

Digital Wellness

A Guide to Healthy Digital Diets



8 STEPS TO A GOOD DIGITAL DIET GUIDE



1. Set the rules early
 - a. sign the family digital diet agreement
 - b. Set time limits for technology use
 - c. Create technology areas in the house
 - d. Ban technology from bedrooms
 - e. Enforce sanctions when necessary
2. Set the example
 - a. take an honest look at your own digital diet
 - b. Know when to unplug
 - c. Show your kids how to collaborate and create a positive online presence
3. Get educated
 - a. Search online for anything you don't understand
 - b. Try out the apps, games, and sites yourself
 - c. Explore the GDDG tips and resources
4. Monitor use
 - a. Activate the safety settings in your operating system, search engine, and games
 - b. Use the parental controls on your children's phones, tablets, and game consoles
 - c. Monitor your children's use and their screen time
5. Friend follow but don't intrude
 - a. Friend your children on social media
 - b. Respect their online space try to avoid being too intrusive
 - c. Encourage your children to create a good digital reputation.
6. Get involved Go online with your children and explore their online world
 - a. Take advantage of new ways of communicating
 - b. Learn from them and have fun
7. Build a support network
 - a. talk to your local school let them know what you are doing and they will back you
 - b. let friends know your child has digital diet rules so they can support you when they visit
 - c. share your ideas you may help another parent survive the digital divide
8. Be mindful when faced with opposition
 - a. Stay calm
 - b. Communicate regularly and be honest
 - c. Remember STOP when things get tense.

