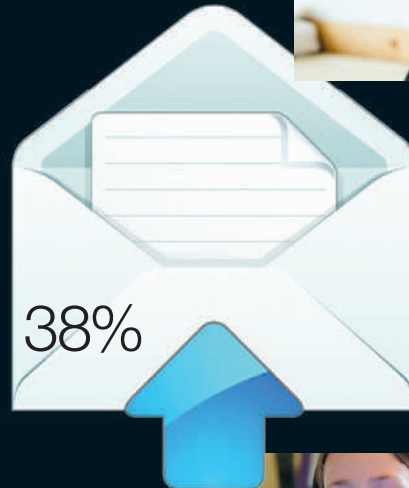


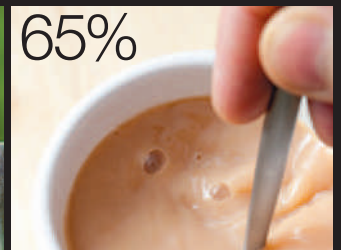
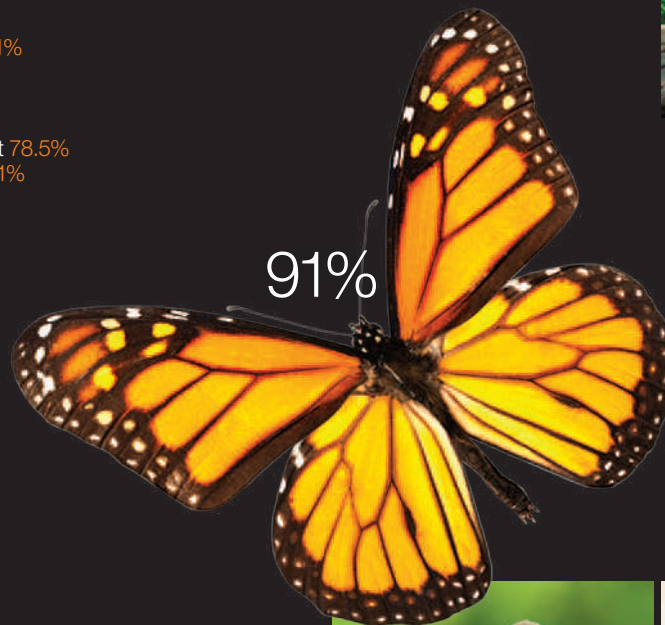
Top 10 things children aged 5 to 13 can do

1. Work a DVD player 67%
2. Log onto the internet 58%
3. Play computer games on a games console (Wii, Xbox or similar) 50%
4. Make a phone call 46%
5. Use a handheld games console (Nintendo DSi, PSP or similar) 45%
6. Use an iPhone (or smartphone) 42%
7. Work Sky+ 41%
8. Send a text message 38%
9. Search for clips on YouTube 37%
10. Use an iPad (or tablet computer) 31%



Top 10 things children aged 5 to 13 can't do

1. Recognise three types of butterfly 91%
2. Repair a puncture 87%
3. Tie a reef knot 83%
4. Read a map 81%
5. Build a camp fire 78% / Put up a tent 78.5%
6. Spot a blackbird, sparrow or robin 71%
7. Make papier mâché 72%
8. Make a cup of tea 65%
9. Build a den 63%
10. Climb a tree 59%





Under 5 checklist

- ✓ **START** setting some boundaries now – it's never too early to do things like set limits for the amount of time they can spend on the computer
- ✓ **KEEP** devices like your mobile out of reach and make sure you have passwords/PINs set up on them for the times you might lend them to your child... or for when they simply get hold of them themselves!
- ✓ **CHECK** the age ratings or descriptions on apps, games, online TV and films before streaming or downloading them and allowing your son or daughter to play with or watch them
- ✓ **EXPLAIN** your technology rules to grandparents, babysitters and the parents of your child's friends so that they also stick to them when they're looking after your child
- ✓ **REMEMBER** that public Wi-Fi (e.g. in cafés) might not have Parental Controls on it – so, if you hand over your iPad to your child while you're having a coffee, they might be able to access more than you bargained for
- ✓ **SET** the homepage on your family computer or tablet to an appropriate website like Cbeebies

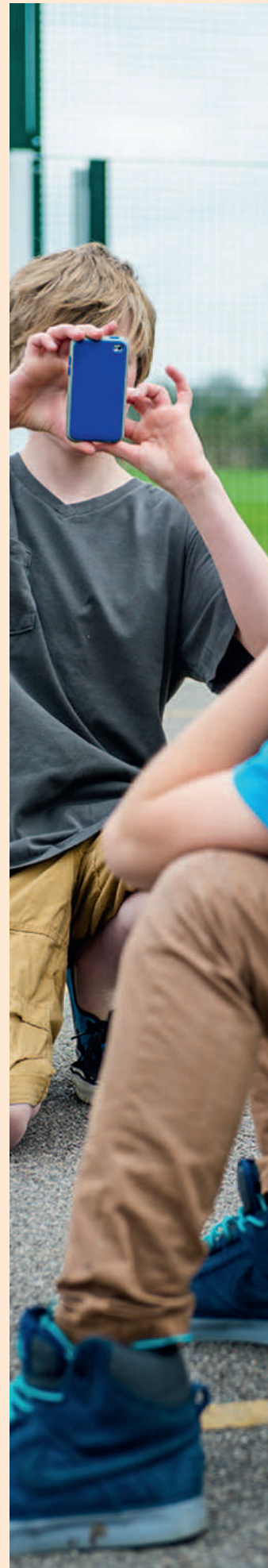
 **Read our articles about toddlers and technology on pages 60 and 62.**



6 to 9 checklist

- ✓ **CREATE** a user account for your child on the family computer with appropriate settings and make the most of Parental Controls and tools like Google SafeSearch
- ✓ **AGREE** a list of websites they're allowed to visit and the kind of personal information they shouldn't reveal about themselves online (like the name of their school or their home address)
- ✓ **DECIDE** time limits for things like using the internet and playing on games consoles
- ✓ **BEAR** in mind what older siblings might be showing them on the internet, mobiles, games consoles and other devices and agree some rules as a whole family
- ✓ **TALK** to other parents about their views on things like what age to buy kids a mobile and don't be pressured by your child into letting them use certain technologies if you don't think they're old enough or mature enough... no matter how much they pester you
- ✓ **FAMILIARISE** yourself with age ratings on games, online TV, films and apps, so that you can be sure your child is only accessing age-appropriate content

 **Check out our step-by-step guide to setting up Google SafeSearch on page 80.**



10 to 12 checklist

- ✓ **MAKE** sure you've set some tech boundaries before they get their first mobile or games console – once they have it in their hands, it can be more difficult to change the way they use it
- ✓ **REMINDE** your child to keep phones and other devices well hidden when they're out and about to minimise the risk of theft
- ✓ **TALK** to them about what they post and share online – written comments, photos and videos all form part of their 'digital footprint' and could be seen by anyone and available on the Web forever
- ✓ **DISCUSS** the kind of things they see online – this is the age when they might be looking for information about their changing bodies and exploring relationships, for example
- ✓ **HOLD** the line on letting your son or daughter sign up for services like Facebook and YouTube that have a minimum age limit of 13 – talk to other parents and their school to make sure everyone is on the same page
- ✓ **REMINDE** them that they shouldn't do anything online that they wouldn't do face-to-face

 **Turn to page 104 to see how one parent dealt with her 11-year-old daughter wanting to join Facebook.**

13+ checklist

- ✓ **DON'T** think it's too late to reinforce boundaries or teach your child anything about technology – they might think they have the know-how but they still need your wisdom and guidance
- ✓ **TALK** to them about how they might be exploring issues related to their health, wellbeing and body image online – they might come across inaccurate or dangerous information on the Web at a vulnerable time
- ✓ **DISCUSS** how they behave towards others and what they post online and don't shy away from difficult conversations about things like pornography, bullying and other risky behaviours, such as sexting
- ✓ **GIVE** your son or daughter control of their own budget for things like apps and music but make sure you have agreed boundaries so that they manage their money responsibly
- ✓ **DISCUSS** things like downloading and plagiarism so that they understand what's legal and what's not
- ✓ **ADJUST** the settings on Parental Controls in line with your son or daughter's age and maturity – if they ask you to turn them off completely, think carefully before you do and agree in advance what is acceptable online behaviour

 **Read the article about teenagers and technology on page 96.**

Digital Parenting 'essentials' checklist

- ✓ **THINK** about how you guide your family in the real world and do the same in the digital world – don't be afraid to set boundaries and rules for your child from a young age
- ✓ **HAVE** a go at some of the technologies your son or daughter enjoys – play on the Wii together or ask them to help set you up on Facebook if you're not already on it
- ✓ **TALK** to your friends, family and other parents about how they help their children to manage their digital world – you might pick up some interesting tips
- ✓ **MAKE** the most of tools like Parental Controls on computers, mobiles and games consoles, privacy features on social networking sites, and safety options on Google and other search engines
- ✓ **TRY** not to use technology as a babysitter too often – we all do it sometimes, but it's important to know what your child is doing and set limits
- ✓ **MAKE** digital issues part of everyday conversation – show your child that you understand how important technology is to them and talk about all its amazing benefits, but don't shy away from difficult subjects like responsible online behaviour, bullying and pornography