

7 Steps to Digital Parenting

A journey, like parenting itself.
No perfection required.
Just good enough.



1. TALK WITH YOUR KIDS

Talk early and often — don't wait for a crisis
Ask open questions and listen without judgment
Make sure they feel safe coming to you with anything

2. EDUCATE YOURSELF

Try out the apps, games, and AI tools your kids use
Learn how algorithms and AI are designed to keep people engaged
Explore FOSI's resources at fosi.org/parenting

3. USE PARENTAL CONTROLS - BUT DON'T RELY ON THEM ALONE

Set content filters and screen time limits by age
Check privacy settings regularly — defaults aren't always protective
Use what you see as a starting point for conversation, not punishment

4. SET GROUND RULES & ENFORCE CONSEQUENCES

Create a family technology agreement together
Be clear that AI should support learning, not replace it
Follow through on consequences when rules are broken

5. FRIEND AND FOLLOW - BUT DON'T STALK

Follow your kids on social media and show genuine interest
Respect their age-appropriate privacy and online space
Don't flood their accounts or embarrass them in front of friends

6. TEACH DIGITAL JUDGMENT - INCLUDING ABOUT AI

Encourage them to question what they see, including AI-generated content
Help them understand that AI can be wrong, biased, or misleading
Remind them that chatbots aren't friends — human connection matters more

7. BE A GOOD DIGITAL ROLE MODEL

Curb your own bad habits - phone at the table, scrolling before bed
Know when and where to unplug, and create device-free time at home
Show them how technology can be used to create, connect, and be kind