safe on social

Parent resilience strategies

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Parent resilience strategies

You wouldn't give your child the keys to the car and let them drive off down the highway without lessons. It is the same with devices. Here is a few tips which will help your children to navigate the online world better.

Talk as a family about what is ok and not ok to share online.

For example:

- Whether any member of the family shares a photo of the house or pets name online.

- When to share family holiday photos and what ones can be shared.

- What personal information is not to be shared online.

- Can parents share pictures of children without their approval? it is a great idea to start asking as young as possible as it teaches children to always ask first.

Rules must change over time as the need to be developmentally appropriate and slowly build in more trust, independence and freedom.

As they grow, children need more autonomy to be able to express themselves in different ways.

Strategise with your children

Most young people would first turn to their friends for help…..we need to teach young people how to support their friends. By default we are teaching them what to do to help themselves at the same time.

Ask them questions:

- What would you do if a friend came to you because they are being cyber bullied?

- How would you address your friend who is sharing to much information online?

- What do you do if a friend shares an inappropriate photo of themselves? then define inappropriate.

When you feed this information to a young person so they can support their friends, at the same time you are teaching them that they can be a leader and someone their friends can count on.

However…..you must always advise when there is no other option other than to get a parent or a trusted adult involved, such as:

Friends sharing inappropriate photos.
Friends going to meet someone they have met online.

Someone is self-harming or talking about self-harm.

This way you are giving young people a lot of authority and autonomy but you are also defining strong boundaries.

Talk about shared concerns

Like identity theft and unauthorised access for example. If there has been a big hack on the news use it as an opportunity to talk about authentication/passwords.

Tap into your child's interests – what are they really into online and then use that as an opportunity to work through and mitigate the risks together.

Set some digital chores

If they take out the garbage, and wash dishes maybe they could learn to do the back-ups, update the anti-virus as well and remind everyone to change passwords.

If you child is begging you for a phone:

Get them to present on a topic of cyber safety every week in the lead up to getting their device….like doing a device drivers license.