http://parentinfo.org/article/the-5-digital-parenting-rules-that-really-matter

Digital resilience: a parent's guide

6 ways to promote digital resilience for your child at home (follow link below)

http://parentinfo.org/article/digital-resilience-a-parents-guide

WHAT IS
DIGITAL RESILIENCE?

A child who is digitally resilient will be able to:

! **Understand when they are at risk online**

Know what to do to seek help **?**

Learn from experience

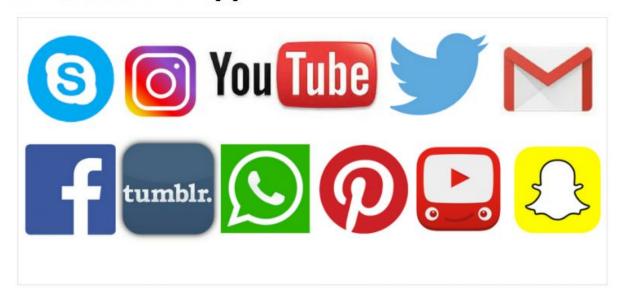**Recover when things go wrong**

This involves:

- Recognising potentially risky scenarios.
- Understanding how to deal with them.
- Using these experiences to adapt what they do online in the future.

Setting safety and privacy settings for social media apps

See article link below.

http://parentinfo.org/article/setting-safety-and-privacy-settings-for-social-media-apps