KID-SAFE WAYS TO ENJOY TECHNOLOGY

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1

Set Parental Controls

Most gadgets have parental controls to block inappropriate content. h.h.gregg employees can show you how they work.

2

Set Time Limits

Come up with a plan for school days and weekends. The American Academy of Pediatrics suggests two hours of screen time a day or less. It suggests no screen time for children under age 2.

3

Set Location Rules

Have your children use their technology where you can keep an eye on them. Don't allow them to have devices in their bedrooms, especially after bedtime.

4

Set Information Rules

Tell your children to never share personal information online or on social media. This includes their name, school, address, hobbies, and photo.

5

Set Bullying Rules

Talk to your children about what online bullying looks like. Tell them to let you know if they are ever a victim of bullying.