

## How To Set A Good Example

### Be their role model

- Kids are best guided observing online behaviors
- Kids will see adults using social media long before they get their hands on it

### How can you do this?

- ❖ Avoid gossiping online, do not vent online
- ❖ Teach kids that manners are important offline as well as online
- ❖ Be a learner, and learn more about apps and technologies your child partakes in to understand and ensure they are safe
- ❖ Show yourself in a positive way online
- ❖ Double check the photos you are posting to make sure they are appropriate for everyone
- ❖ Be cautious and limit your use of screen time

The best way to help your child develop a healthy relationship with screen time and social media is to model positive behavior yourself!