



Digital Good Practices at Home

Foreword

The purpose of this document is to offer support to students and parents in their use of technology at home. This can include: the iPad provided by the school, personal tools (tablets, laptops...) or other devices (smartphone, video games, etc.).

The charter in the second part of this document will allow you to define the rules for the use of technology that suit you best.

1. General advice

Ask your child to use the tool where you can see what he is doing.

Take the time to browse the Internet with your child in order to know what he is interested in.

Ask him to show you how he behaves on the web.

Talk regularly with your child about new technologies.

Make sure your child is aware of the public aspect of the Internet: law is applicable and all the information published are accessible to anyone.

Make sure your child knows about the dangers of posting personal information and photos as well as the use of the webcam.

Talk to your child and encourage him to tell you about all his bad experiences on the web (shocking content, insults, harassment, etc.)

Help your child to develop their critical mind about the Internet.

Put limits and rules of use (time, schedule, activities etc.)

Examples:

The iPad, laptop or smartphone spend the night in the parent's bedroom.

A defined schedule with the children, written and displayed.

Twenty minutes of computer/iPad per day during the week, one hour during the weekend.

A simple principle, to set up very early: no screens inside the bedroom.

[Source: www.actioninnocence.org](http://www.actioninnocence.org)

2. Charter

Us parents, we commit ourselves to:

- Ensure your safety but respect your intimacy
- Always be there for you when you need it
- Try to answer your questions as best as we can
- _____

Me, _____, I commit myself to:

- Go on the internet
 - Only when my parents are/_____ is at home
 - Only when my parents have given me the authorization



- Only to do my homework and prepare my test / exams
- _____
- Only go on websites that my parents or my teachers have allowed me to.
- Never give personal information (name, surname, age, address, phone number, password, e-mail address, school name, photo, video, hobbies, etc.)
- Never accept meeting someone met on the Internet.

I will only use the webcam with my parents, my family and my classmates.

When I will be confronted to something that bothers me (shocking images, insults, etc.), I will tell my parents about it.

I will respect others: no insults, no use of someone else's password, etc.

I will use the tool maximum _____ minutes per day during the week and _____ minutes per day during the weekend.

At _____ o'clock, the iPad will be put _____.

Signature parents

Signature child