### 1) Talk with Your Kids
- Stay calm
- Talk early and often
- Be open and direct

### 2) Educate Yourself
- Search online for anything you don’t understand
- Try out the apps, games, and sites yourself
- Explore the GDP tips and resources

### 3) Use Parental Controls
- Activate the safety settings in your operating system, search engine, and games
- Use the parental controls on your children’s phones, tablets, and game consoles
- Monitor your kids’ use and their screen time

### 4) Set Ground Rules and Apply Sanctions
- Agree and sign a family safety contract
- Set time and place limits for their tech use
- Enforce sanctions when necessary

### 5) Friend and Follow But Don’t Stalk
- Friend your kids on social media
- Respect their online space and don’t over do it
- Encourage your kids to create a good digital reputation

### 6) Explore, Share, and Celebrate
- Go online with your kids and explore their online world
- Take advantage of new ways of communicating
- Learn from them and have fun

### 7) Be a Good Digital Role Model
- Curb your own bad digital habits
- Know when to unplug
- Show your kids how to collaborate and create online