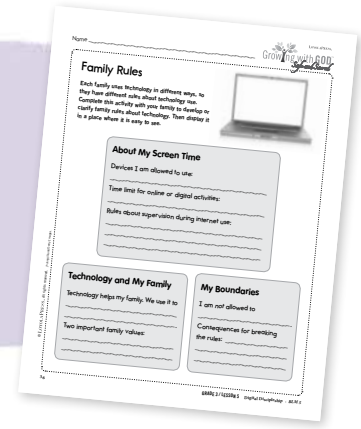


Digital Discipleship

Know Your Online Rules

It is helpful for your child to have clear guidelines about the use of technology. Use the Family Rules handout to review with your child the guidelines your family has set. Explain the consequences for breaking rules online.



How to Be Safe Online

Discuss how your family rules help your child stay safe online. Remind your child to never give out any personal information, including passwords, and to let you know immediately if he or she is contacted online by an adult or a stranger.



Online Respect

Discuss what it means to be a reflection of God's love online. Explain that bullying behavior is wrong whether it occurs face-to-face or in online spaces. Point out that God calls us to be mindful of the feelings of others, both online and offline. Together, pray aloud the Act of Love.

The Holy Spirit Guides Us

With the Holy Spirit's guidance, your child can make good online choices. Explain that the Holy Spirit is always with us and helps form our consciences. Invite your child to share a time when he or she chose to listen to his or her conscience.



Reconnect with One Another

Technology can sometimes be a distraction that leads us away from one another. Make a plan with your child to spend some time together away from screens. Consider playing a board game or planning a fun outdoor activity.

Name _____

Family Rules

Each family uses technology in different ways, so they have different rules about technology use. Complete this activity with your family to develop or clarify family rules about technology. Then display it in a place where it is easy to see.



About My Screen Time

Devices I am allowed to use:

Time limit for online or digital activities:

Rules about supervision during internet use:

Technology and My Family

Technology helps my family. We use it to

Two important family values:

My Boundaries

I am *not* allowed to

_____.

Consequences for breaking the rules: _____
