

Our family

Set aside a quiet time to discuss and identify your rules and values together.

Talk to your child about rules in general. Why do they think they are useful? Can they tell you about the rules they have at school and how these were chosen? Can they tell you why the rules at school are important?

Talk about respect and how having respect for each other helps to make life easier for everybody.

Try and be honest when talking with your children, this will help develop respect and understanding. It will enable you as a family to make good choices and work together to find answers.

Plan quality time together as a family. If your family have a drink at home or are celebrating a special occasion, it may be appropriate to let your child have a taste if they become inquisitive. Through drinking in a supervised environment your children may be less likely to go somewhere secretive for their first drink. Children will also get a better idea of what to expect if they start to drink without supervision.

(remember it is against the law to give alcohol to a child under 5 years old.)

What to do:

Discuss each header on Activity Sheet 1A and make notes.

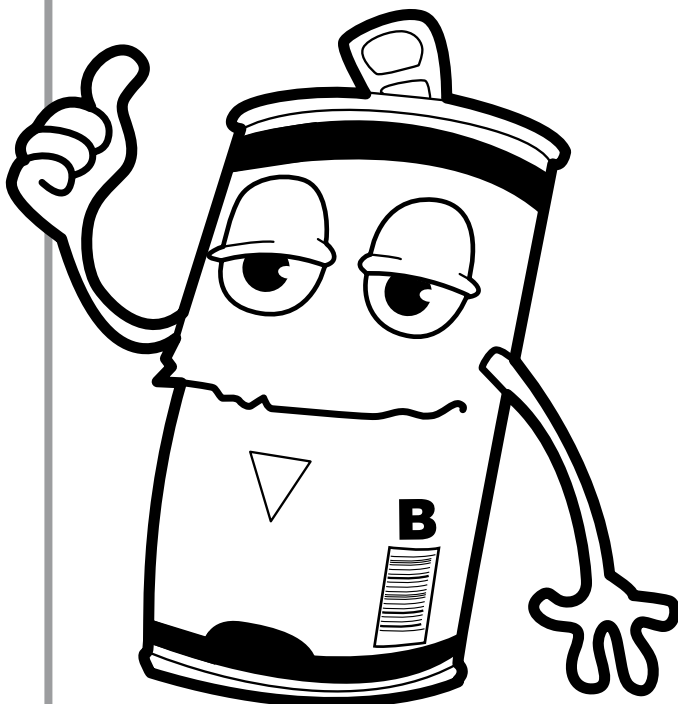
This exercise will help and your child to work out your own family rules/values together.



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Tips for safe web surfing

- Agree together on the type of sites children are allowed to use.
- Encourage your child to tell you if anything upsets them or makes them feel uncomfortable.
- Remind your child not to give out any personal information, this includes their address, telephone number, school details, passwords or pictures of themselves.
- Reinforce the message that they should never arrange to meet anyone in person that they meet online.
- Make sure they check with you before downloading software, music or other files.
- Look for age appropriate sites together.
- Remind your child that people may not be who they say they are in chat rooms.
- Explain how to use the internet to help with their homework by rewriting information in their own words, not cutting and pasting information.
- Explain that the way they behave towards each other is important, they should never bully, gossip or make fun of others or use offensive language.
- **Many internet providers enable parents to restrict access to certain websites. Make sure you activate your parental control.**



Our family values

How do you show you respect each other?

What are your responsibilities to each other?

Are you honest with each other?

How and when do you share ideas?

How do you help each other?

List things you enjoy doing together as a family
