

# FOCUS ON THE INDIVIDUAL CHILD

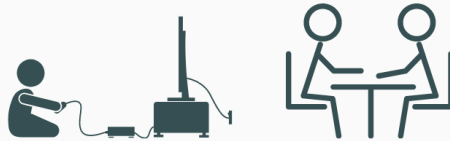
## NOT ALL OF THE CHILDREN

Too often focus is drawn to high-profile, traumatic, or headline grabbing issues involving children and the internet. What's important to consider is that each child will have their own individual interests, their own individual risks, and their own approach to how they discuss their concerns about online events - remember to approach the conversation in your home with family values in mind but individual supports for each child in your home. House rules should be reflective of the ages and internet needs and wants of in the home.



## LEAD BY EXAMPLE

Setting time limits and open expectations dialogues surrounding household & school responsibilities is key to balancing technology use and minimizing conflict as a family. Asking children what they need to do with technology in their communication with school, friends, and entertainment is of benefit as expectations can be set with boundaries that can be enforced. Consider promoting the open use of technology in the home in spaces where oversight, time management, and focus can be encouraged. Importantly, parents & guardians can set a tone by leading by example the healthy digital technology behaviours they want to see from their children.



## SUPPORT THE INTERESTS OF CHILDREN

Prior to the Covid19 pandemic, youth used social media & the internet as a tool for education, entertainment, and connection to friends and family, during the pandemic youth and families relied almost solely on technology for the pivot to remote learning, working from home, and staying connected to friends and family due to lockdowns.

We know that youth who navigate a variety of social situations may find that online interaction makes them feel less isolated. Interacting successfully online could even give some children more confidence to take into their offline relationships.

Consider joining youth in the online environments they participate in.



Play video games together

Explore social media as a family

Watch streaming content and have discussions about the themes

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**Take time as a family to learn about the apps and websites of interest that children want to download or visit. Encourage positive and safe sharing of content with an understanding of what parents/caregivers want children to share and how children communicate to their friends and peers online. Be the safest place for your children to discuss how they individually use social media & participate in gaming communities.**

