

STARTING

DIGITAL conversations TALK

AT HOME (FOR ADULTS)



Valuing Children
— INITIATIVE —



DiGii
SOCIAL

Being open and having a 'no topic off limits' invitation for your child will help with keeping them safe online. Here are some tips for starting the digital conversation:

- Use your own social media to start discussions in your home about what a post might mean, how it sounds, whether it's appropriate, kind or nasty, whether your child would post something like that and why or why not.
- When you see an interest in digital technology with your child- remember that they're going to be the expert – very soon. Getting your child to teach you what they know is a great digital conversation opener. Talk about the device, online access (and how big that is), identify dangers of online access (age appropriate).
- Start early – from 2 years of age and keep the discussions happening all the way through to adulthood. Lots of discussion means lots of points of positive contact and shaping your child.
- Explain that as an adult, it is your job to keep controls on the activity and access to the internet- using apps and safety precautions.
- Encourage your child to set the rules with you. Time limits, no digital use in the bedroom, digital free days, only access agreed sites and apps.
- If your child ever comes across inappropriate content ensure that they know they can talk to you and other adults, who will listen to their concerns and that they or you can report inappropriate content to the [**eSafety Commissioner**](#)

The viewing of inappropriate content or pornography for children is traumatic and we must take this seriously. Every child needs preventative strategies to limit their access as well as parental education on what that content is, why it's damaging and what to do if it's accessed. Ideally we need to prevent children from being exposed to any inappropriate content.

Older children can also keep younger children safe too! It is a shared community responsibility.

To learn more about our organisations, please visit

- our official website at valuingchildreninitiative.com.au or at digiisocial.com.
- You may also email us at info@valuingchildreninitiative.com.au

START TALKING

"No Topic Off Limits"

Being open and having a 'no topic off limits' invitation for your child will help with keeping them safe online.

Here are some tips for starting the digital conversation:

- Use your own social media to start discussions in your home about what a post might mean, how it sounds, whether it's appropriate, kind or nasty, whether your child would post something like that and why or why not.
- When you see an interest in digital technology with your child- remember that they're going to be the expert – very soon. Getting your child to teach you what they know is a great digital conversation opener.



ONLINE ACCESS

Talk About Devices & ID Dangers

Talk about devices, online access (and how big that is) and identify dangers of online access (age-appropriate).

Start Early – from 2 years of age and keep the discussions happening all the way through to adulthood.

Many discussions means lots of points of positive contact and shaping your child.

Explain that as an adult, it is your job to keep controls on the activity and access to the internet - by using apps and safety precautions.

Encourage your child to set the rules with you.

- Time limits
- Digital free days
- No digital use in the bedroom
- Only access on agreed sites and apps
- Set a good example by abiding by these rules yourself



ONLINE ACCESS

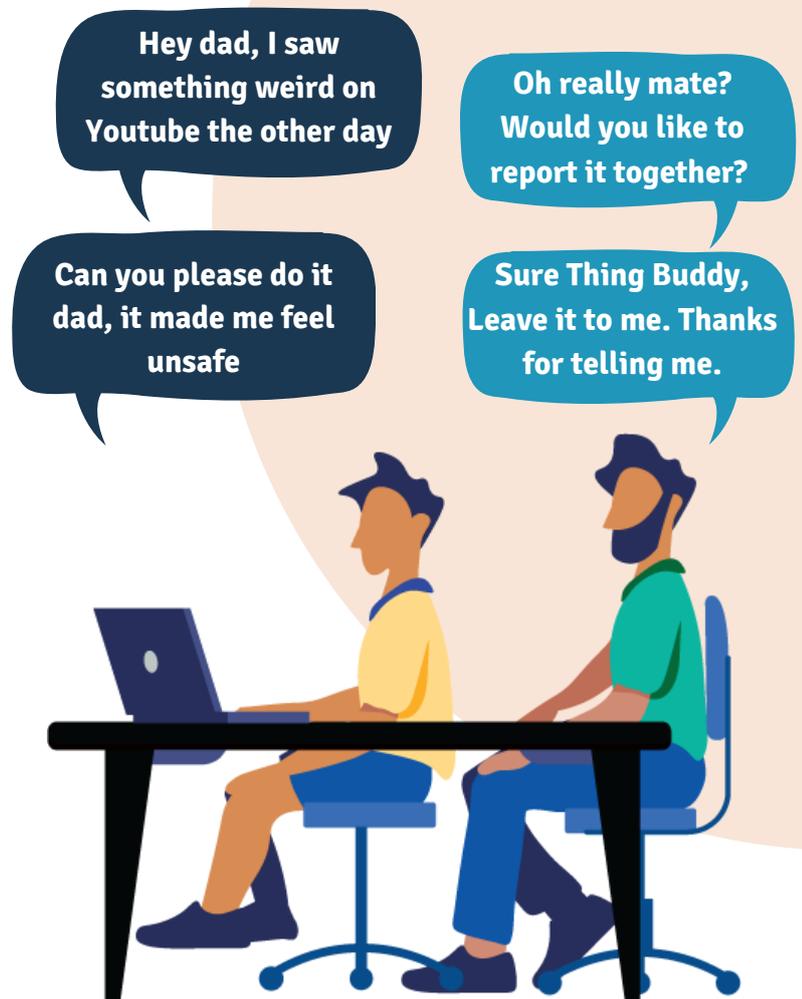
Talk About the Device & ID Dangers

If your child ever comes across inappropriate content it is important that they know they can talk to you and other adults, who will listen to their concerns and can report inappropriate content to the [eSafety Commissioner](#)

The viewing of inappropriate content or pornography for children is traumatic and we must take this seriously. Every child needs preventative strategies to limit their access as well as parental education on what that content is, why it's damaging and what to do if it's accessed.

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This resource was compiled by the

[Valuing Children Initiative](http://valuingchildreninitiative.com.au)

and

[DiGii Social](http://digiisocial.com)

in March 2020.

To learn more about our organisations,

please visit our official website at

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