

WAYNE'S

# TOP 10 TIPS

Helping parents with everyday online life.



# #1 KEEP UP TO DATE

Don't believe all the scaremongering headlines. Just take 5-10 minutes a week to read the blogs & watch the videos.

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



## #2 MAKE 'ONLINE SAFETY' INTERESTING!

Get debates going! Get their opinions on what's in the news. Play a game 'What's the most interesting thing you saw/heard online today?' Encourages critical thinking and awareness.

## #3 FOCUS ON PRACTICAL WAYS TO STAY SAFER ONLINE

such as not sharing personal information, only accepting friends you know and making sure your privacy settings are set up correctly and you're aware of the frequent updates.



## #4 USE SCREEN TIME MANAGEMENT TOOLS

We all need to balance our time online. Try to set a daily limit and stick to it. Not just a tip for the kids Facebooker Parents 😊



## #5 USE PARENTAL CONTROLS

It's not about being controlling. It's about helping block certain apps, limiting time spent on others and helping block access to any unwanted or explicit content such as pornography. Remember what is seen can't be unseen.

## #6 ACTIONS SPEAK LOUDER THAN WORDS

Be kind online and on social media apps. And don't text or check your phone while driving. The kids are watching you!

## #7 LISTENING

is as important as talking about online stuff. And can open the door to real conversations about risk.

## #8 HAVE TECH-FREE BEDROOMS



We don't really need our phones in the bedroom. Better to keep online strangers out of our kids bedrooms.

Also research proves it does impact our sleeping habits. Instead of setting our smart phones, go retro. Get an old fashioned alarm clock.

## #10 WE ♥ OUR DEVICES



(BUT LEAVE THEM AT HOME SOMETIMES)

Spend family time without the disruption of constant ping notifications and annoying status updates. Head off for a bike ride or walk outdoors. Forget about the selfies. Nobody cares! Fresh air, family and no phones. You know it makes sense.



## #9 DEVICE-FREE MEAL TIMES



Ban phones/iPads/laptops at the dinner table. Eating and talking is more fun. Unless you're Will Ferrell...

[www.common sense media.org/device-free-dinner](http://www.common sense media.org/device-free-dinner)



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