

Create a Digital Culture

- ✓ Develop household rules for usage and time limits
- ✓ Gain understanding of digital devices prior to access
- ✓ Determine appropriate age to introduce into child's life
- ✓ Review definition of private information with child
- ✓ Understand and enforce terms of service agreements
- ✓ Review applications/websites before use
- ✓ Emphasize protection and use of passwords (even in friendships & intimate relationships)
- ✓ Model healthy boundaries with digital media (dining/driving)
- ✓ Reinforce the need for empathy when using technology
- ✓ Maintain ongoing and open communication
- ✓ Create a safe space without digital media

For more information, contact the Illinois Attorney General's

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