

Parent Guide: Managing Your Child's Digital Life

A practical toolkit for Year 5 & Year 6 Families

Inappropriate messaging often happens because children feel "unsupervised" in the digital world. Here are specific settings to check tonight:

1. Myspace (and Myspace Chat)

- **Restricted Profile:** Go to *Settings > Privacy*. Ensure the profile is set to **Restricted**. This means members cannot connect with your child until they have been manually approved.
- **Public Visibility:** Be aware that "Artist" accounts (Musician, DJ, etc.) are **public by default** and cannot be made restricted. We recommend children stick to "Personal" profiles.
- **Chat Status:** If your child is being bothered by messages, they can change their status to **"Offline"** in the Chat menu to stop incoming pings.

2. WhatsApp & Messaging

- **Group Privacy:** Go to *Settings > Privacy > Groups*. Set this to **"My Contacts"** so strangers or classmates cannot add your child to large, unmonitored groups without permission.
- **The "Living Room Rule":** Ensure all devices are charged in a communal area (like the kitchen) overnight. No devices should be in bedrooms after bedtime.

3. Using Built-In Controls

- **iPhone (Screen Time):** You can set a "Downtime" (e.g., 8:00 PM) that locks all messaging apps automatically.
- **Android (Google Family Link):** This allows you to remotely see how much time they spend on specific apps and lock them from your own phone if necessary.

4. The "Screenshot & Block" Method

Teach your child that if a conversation becomes mean or inappropriate:

1. **Don't reply** (this avoids escalating the argument).
2. **Take a screenshot** (evidence if needed).
3. **Block the user** immediately.

