

WHAT IS DIGITAL RESILIENCE?

Digital Resilience is the ability to use positive approaches to recover and bounce back from upsetting interactions or experiences online.



1. Potential Risks

It is vital to talk to your child about every aspect of being online. Along with talking about the many benefits that come with being online, we must talk about the potential risks, too.

2. Take Interest

It is important your child sees that you take an interest in their online activity — make sure they know they can talk to you about anything they see online.

3. Boundaries

Boundaries are important for all aspects of children's lives. When it comes to online activity, parents and carers need to agree household boundaries — for example, are there certain types of platforms or games your child is allowed or is not allowed to use?

4. Digital Footprint

Discuss their digital footprint with them and what they want their online reputation to look like. For example, before they share content online, they might like to consider how they would feel if their school Principal or a family member was to see it?

5. Online/Offline Balance

Encourage a healthy balance engaging in online and offline activities — the internet is a fantastic resource for children and it is important that it doesn't completely replace real life interactions.

6. Critical Thinking

Encourage critical thinking — content shared on online platforms may not always be what it seems. Support your child to identify trustworthy resources and information and to 'share with care'.

7. In Control

Remind your child they are in control and that they do not have to let others ruin their online experience!