



Getting to grips with the new tech in your home

The New Year may well have brought a whole new range of internet enabled devices into your home – perhaps Santa brought a new games console or tablet, or maybe you’ve passed your old smartphone to your child. Whatever the tech, here are some Digital Resolutions to help you start 2015 on the right foot!

1. Keep on top of your settings. It isn’t a fun job but make 2015 the year you finally sit down with all of your tech and turn on the tools you want to use. Parental controls? SafeSearch? Purchasing settings? Have a look at The Parent Zone website for ‘how to’ guides and decide what will work best for you and your family.
2. Ask your children **who** they talk to online, **where** they go and **what** they do. Resolve to do that at least once a week.
3. Make friends good friends. Try to make 2015 the year to tidy up your online networks and subscriptions. Have you forgotten who half the people are on your Facebook page? Lost track of how many friends your children have online? Have a quick scroll through the names and ask your children to do the same.
4. Decide how much ‘digital off’ time your family is going to have. Even if you can only agree to have half an hour a day without technology or maybe half an hour a week it’s worth thinking about how you are going to create some time that isn’t dominated by electronic devices.
5. Control your email instead of it controlling you. Is your inbox like the back of your sock drawer - full of odds and ends that should be thrown away? Make this the year to tick the ‘opt out’ box. Whenever you or your child signs up for anything anywhere, check to see if they are asking if they can send you email alerts. If you don’t think they will be really useful, tick the ‘no thank you’ box.