set Downtime**

- Pick times when the phone won't work, like bedtime.

# Windows Laptop



## Step 1: Add a Child Account

- Open Settings (gear icon).
- Go to Accounts > Family & Other Users and add your child.

## Step 2: Use Microsoft Family Safety

- Visit [Microsoft Family Safety on a browser.](#)

## Step 3: Set Screen Time

- Pick how many hours your child can use the laptop each day.

## Step 4: Block Websites

- Family Safety can block bad sites automatically.

## What we Offer

- Introduction to Digital Devices
- Setting Up Parental Controls
- Communicating Online
- Digital Security and Privacy
- Social Media Basics
- Online Transactions
- Handling Digital Devices and Apps
- Introduction to Microsoft Office Suite
- Encouraging Healthy Digital Habits
- Online Learning and Development
- Advanced Digital Parenting Strategies



[contactus@digitalparenta.com](mailto:contactus@digitalparenta.com)

+44 7578 859301

+44 1253 675826



@DigitalParenta



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