

- **Think twice** about giving your child a **mobile phone** or an **iPod.** If you must give them a phone, keep it as simple as possible and preferably without a camera. If you are giving your child must an iPod, consider a simpler device like an iPod Shuffle, which is music only.
- Talk to your children about their use of computer and phone technology and ensure they understand the serious implications of inappropriate behaviour.
- Talk to your children about **sharing personal information online.** Ensure they check with you first before signing up for or joining anything online.
- · Don't allow computers or any device with a screen in bedrooms or other areas where they can be used in an **unsupervised environment**. Prioritise the safety of your children over their privacy while they are at a vulnerable age.
- · Install **filtering software** to restrict access to inappropriate websites and ensure filters exist on all devices that children have access to.
- **Prioritise the safety of your children** over their entertainment. Children travelling on bus journeys can read to pass the time.
- **Look at the rating** despite inconsistencies, this is generally a useful guide on the appropriateness of the movie, game, etc.
- · Know before you go **www.commonsensemedia.org** is a useful website that provides commentary about the content of specific movies, TV shows & games, as well as many other useful links to information.
- · Ask your children what they already connect to online: do they have an **email address, Facebook account, avatar etc.?** You may be surprised at the answers, especially if they have older siblings.

