SAFEGUARDING ALL OF GOD'S FAMILY

in the ARCHDIOCESE *of* MILWAUKEE

Social Medial and Digital Communication
PARENT TIPS

Concentrating on creating a positive culture of dignity and respect within the current media culture, we want children and youth to be able to make good and healthy decisions when they engage in media.

Parents need to be mindful of the powerful influence media has on children and youth. All media – television, movies, music, video games, computers, phones, etc., can serve as great resources for families. Some tips for maximizing healthy use of media include:

1. **Set rules and boundaries**
   Families that have clear rules and expectations about media usage are more likely to control the amount of media exposure as well as the quality.

2. **Keep televisions and computers out of children's rooms**
   Children who have a television in their room tend to watch more television and are more likely to be unsupervised than those who do not have a television and computer.

3. **Create family alternatives to television time**
   It is important to take some off time from media and replace it with other family activities.

Include positive and educational programs for designated media time that provide learning opportunities for children.

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