

From a Teenager's Point of View: Trust & Privacy

Privacy is important to many teenagers. Respect your child's privacy and balance this with the need to keep in touch with what they are doing online. A good way to do this is to have regular conversations about what they do online, risks they may encounter, and who they can approach for advice.

TRUST MATTERS



Balance the need to respect your child's privacy while helping them to develop their ability to use their device responsibly.



- **Explain** to your child why there is a need for you to help them to monitor their device use
- **Agree** with your child on the conditions they need to meet before you can stop closely monitoring their device use. e.g. when they stick to agreed time limits without being reminded
- **When your child is ready**, you can monitor their device use less often. Have regular chats with your child to find out how they are spending time on their device. e.g. about their screen time, and how they are spending their time online

TALK WITH YOUR CHILD

Converse with your child about real-life issues to help them to recognise, and identify with the opportunities and risks of digital use.



- I heard about... (a new app or game) Do you use it? What does it do?
- (Share article or video about a recent social media craze) Have you seen or tried this? Why is it so popular?
- (Share your screen time on the device) Look at this! I didn't know that I spent so much time on this app. Which app do you use most?

