

FAMILY DIGITAL VALUES

It's important that our children understand how they should behave online and why it's so important. Discuss your digital values as a family, using this resource as a guide.

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RESOURCES BY DR KATHY WESTON

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OUR FAMILY DIGITAL VALUES

1 We treat other people online with respect, courtesy and listen to their views with an open mind. (Ask your children, what does this actually mean? Can you think of times when you have behaved like this?).





2 We never use rude swear words when talking to other people online. (Often children enjoy using swear words for emphasis or emoji symbols to communicate with other children – but ask them – how might this come across to others? What does it say about you if you use that language? Which words are acceptable for us to use as a family, and which are not?).

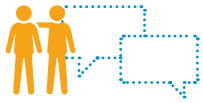
3 We use the 'Granny test' when posting anything online (would granny approve?).

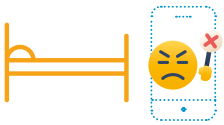




4 If a stranger online tries to make friends with us, or requests that we send them anything, we need to speak to an adult immediately. (Promise that no one will get cross. For older children, you may wish to discuss times you have experienced unwanted requests online yourself – talk about how you dealt with it).

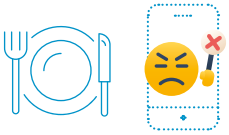
5 If we see something deeply upsetting online, we agree that it is important to discuss it. (Ask them: if you don't feel comfortable talking to family about it, who else could you turn to?).





6 We do not keep digital devices in bedrooms at night – this is because everybody needs a really good night's sleep.

7 We do not use digital devices during mealtimes because we want to enjoy family conversation.





8 Before we download a new app on to any digital device in the house, we will always check that is age-appropriate. (Parents can use www.commonsensemedia.org, or with older teens, you might choose to discuss its pros and cons, helping them think about being critical consumers).

9 As a family we are committed to enjoying digital technology in a way that enhances family life, but we will also remember that balance is important. (Can we think of ways to ensure that our activities and hobby time is balanced? How will we know if it isn't? How would that make us feel?).





10 When using the internet, we will always try to evaluate the reality and motives of the things that we see online. We will try not to take what we see at face value.

11 Before we post pictures of each other online, we will ask each other's permission!



12 .....

13 .....

Signed:

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