

## Digital Parenting: Protecting and Empowering Kids

What is your Digital Parenting Style? Read the information below to help you determine what approach will work best for you and your family.

### Protect and Limit

You may feel anxious about digital media and the risks your child might face. Issues such as cyberbullying, Internet predators, privacy, inappropriate sharing and socializing, and access to inappropriate content might be at the forefront of your concerns. Your beliefs:

- ∞ Parents need to set boundaries to keep children safe.
- ∞ Digital media and technology aren't important for a child's healthy development.

### Protect

You likely feel somewhat worried about the risks your child might face with digital media. You feel protecting your children online is one of the most important ways you can guide them. Your beliefs:

- ∞ Screen media needs to be balanced with other activities.
- ∞ Children are only one click away from a lot of material that's inappropriate for them.

### Empower

Although you are concerned with protection, it is more important to you to empower your child and encourage his or her use of digital media. You find ways to get involved and increase the benefits of digital media. Your beliefs:

- ∞ Children can learn new things by using online media.
- ∞ Parents should offer guidance on how to use the Internet for learning.

### Empower and Engage

Empowerment and engagement tends to increase with parents who are curious and comfortable with digital media themselves. You like having your child teach you something new and show you things he or she is interested in. Your beliefs:

- ∞ Children need to learn to navigate the digital world and make choices for themselves.
- ∞ Children can exercise their creativity by using online media.