

# TWO-WAY TRUST: PARENTS/CARERS & CHILDREN

## WHAT YOU NEED TO KNOW:

- 1** Building trust is more important than setting rules or making threats of punishment. Young people need positive advice and guidance as they develop and begin to make their own decisions. Learning and setting agreements together is better than banning online use. Revisit agreements as young people get older.
- 2** Young people want adults to lead by example. They need positive role models for all aspects of life, including socialising and interacting online. Good role modelling online includes: asking consent to share pictures of others (including your child), not posting comments that can cause offence and only accepting friend requests from known people.
- 3** Young people want to feel they can turn to adults for advice and support. They want adults to listen to them and not judge. This means not blaming them for anything that has happened online and providing calm support and guidance on what they can do and where they can get help.

## CONVERSATION STARTERS

*What do you think might worry me about you being online?*

*What might worry you about me being online?*

*Do you think a family agreement for online use is a good idea? How might this look for us?*

*How much do you think I should know about what you do online?*



*"I think learning it [social media] together has been a better relationship for the both of us"*

## WANT MORE INFO?

**Sharing pictures of your children online**  
[www.thinkuknow.co.uk/parents/articles/Sharing-pictures-of-your-children/](http://www.thinkuknow.co.uk/parents/articles/Sharing-pictures-of-your-children/)

**Having a conversation with your child**  
[www.thinkuknow.co.uk/parents/articles/having-a-conversation-with-your-child/](http://www.thinkuknow.co.uk/parents/articles/having-a-conversation-with-your-child/)

**A parent and carers introduction to Asking The Awkward**  
[www.thinkuknow.co.uk/parents/ask-the-awkward](http://www.thinkuknow.co.uk/parents/ask-the-awkward)