

## TOP DQ Principle

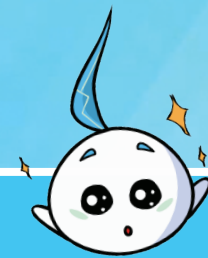
**"Treat others as you want to be treated!"**



### Screen Time Management

- T** Why manage screen time?
- O** Set screen time rules.
- P** Find offline activities.

- Limit screen time to less than 2 hours each day.
- Encourage your child to shut off devices with an early warning (e.g. 5 minute reminder and eye contact acknowledgement).
- Don't forcefully remove devices when time is up; allow your child to put away devices voluntarily and exercise self-control.
- Make specific all-day rules (e.g., no phones during meals, no screens for an hour before bedtime).



### Digital Citizen Identity

- T** Are you a global digital citizen?
- O** Don't be fake online.
- P** Read about your favourite hero.

- For children, the digital world can be a place to explore new identities. It is not uncommon for children to act differently online from how they do in real life. Don't overreact if your child doesn't behave as you expect online. Provide constant assurance so that your child feels safe enough to talk to you whenever they encounter an inappropriate or upsetting situation online.



### Privacy Management

- T** What is personal information?
- O** Treat people's photos/videos with respect.
- P** Strengthen your privacy settings.

- Learn to do this on your favourite social networking site together with your child.
  - Change default privacy settings
  - Limit who can see a post or a photo
  - Tag and de-tag a post or a photo
  - Report an inappropriate post to the site moderator
  - Block someone from contacting you



### Cyber-bullying Management

- T** What is cyber-bullying?
- O** ZERO cyber-bullying.
- P** 3 steps to stop cyber-bullying.

- If your child is involved in cyber-bullying, be supportive.
- Don't blame them or tell them "it's no big deal".
  - Help your child to think through what has happened and how they feel about it.
  - Assure your child that you won't overreact or take away devices.
  - End cyber-bullying by blocking bullies and working with teachers, internet companies, or law enforcement if necessary.



### Cyber Security Management

- T** Do you have strong passwords?
- O** Keep passwords safe.
- P** Guess my password.

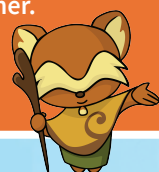
- Don't use public Wi-Fi for accessing sites that require personal info (e.g. passwords, credit cards)
- Turn off GPS and Bluetooth on any portable devices.
- Disable the microphone and camera on laptops or cover the camera!



### Digital Empathy

- T** Do you have digital empathy?
- O** Be an up-stander!
- P** Be an active listener.

- Listen to your child with these three active listening skills.
- Don't interrupt
  - Do make eye contact
  - Reflect their feelings by summarizing what they say to you. You can say:
    - "It sounds like you feel ....."
    - "What I'm hearing you say is ....."



# What's your DQ

## Empower Your Child with 8 TOP DQ Tips!

Start Now @

[www.WhatsYourDQ.org](http://www.WhatsYourDQ.org)



- T** When online, doubt.
- O** Never meet online friends in person.
- P** Spot the lie.

- Be a Content Critic! Help your child learn how to critique content on their own.
- Ask your child about their three favourite movies, games, and apps.
  - Find out whether these media are age-appropriate by reading their content descriptions and ratings online.
  - Are these media appropriate for your child, at their age? Encourage your child to think often about whether the content that they enjoy is appropriate or them.



### Digital Footprint Management

- T** What are digital footprints?
- O** Stop, think, and connect.
- P** Search your digital footprints.

- 'Sexting' is a risky behaviour that is growing among teenagers. Help your child understand that what we do online, stays online.
- Anything shared through 'private' chat rooms and photo apps (e.g. Snapchat, which shows 10-second photos) can easily be leaked and made public online.
- Remember the Grandma Rule: "If you can't show it to your grandma, don't share it!"

