

# Digital Resilience Toolkit

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## Parenting Guide

See how your parenting can help build your child's digital resilience

## What type of parent am I?

### 1. Authoritative

*This is the ideal parenting style – It's the perfect balance between setting boundaries for your child and giving them space to grow*



There are four types of parenting style: **Authoritarian**, **Permissive**, **Neglectful** and **Authoritative**

*How is this beneficial in building my child's digital resilience?*

- You act as a guide and support by telling them you've been on this earth a little longer and have the experience to help them tackle their online issues
- You are willing to listen to your child's views and validate their feelings
- You give your child a sense of containment and ensure your child feels a sense of security to allow them to take risks
- You are giving them the control to navigate their own online world but ensuring they are also safe by having the right safeguards in place
- A child of an authoritative parent feels as though they have the respect of their parents but also respects their parents

### 2. Authoritarian

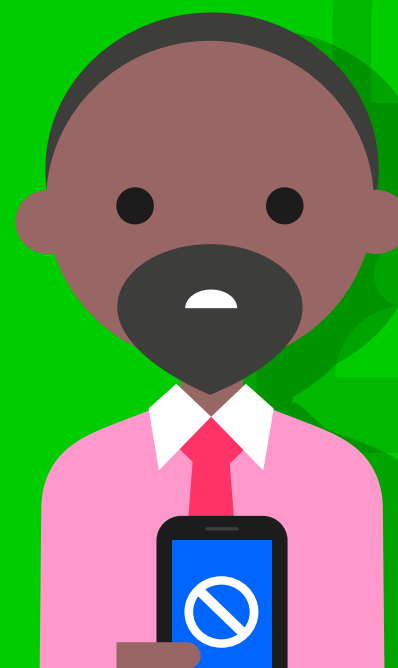
*This is a 'my way or the highway' style of parenting*

*Why this may be problematic?*

It can be damaging as you are minimising a child's opportunity to deal with life and crucially minimising feelings about their resilience and their grit

*What could I do differently?*

- Spend more time listening to your child
- Validate them for what they're doing
- Allow them to have more say in the way their lives are run



### 3. Permissive

*This is when you want to be your child's best friend*

#### *Why this may be problematic?*

A child's self-esteem is dependant on boundaries and expectations. If they don't have any boundaries or consistency, this can be problematic as they won't feel a sense of containment and they don't have the ability to self-parent

#### *What could I do differently?*

- Practice setting boundaries and implementing rules
- Openly talk to your child about your expectations of online behaviour, what they're getting up to online, who they're talking to and explain why you're establishing rules
- Don't be afraid of not being liked by your child, you need to be a parent and keep them safe online



### 4. Neglectful

*You completely leave your child to their own devices*

#### *Why this may be problematic?*

Without parent oversight, it can encourage a child to solely depend on themselves and be more vulnerable to experience online risks.

#### *What could I do differently?*

- Make time for your child and their online world
- Get involved and find out what they're up to online
- Have regular conversations
- If you are struggling to parent your child, you may need to seek help such as talking to your GP or a social worker

