

THE digital parenting SCOOP

with Elizabeth Milovidov



As we start a new school year, it's always a great time to set guidelines and routines. And one of the easiest routines for parents and caregivers to add to their already busy schedules is to ask their children two questions :

How was your day?

How was your online day?

The goal is to show your children and young people that you are ready and available to support and listen (and intervene when necessary).

Regular conversations can allow children to open up about uncomfortable topics subjects such as harassment and bullying, especially if parents know what questions to ask.

CONVERSATION STARTERS

Childnet

<https://www.childnet.com/parents-and-carers/what-do-i-need-to-know>

UK Safer Internet Centre

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/have-conversation>



CYBERBULLYING RESOURCES

Connect Safely Parent Guide:

<https://www.connectsafely.org/wp-content/uploads/qg-cyberbullying.pdf>

ENABLE Bullying Guide:

http://enable.eun.org/implementing_enable

En français: e-enfance

<https://www.e-enfance.org/cyber-harcelement>

PARENTING RESOURCES & TIPS

Your local parenting community and parent teacher association at The Old School is your resource of first resort - get together and share ideas on how to use internet, technology and social media safely and responsibly.

Stay current of the latest trends and resources in digital parenting.

Have confidence in your abilities to raise a digital citizen using your offline parenting skills.

Remember that critical thinking and empathy are two skills that your children can always use in abundance offline and online.

Enjoy technology and the digital environment, with balance and boundaries.

Elizabeth