

Family Zone home learning safety tips

Tip 1

Work together.

Online safety is something we need to do "with" our young people not "to them". **Involve them in conversations** around device use during remote learning. Remote learning often goes hand in hand with increased device use, so work out how to manage this together.



Tip 2

Clear expectations.

Coming to a shared agreement about device use and time online during this period of remote learning will make sure everyone **understands what's expected and why** and help to keep everyone accountable. Bear in mind you might have to adjust normal family expectations around time online to accommodate learning from home.



Tip 3

Have conversations.

Increased anxiety and pressure can occur when there are unexpected changes to normal routine. Regular conversations help to ensure everyone's perspectives, needs and expectations around 'life online' are heard and understood. Remember that **listening** is the most powerful part of a conversation.



Tip 4

Allow for compromises.

Remote learning has the potential to be disruptive, not only to learning but also to your child's relationships. Without the luxury of being able to interact with their friends in a physical environment, young people can easily feel isolated. Work with your child to find ways they can **continue to connect** with their social group while still managing work expectations.



Tip 5

Use the tools.

More time online can lead to increased chance of risk and challenge, and this can include access to harmful content.

Take time to **revisit your internet filter settings** and device settings to make sure when your child is learning, they are safe.



Tip 6

Avoid distractions.

Away from the structure of school, it's easy for young people to hop on to an app to play a game or to check their social channels. Talk about expectations and use parental tools (including the Family Zone Connect App) to help them to **focus on learning**.



Tip 7 Create a plan.



Even with the best planning and precautions, sometimes things don't go as expected. Take time to **identify steps** your child can take if things happen which make them feel uncomfortable and who they can connect with if they need help and support.



Tip 8 It's a team effort.

You don't have to know everything - you just need to know where to go for support and advice. Schools, friends and family are great places to start. The more we talk and share ideas, the greater the outcomes for our young people.

Remember to check out your school's website for up to date information about online safety.



Got questions?

Find more information about Family Zone.

Visit familyzone.com or contact our customer support team:

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🌐 familyzone.com/contact

