

Raising Smart DIGITAL CITIZEN

digitalparenta
DIGITAL PARENTING CIC

www.digitalparenta.com

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Dear Parents,

At Digital Parenta, we understand that raising kids today means navigating new digital landscapes. Social media, gaming, YouTube, smartphones. They're part of your child's world. Our mission is to empower you with practical tools and tips that help your family build a healthy, balanced relationship with technology.

This guide contains 8 expert-backed strategies, simple to apply and powerful in impact. Let's raise confident, compassionate, and cyber-smart kids together.

"You don't need to be a tech expert. You just need to be present, aware, and willing to learn."

Tip #1

Start Early, Talk Often

Lead with trust and open dialogue.

- **Start conversations before there's a problem. Talk about what they do online, what they enjoy, and what confuses or upsets them.**
- **Don't wait for them to stumble, make digital safety and kindness a regular topic.**
- **Frame questions like:**
  - **"What's your favorite thing to do online?"**
  - **"Have you ever seen something online that felt weird or made you think?"**



Tip #2

Set Boundaries with Screen Time



Create structure, not control.

- **Establish clear family rules:**
  - **No phones at the dinner table**
  - **1-hour gaming limit on school nights**
  - **No screens 30min before bed**

- **Collaborate on rules, let kids have a say, so they feel ownership.**

- **Balance screen time with green time: outdoor play, chores, hobbies.**

Tip #3

Know What They're Using

Get familiar, not fearful.

- **Explore their favorite apps, games, and social platforms with them.**
- **Ask to "co-play" or watch them use a new app, show curiosity, not criticism.**
- **Stay updated on trending apps through our Digital Parenta App Watchlist (updated monthly!).**

Watch out for:



- **Anonymous chat apps (e.g., Omegle, Yubo)**
- **Apps with disappearing messages (e.g., Snapchat)**
- **Games with unmoderated chat (e.g., Roblox, Fortnite)**

Tip #4 Teach Privacy and Online Safety

What they share now can shape their future.

- **Teach the "Grandma Rule": Don't post anything you wouldn't show to Grandma or a future employer.**
- **Use real-life examples of viral mistakes and how they impact reputations.**
- **Help them build strong passwords, understand phishing, and recognize fake news.**



Tip #5 Encourage Positive Tech Use

Technology is a tool. Help them use it to create, not just consume.

- Introduce platforms for coding, music production, video editing, design, or digital storytelling.
- Ask: "What would you like to make with tech this week?"
- Celebrate digital achievements: a game built in Scratch, a playlist, a family vlog.

Digital Parenta Picks:

- **Ages 6-10: Tynker, Osmo, Duolingo**
- **Ages 11-14: Canva, GarageBand, Khan Academy**
- **Teens: Notion, Skillshare, Adobe Express**



Tip #6 Be a Role Model

Kids notice if you're scrolling at the dinner table or distracted during play.
Model healthy habits by setting your own limits.



Tip #7 Supervise Without Spying

Build trust: don't sneak. Use tools like family sharing, screen reports, and app permissions openly.

Say: "I'll help you stay safe online, just like I help you stay safe in the real world."

Tip #8 Expect Mistakes, Stay Supportive

Every child will mess up: send the wrong message, click a bad link, break a rule.
Respond with patience. Help them reflect and learn, not fear and hide.

Final Words from Digital Parenta

You don't need to know everything, you just need to stay connected. Digital parenting is a journey, and you're already on the right path. With these tips, tools, and conversations, you're not just keeping your child safe, you're helping them thrive.

Explore more at: www.digitalparenta.com

Weekly Chat Guide for Staying Safe Online

1. What's Private, What's Public?

I know not to share my:

- Full name
- Home address
- Phone number
- School name
- Birthday

I ask before sharing family photos or personal details online. I know that even funny videos or pictures can be copied or spread without permission.

Talk Prompt: *"Can you think of something you saw online that shouldn't be shared?"*

2. Password Power

- I have a strong password (8+ characters with letters, numbers, and symbols).
- I don't share my password - even with my best friend.
- I change my password if something feels off.

Talk Prompt: *"What would make a good password? Why shouldn't we reuse the same one everywhere?"*

3. Stranger Danger is Real Online Too

- I don't accept friend requests or messages from people I don't know in real life.
- I never agree to meet someone from the internet.
- I tell a trusted adult if anyone makes me feel weird or uncomfortable.

Talk Prompt: *"What would you do if someone you didn't know messaged you?"*

Think Before You Click

- I don't click links or pop-ups without checking first.
- I know what scams, fake games, or sketchy giveaways look like.
- I report things that look “off” or ask for too much info.

Talk Prompt: “Have you ever seen a weird ad or link that felt wrong?”

Respect Others' Privacy Too

- I ask before posting photos of others.
- I don't share someone else's secrets, info, or posts without asking.
- I treat people online like I do in real life with kindness and respect.

Talk Prompt: “What does being kind online look like? What if someone isn’t?”

Weekly Check-In Tips for Parents

- **Use a calm, curious tone and no lectures. Reward honesty. Mistakes are teachable moments. Repeat one section per week to keep learning fun and bite-sized.**



send an email to
info@digitalparenta.com
to get a copy

Help & Support

CEOP Safety Centre - Report concerns about online sexual abuse, grooming or exploitative communication.
www.ceop.police.uk/safety-centre

Childline - Confidential support for under-19s, online or by phone: 0800 11111.
www.childline.org.uk

Report Remove - For under-18s in the UK to report sexual images or videos of themselves for removal.
www.childline.org.uk/report remove

NSPCC Helpline - Advice for adults worried about a child: 0808 800 5000.
www.nspcc.org.uk

Police - 999 for immediate danger; 101 for non-emergency concerns.
www.police.uk

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