

# Parenting Suggestions Regarding Technology

First, becoming involved in your child's online activity is essential. Ask them to show you what apps they installed and launch them to see their activity. Install those apps on your phone and Friend/Follow them to keep an ongoing awareness of their activity.

Ask them for the username and password for every app they installed. Store this information in a secure but easily accessible location for you. There may come an urgent need to access these accounts for critical information. But ensure they have not shared their passwords with anyone else, even their friends. Explain the danger of an account being hijacked and someone impersonating your child.

It's essential to monitor your child's cyberbullying experiences. Have they ever been ridiculed, intimidated, or humiliated on the internet? Encourage them to come to you for support if they are being bullied, and learn to use the screen capture option to save the evidence. The internet is a public forum, so emphasize that anything they say can be shared without their knowledge or consent.

Please do not allow your child to have a computer or cell phone in their room during bedtime to avoid the temptation to stay up all night.

It's important to consider whether your child needs a smartphone. Do they possess the maturity, judgment, and social skills to use it responsibly? For instance, a stand-alone Apple Watch allows for adequate access and monitoring of your child's whereabouts without exposure to age-inappropriate apps.

Find the right balance between technology and other activities. Is it healthy for your child to come home and plug into their social network, or would they benefit from some quiet time with their family?

For more information, check out [RyanPatrickHalligan.org](http://RyanPatrickHalligan.org). Don't let the dangers of the internet harm your child. Take the steps necessary to ensure their safety and well-being today.