YouthDiversion
Essex County Diversion Program

DIGITAL RESILIENCE TOOLKIT

FOR PARENTS OF CHILDREN AGES 6-10

1 in **5** parents of a child younger than 12 say their child has their own smartphone*

More than one-third of parents with a child under 12 say their child began interacting with a smartphone before the age of 5*
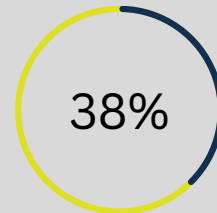
parents think smartphones could bring more harm than good to children*

WHAT ARE THEY DOING ONLINE?

44% of 6-year-olds are going online in their bedrooms*

38% of 10 year-olds have a social media profile*

Source Pew Research Center Report July 2020

WHAT CHALLENGES CAN CHILDREN FACE?

Children between 6 and 10 are going online to play games or watch videos. This activity can quickly become very addictive.

As children get closer to 9 and 10, they start to socialize through games or social media and may come across cyberbullying, explicit content or predators.

HOW DO WE PREPARE KIDS FOR ONLINE CHALLENGES?
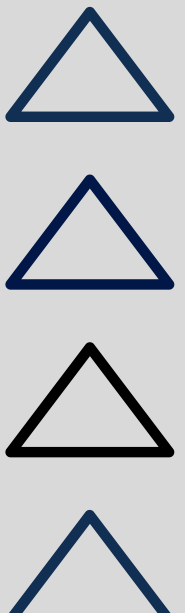
Manage their time online.

Get involved and show interest in what they're doing online.

Use parental controls to create a safer space for kids to explore online.

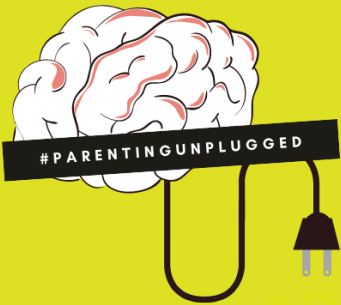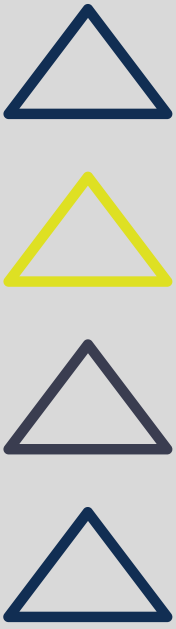## WHAT HAPPENS IF THINGS GO WRONG?

Don't overreact, show your support and talk it through.

Seek to advice from YD or the police.

TIPS TO HELP KEEP YOUR CHILD SAFE

EDUCATE YOURSELF

Explore YD's #parentingunplugged resources online or Google the apps and games your kids are using to better understand their purpose and associated risks.

KEEP DEVICES OUT OF BEDROOMS

Nothing good ever comes from kids having devices in their bedrooms. Replace tools like alarm clocks with mundane options.

SET THE GROUND RULES

Set their passwords and let them know it is your right to look through their device at any time to see who they're communicating with.

CONSIDER YD'S TECH CONTRACT

Technology is a privilege, not a right. It's OK to remind your kids you're loaning them the device in good faith and require them to sign a technology contract in exchange.

REFER TO YD'S #KYPP PRIMARY PROGRAM

#keepyourprivatesprivate Primary equips children with critical thinking skills to enable them to use popular online tools and websites in a secure and ethical manner, and to their full potential.

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