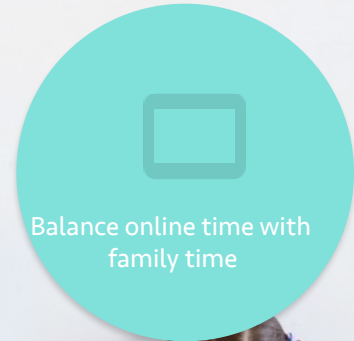


START THE NEW YEAR.. WITH A DIGITAL FAMILY PLAN



TALK

With your child about
online safety

Start The New Year With A Digital Plan...

The New Year is always a good time to start afresh. If your children received new technology this Christmas, set out a plan which includes:

- [] Set time limits for your children using technology. Don't let it interfere with family time.
- [] Have a digital dusk. Make sure that your child does not use devices one hour before bedtime.
- [] Talk about age appropriate apps and games. Check the PEGI ratings for video games.
- [] Ensure your child has a balance between using technology and other activities.
- [] Have digital family time and look at online activities where you can explore technology together.