



Create your own family IT policy for 13+

The big issues

- Explain the pros and cons of Facebook now they have reached the age at which they can sign up for an account.

The basics

- Agree a budget for things like apps and music. Giving them control of their own spending money can be useful, but make sure your kids know how to manage their money responsibly.

Worth Checking

- Facebook's online privacy settings and how commenting and photo sharing works. Set up your own account to get a feel for it or go to [facebook.com/safety](https://www.facebook.com/safety)

Talk it through

- Explain the dangers of sharing pictures and personal details online. And don't shy away from difficult subjects such as pornography, bullying and sexting. Childline's website can help: [childline.org.uk/explore/bullying](https://www.childline.org.uk/explore/bullying)

And finally.....

- Technology will be second nature to your child by now. Try to stay up to date with new technology, social networks and websites. [Techmums.co](https://www.techmums.co) is full of useful information.