

## Create your own family IT policy for 10 – 12 year olds

### The big issues

- Discuss online privacy and the information they shouldn't share as they use the internet increasingly for homework and socialising.

### The basics

- Make rules for the length of time they can spend on games consoles, tablets and smartphones, as well as the computer.

### Worth Checking

- The kind of language and acronyms used by children in chat rooms. Make sure you know what to look out for. Head to [netlingo.com](http://netlingo.com) for help demystifying cryptic teenspeak.

### Talk it through

- Give the reasons behind boundaries, time limits and parental controls, and be prepared to start re-evaluating the restrictions in line with your child's maturity.

### And finally.....

- Tablets and games consoles shouldn't become a regular 'babysitter'.