Family Online Safety Institute

GOOD DIGITAL PARENTING

7 Steps to Good Digital Parenting

Seven simple, but still challenging steps to become a good digital parent. It is definitely a journey, like parenting itself. There is no such thing as perfection. Just good enough.

1. Talk With Your Kids

Talk early and often
Be open and direct
Stay calm

2. Educate Yourself

Search online for anything you don't understand
Try out the apps, games, and sites yourself
Explore FOSI's parenting tips and resources

3. Use Parental Controls

Set content and time limits on your kids' devices
Routinely check privacy settings on social media
Monitor your kids' use and their screen time

4. Set Ground Rules and Enforce Consequences

Discuss and sign a family safety agreement
Restrict where and when devices can be used
Remove tech privileges when rules are broken

5. Friend and Follow But Don't Stalk

Follow your kids on social media
Respect their online space and freedom
Don't flood their accounts with comments

6. Explore, Share, and Celebrate

Go online with your kids and explore their digital world
Share your own online experiences
Learn from each other and have fun

7. Be a Good Digital Role Model

Curb your own bad digital habits
Know when and where to unplug
Show your kids how to collaborate and be kind online