

## CHECKLIST

# Setting up a cyber safe home

- Start early**

As soon as your child starts using connected devices, they should be familiar with the concept of access routines and boundaries. Make a big deal of limits around intervals and time of day.
- Install Family Zone**

Implement Home Zone for the home network and Mobile Zone on each of your kid's mobile devices.
- Have a family meeting**

Grab some snacks, get comfy on the couch, and fill your kids in on your plan to create a cyber safe home. Let your family know that your overall goal is to support them with their technology use, with your primary goal keeping them safe and their use balanced.
- One on one meetings**

For older children, sit with each of them and work through the apps they use. Open them up, use them and review how they use them. Have an open discussion about what they do and who they are online.
- Routines & screentime**

Agree with each child suitable access routines. Ensure at least 1 hour offline before bedtime.
- Enter into digital contracts**

Each year enter into a digital contract with your children. Negotiate rules and consequences.
- Privacy and account settings**

Check and set the privacy & parental control settings of the platforms used by your children. Principles are:

  - No social media or email under 13
  - No chat functions unless moderated under 13
  - You must have PINs/passwords until 16
  - What their "friends do" is irrelevant
  - Block all "risky" platforms (use Family Zone)
- Enter into device contracts**

Whenever you provide your child a personal device enter into a device contract with them.
- Monthly check-ups**

Each month sit with your child and check out their devices, internet usage and online behaviour. Utilise the Family Zone reports and their digital contracts. Focus on the promises they made and update the contracts.