

# Parent Quick Guide: Teaching Kids Safe Device Use

Schools may use technology every day, but structured lessons on safe, balanced device use are often missing. As parents, you are the first and most important teachers when it comes to guiding your child's digital habits.

## Why This Matters

- Only 54% of countries include digital literacy in school curricula (UNESCO, 2023).
- By age 13, over 80% of kids are active on social media (Common Sense Media).
- Excessive screen time is linked to sleep issues, reduced attention, and higher anxiety (AAP, 2022).

## 5 Ways to Guide Device Use at Home

- Set up devices together – review privacy, security, and app settings.
- Talk about time – aim for no more than 2 hours recreational screen time daily (AAP).
- Model healthy habits – no phones at dinner or bedtime.
- Role-play tricky situations – practice responses to strangers, peer pressure, or unsafe content.
- Use trusted resources – Common Sense Media and Cyberbullying.org offer free guides.

Visit [www.digitalcitizenship.com/courses](https://www.digitalcitizenship.com/courses) or <https://digitalcitizenship.co/resource-hub/> for resources and get the information you need.