



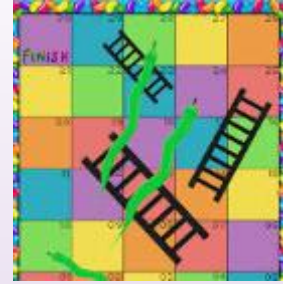
**SAFER INTERNET DAY 2024
RESOURCES FOR PARENTS**

DIGITAL CHALLENGES

- **Tuesday** Safer Internet Day
Digital Detox
 - Evening detox from technology
- **Wednesday** Reflect and discuss digital habits and set new targets if necessary
 - E.g no digital at dinner, no phones after 9.30pm, no phones until after homework is complete.
- **-Thursday** Passwords and social media behavior
 - Check your child's social media to make sure they have private profiles, discuss use of social media posting and talking to others
- **Friday** Use technology in a positive way
 - E.g. learn something new, listen to a podcast

TUESDAY DIGITAL FREE EVENING

- Give- Digital Technology a break
- This evening try to have an evening without phones, or computers
- Options,
- Play a board game or cards
- Make a jigsaw
- Go for a walk
- Read a book
- Bake or cook together



WEDNESDAY- DIGITAL HABITS REVIEW

- ❖ Discuss digital habits and set new targets if necessary,
- ❖ Reflect on both your personal and your children's habits.
- ❖ Maybe try to bring in some new habits

Example:

- No digital at dinner
- No phones after 9.30pm
- Limit to no screens until after homework is complete
- Turn off the wifi at bedtime

- THURSDAY- PASSWORDS AND SOCIAL MEDIA BEHAVIOR CHECK

- ☐ Check your child's social media to make sure they have private profiles
- ☐ Discuss use of social media posting and talking to others
- ☐ The parent section of webwise or the Shona Project website might be useful

Resources for parents in relation to understanding your child's digital world can be found on the parent sections of the following websites.

<https://www.webwise.ie/>

<https://shona.ie/for-the-parents/>

- FRIDAY- POSITVIE USE OF TECHNOLOGY

- ✓ Use technology for something positive

For Example:

- ✓ Learn something new

- ✓ Listen to a podcast