

NAVIGATING TODAY'S TECHNOLOGY CHALLENGES

Grade 5-8 Parent Session

Katie Shefren, *middle school assistant principal*

Colin Bridgewater, *middle school technology coordinator*

23 October 2018 • 6:30 pm

AGENDA

A. Overview of Data Protection at ASL

B. What's the latest research?

- Common Sense Media
- Pew
- ASL Family Survey

C. Teaching students the skills they need

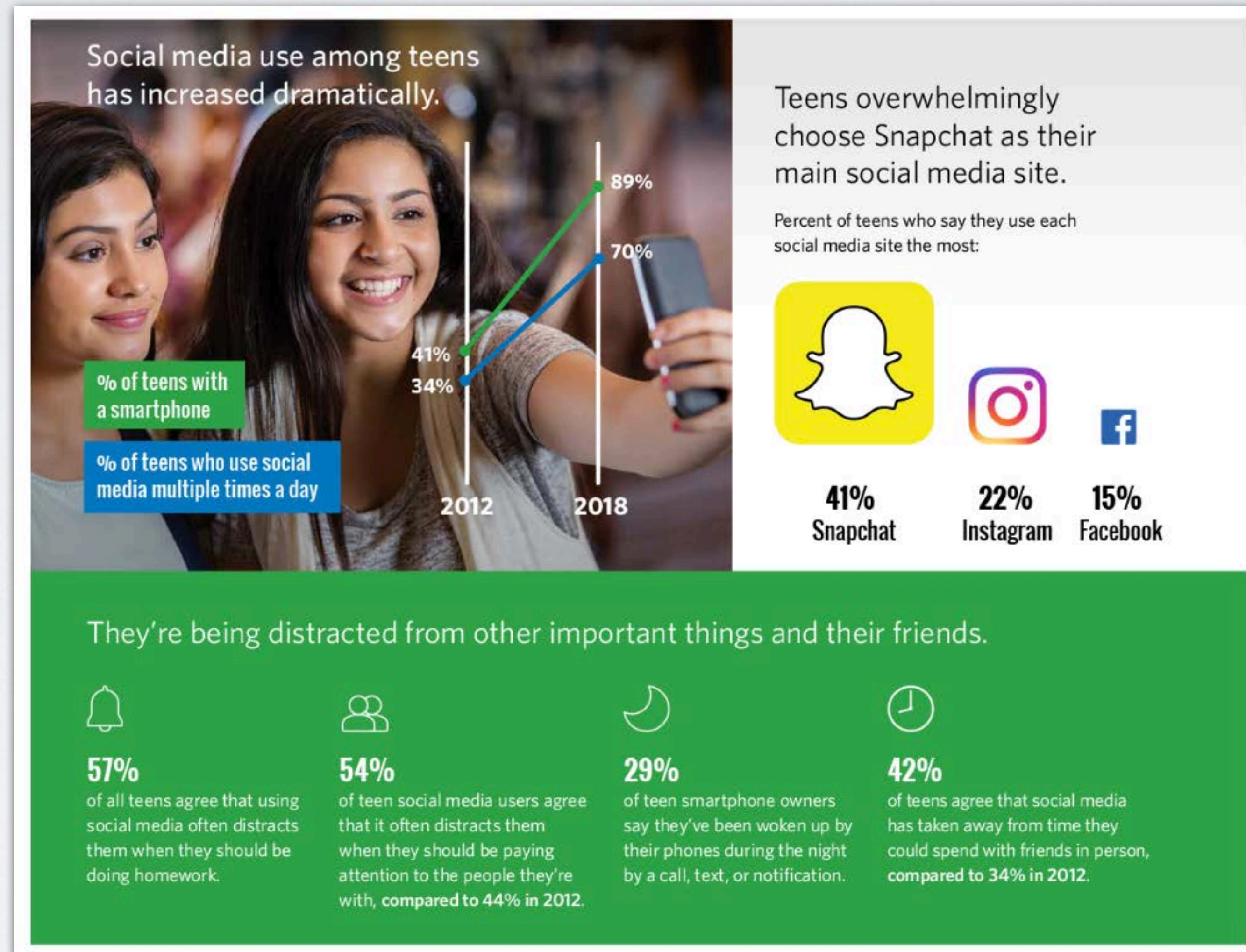
- What's done at ASL
- Available resources
- Home strategies / decisions

D. Wrap-up

DATA PROTECTION AT ASL

1. Data Protection is...
 1. Required by law
 2. Handling personal data responsibly
 3. Protecting from unauthorized access
2. Personal Data includes...
 - Name, Email, Address, Telephone number, Images in a photo or video
3. Private / Sensitive Data includes...
 - Race, Religion, Health records (including allergies), Donor information
4. Purpose and care of your data
 - Data is always collected for a specific, limited purpose(s).
 - Data cannot be processed for a different purpose after it is collected.

COMMON SENSE MEDIA SURVEY

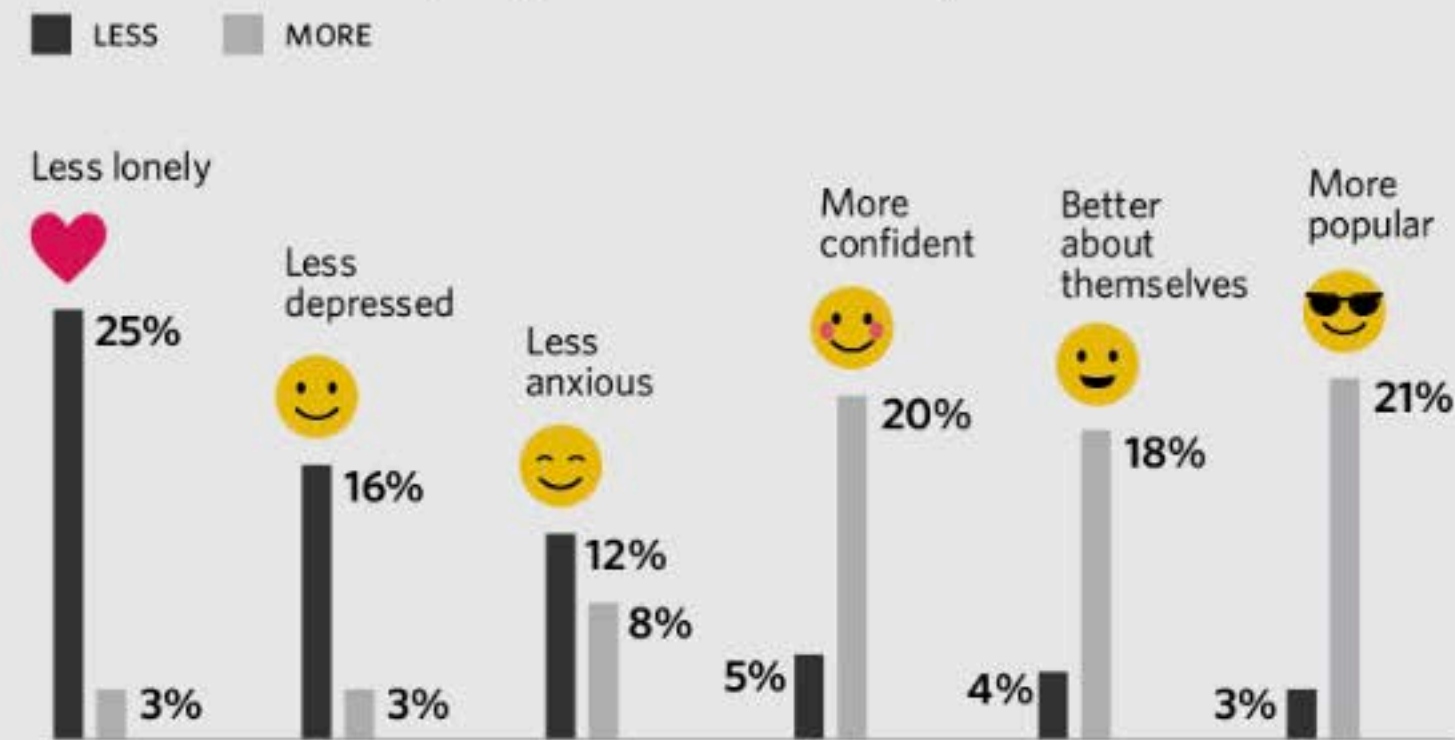


Click the image to go to the Common Sense Media Survey online

COMMON SENSE MEDIA SURVEY

Teens are much more likely to say social media has a positive rather than a negative effect on how they feel.

Social media users who say using social media makes them feel "more" or "less":



Teens think they're being manipulated.

72%

Of teens believe that tech companies manipulate users to spend more time on their devices.



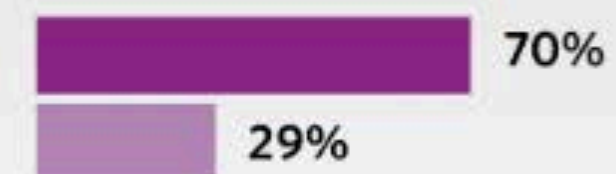
Click the image to go to the Common Sense Media Survey online

COMMON SENSE MEDIA SURVEY

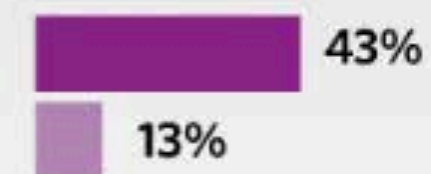
Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

Percent of social media users who say they:

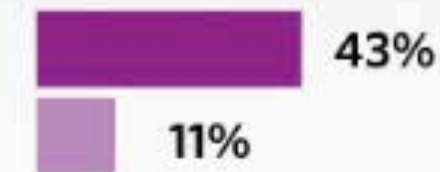
Sometimes feel left out or excluded when using social media



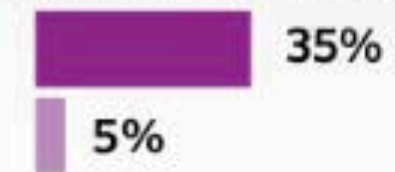
Have deleted social media posts because they got too few "likes"



Feel bad about themselves if no one comments on or likes their posts



Have ever been cyberbullied



■ LOW SOCIAL-EMOTIONAL WELL-BEING
■ HIGH SOCIAL-EMOTIONAL WELL-BEING

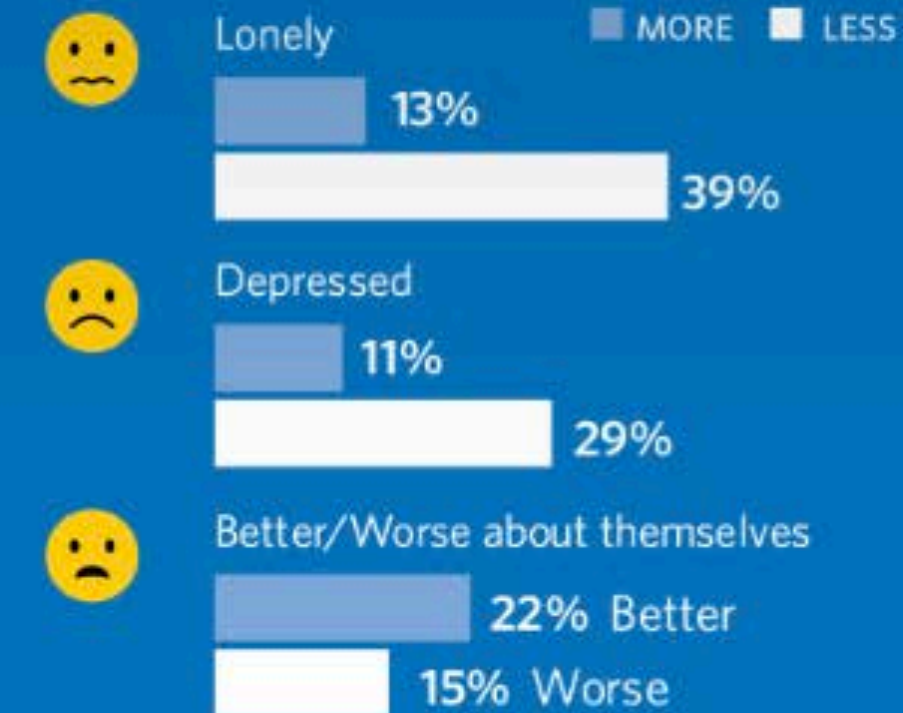
See Methodology section for definitions of the high, medium, and low SEWB groups.

METHODOLOGY: This report is based on a nationally representative survey of 1,141 13- to 17-year-olds in the United States. The survey was administered online by the research group GfK using their KnowledgePanel® from March 22, 2018, through April 10, 2018. Participants were recruited using address-based sampling methods. The margin of error for the full sample at a 95 percent confidence level is +/-3.4 percent. The overall design effect for the survey is 1.4048.

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Looking closer at teens with low social-emotional well-being

Percent who say using social media makes them feel:



Click the image to go to the Common Sense Media Survey online

PEW SURVEY

Teens hold mixed opinions about whether they spend too much time in front of screens ...

Teens hold mixed opinions about whether they spend too much time in front of screens ...

% of U.S. teens who say they spend ___ on the following



... but half or more have cut back on the time they spend using various technologies

% of U.S. teens who say they ever cut back on the amount of time they spend ...



Note: Respondents who did not give an answer or who did not use a cellphone, social media or video games are not shown.

Source: Survey conducted March 7-April 10, 2018.

"How Parents and Teens Navigate Screen Time and Device Distractions"

PEW RESEARCH CENTER

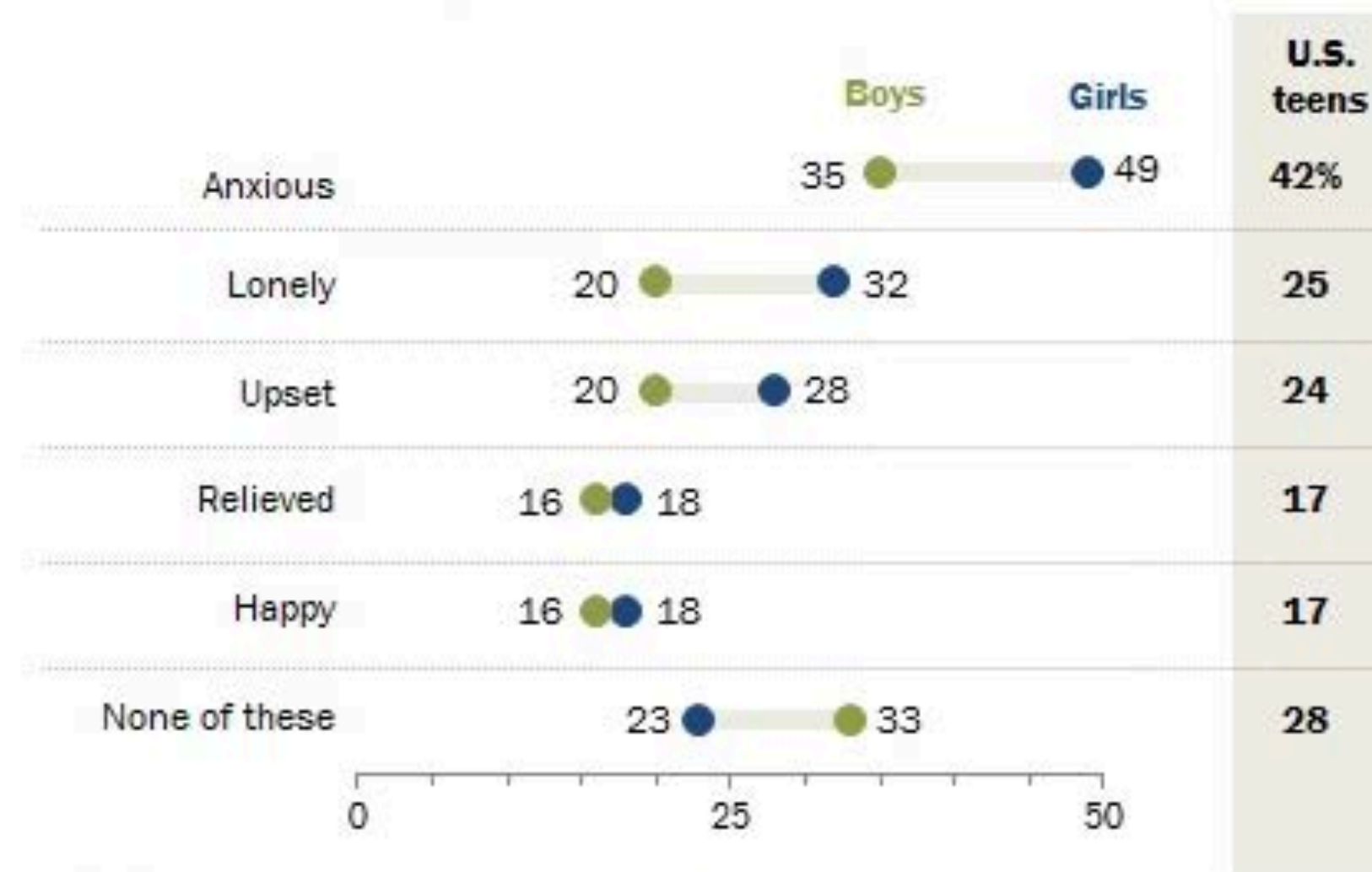
Click the image to go to the Pew Survey online

PEW SURVEY

Girls are more likely than boys to feel anxious or lonely without their phone

Girls are more likely than boys to feel anxious or lonely without their phone

% of U.S. teens who say they feel ___ when they do not have their cellphone



Note: Respondents could select multiple options.
Source: Survey conducted March 7-April 10, 2018.
"How Parents and Teens Navigate Screen Time and Device Distractions"

PEW RESEARCH CENTER

Click the image to go to the Pew Survey online

TAKE AWAYS

Positives:

- What is lost vs what is gained
- Attempts to reduce usage
- Feeling positive by interactions

Adult Awareness and Action needed:

- vulnerable students are more vulnerable with social media
- Group chats- adults need to be monitoring/checking in (especially 5th/6th)
- What does non-screen time look like for families?

ASL FAMILY SURVEY

K-12 resources

Community directory (Veracross)

ACCESS FAMILY AND EMPLOYEE CONTACT DETAILS

VERACROSS

POWERSCHOOL

PCA

Veracross

Use Veracross to access the community directory, student schedules and more.

PowerSchool

Access pages created by teachers for student learning in various courses.

ASL wifi details

Network: ASL-WiFi

Password: takecare1819

Divisional resources

Lower School

Middle School

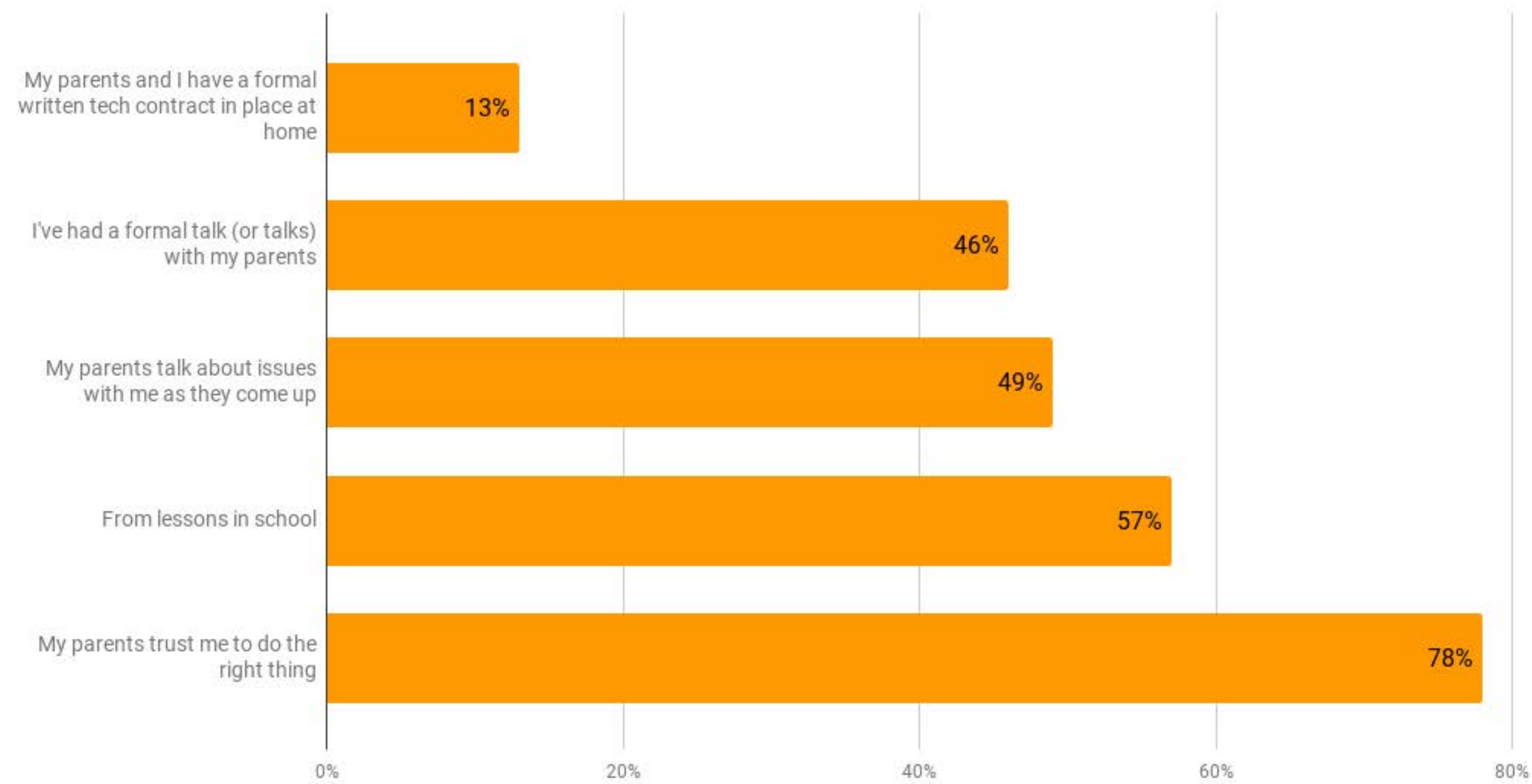
High School

- ▶ Middle school forms and documents
- ▶ Contact us
- ▶ Parent-teacher conferences
- ▼ **Parent survey results**

Middle School parents were given the opportunity to participate in a survey pertaining to raising an adolescent in London, establishing healthy routines, and navigating the ever-evolving realm of technology and social media. Results are available below in the form of downloadable pdf files, and can be viewed for the MS as a whole and by grade.

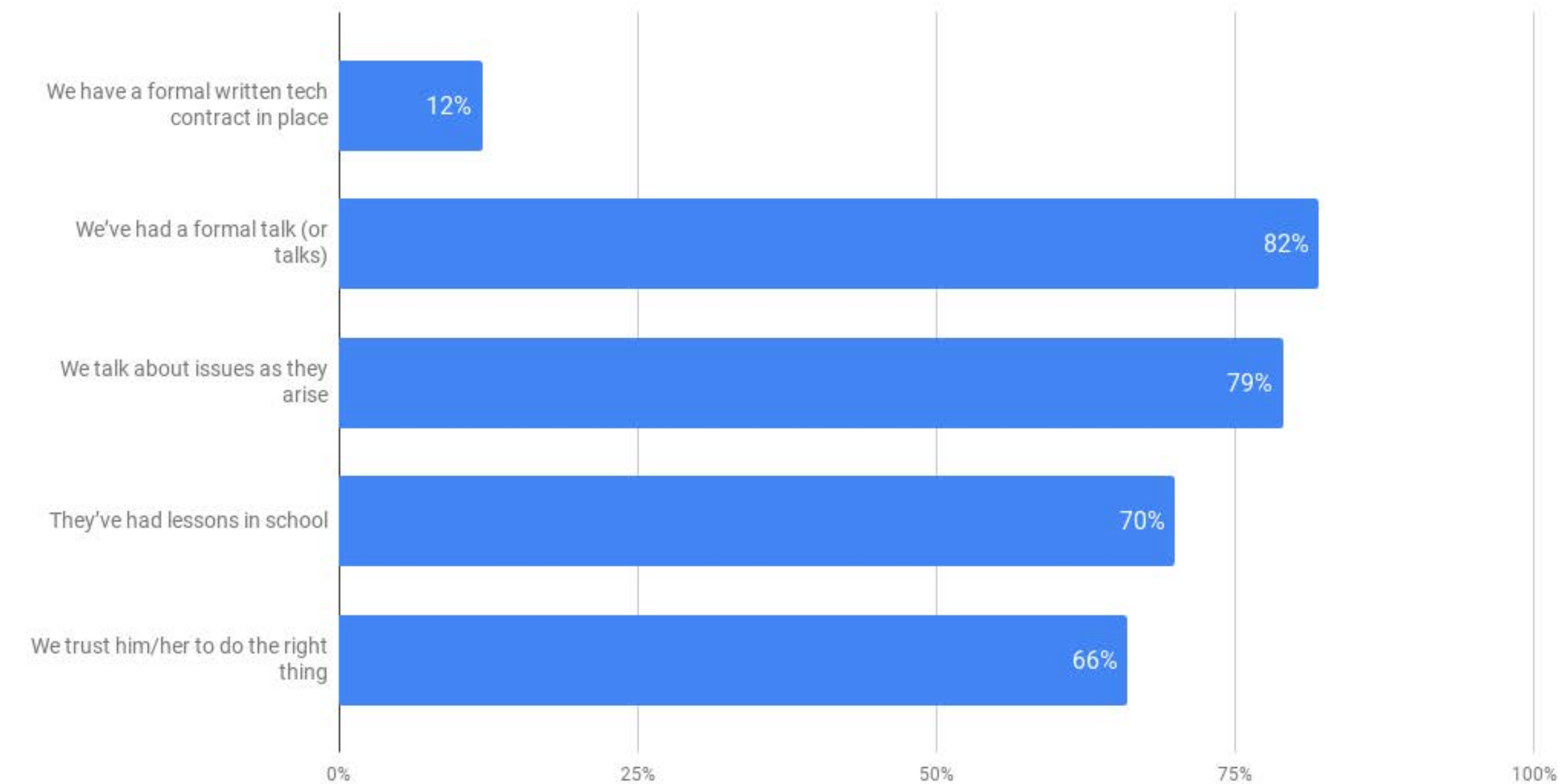
STUDENT SURVEY & ASL FAMILY SURVEY

I know what appropriate behavior online is because (check all that apply)



I know what appropriate behavior online is because (check all that apply)

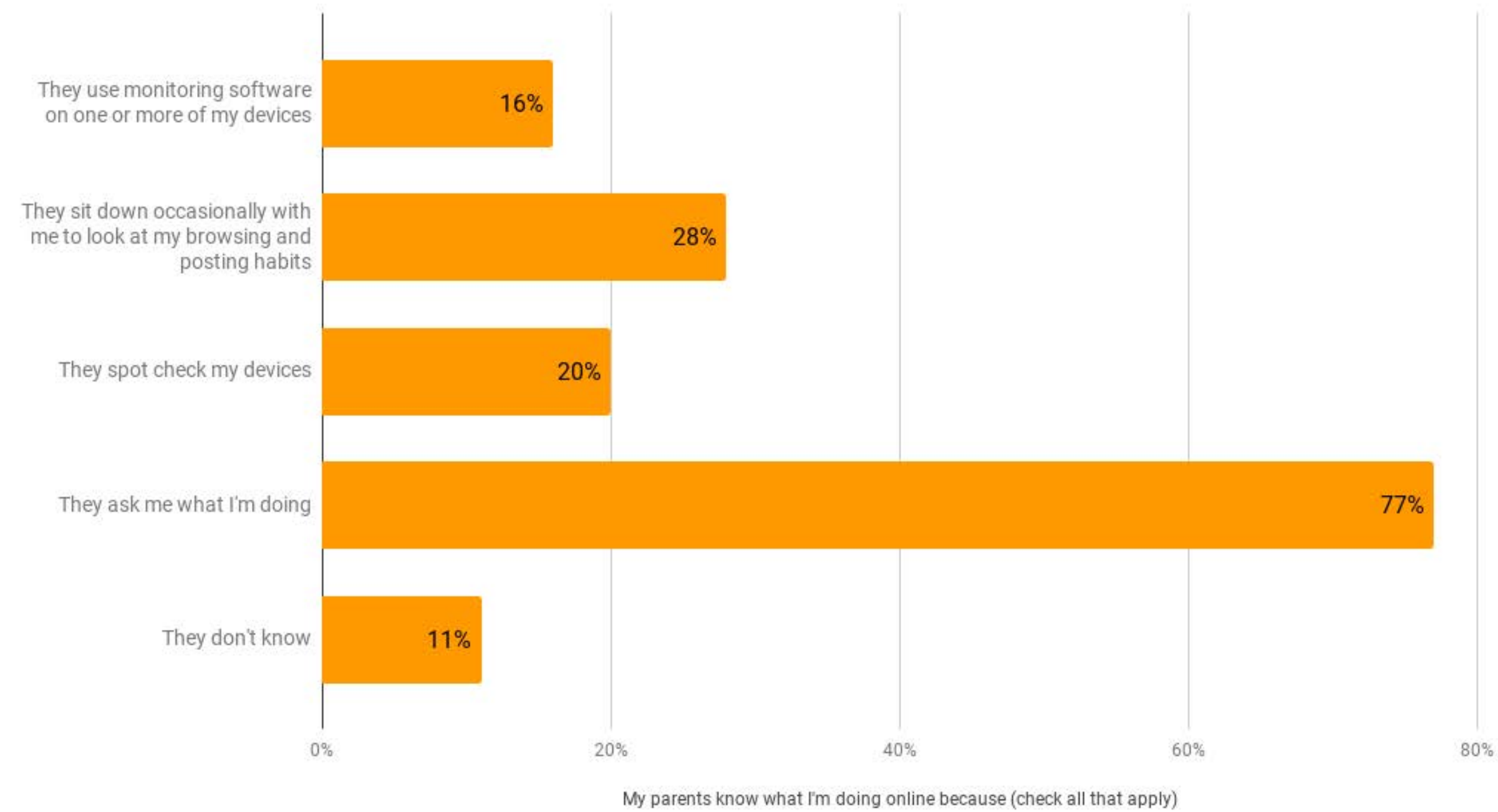
My child knows what appropriate behavior online is because (check all that apply)



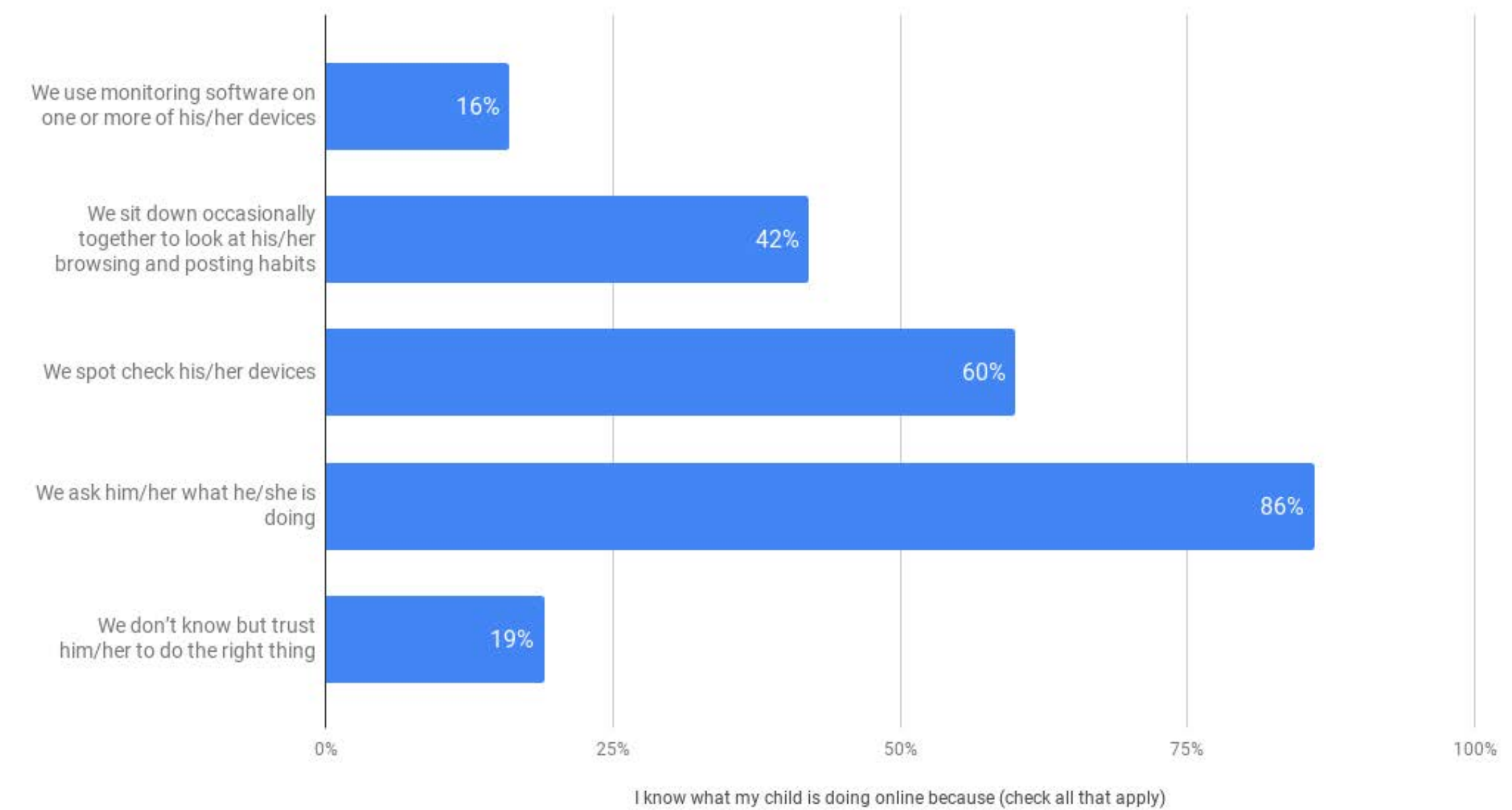
My child knows what appropriate behavior online is because (check all that apply)

STUDENT SURVEY & ASL FAMILY SURVEY

My parents know what I'm doing online because (check all that apply)

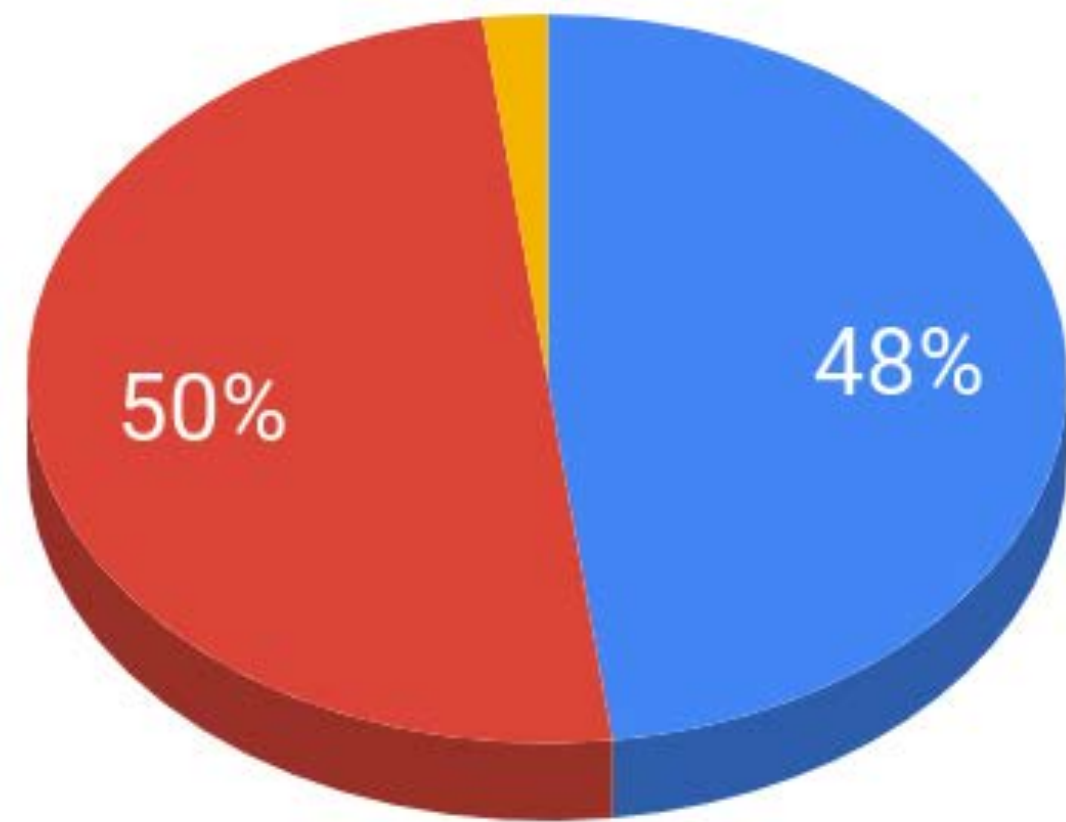


I know what my child is doing online because (check all that apply)



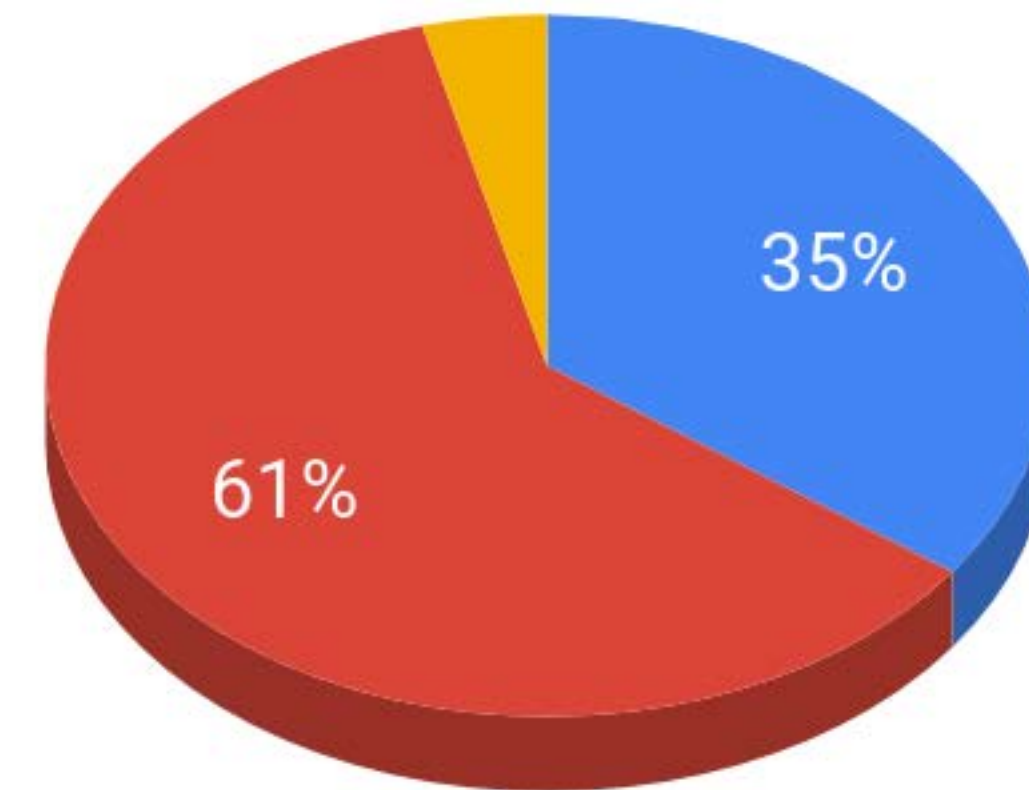
STUDENT SURVEY & ASL FAMILY SURVEY

I am allowed to keep my digital devices in my bedroom at night when I go to sleep



• yes • no • I don't yet have any digital devices

My child is allowed to keep their digital devices in their bedroom at night when they go to sleep



• yes • no • My child does not yet have any digital devices

STUDENT SURVEY

Open responses from grades 5 & 6

What parents and adults really need to know about how kids use technology is...

Some kids can be trusted to use the internet.
It's the internet that can't be trusted.

Most kids don't have bad intentions - trust them.

You aren't going to search something inappropriate. No one wants to.

Most of us are a lot more responsible
than adults give us credit for.

Kids often lie to their parents so they don't get
in trouble. They look up inappropriate things.

Parents really need to know that kids
can be really mean on text sometimes.

Sometimes kids will do it for a long time
without knowing that they are still on a screen.

That they don't spend too much time on it.

You should tell them what not to do, but then you should
put some trust to them, because the more that you don't
trust them, the more likely they are to do bad things.

Parents should give children privacy but also
give an occasional check in to see what they
are doing and make sure that it is appropriate.

We try and be responsible.

STUDENT SURVEY

Open responses from grades 7 & 8

What parents and adults really need to know about how kids use technology is...

It is really easy to hide what you are doing online, even if there is a complex system in place like proxy monitoring or tracking router HTTP requests. There is no point in checking if we are viewing inappropriate content, because if we are, we are probably hiding it.

That even when kids say that they are not on their phones they really are, and some kids can get really creative about how to hide them.

Many kids are different and that not all kids are using the internet inappropriately.

Parents should respect the privacy of their children, but still should check in from time to time.

That it is a part of our lives more than they realize.

We're more trustworthy than you might think.

When you're on a device you lose a sense of time.

It is not always negative.

Social Media is trash.

Talking with strangers isn't the end of the world - just because we're talking with strangers doesn't mean we'll get hurt by making friends with them. This applies especially with online games - yes, I'm talking with online strangers, yes, I'm friends with them, and no, they won't kidnap me anytime soon. We just like playing games together.

Every kid is going to come across inappropriate stuff on the internet. You just need to teach them what to do when that does happen. You need to teach them to be responsible and you need to trust them.

TEACHING STUDENTS SKILLS FOR OUTSIDE THE CLASSROOM

- Grade 5 starts to learn about the myth of multitasking using a Common Sense Media resource; grades 6, 7, 8 uses Common Sense Media resources and current articles on technology to kick-start discussions in advisory or Flex about their own use.
- Discussions will combine what the emerging research tells us with personal experiences from students and teachers.
- Policies that we have had in place to give students breaks from screen-time since the beginning of the laptop program continue to be implemented.
- The aim of the advisory / Flex discussions along with talks in health classes will be to help students understand how their brains work best and what can get in the way of their ability to focus.

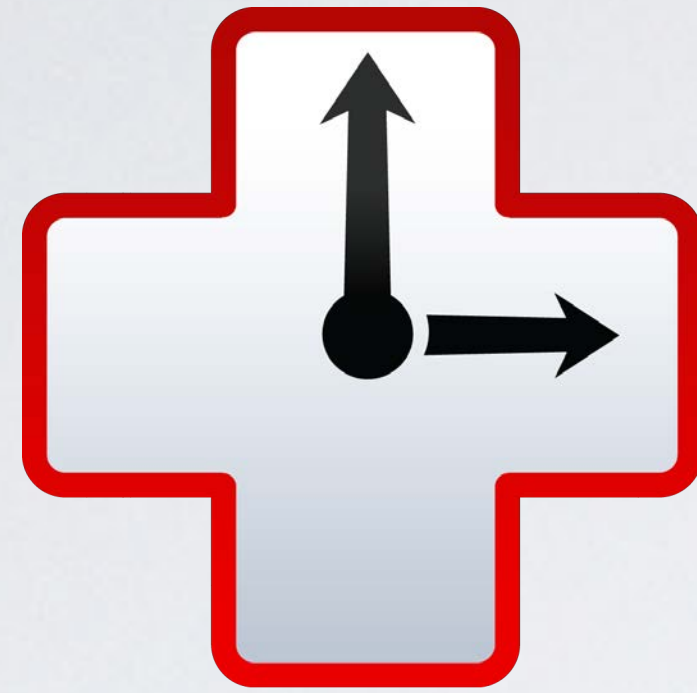
TEACHING STUDENTS SKILLS FOR OUTSIDE THE CLASSROOM

- Time given in classes to write all assignments down in the Homework Diary or equivalent; students are encouraged to plan out their week, taking into account other activities
- Long-term projects are often broken down into chunks
- Good time management / focus skills are modeled in class (restriction on checking email / social networks during work time)
- Netiquette is taught in 5th, 6th, 7th ,and 8th grade advisories or Flex classes. Health classes also focus on internet safety and issues around bullying
- When appropriate, digital citizenship skills are taught within the context of their classes. For example, 7th will be publishing content to blogs as part of their English classes this year.



RESOURCES:

TECH SUPPORT



RescueTime

Free download; paid version offers more features including the ability to block websites.

All 7th and 8th grade students have already activated this application

It's meant for self-monitoring and not for parental control



Self Control

Free download - will block websites for a specified amount of time. Nothing will unblock the sites until the time is up, even if the laptop is restarted and the app is deleted.

Will **not** work on school laptops because it requires an administrator's password every time the user wants to start blocking sites.

WHAT WILL BE USEFUL AT HOME?

- As with everything you teach your kids, begin to talk about the issues before they become problems (alcohol, smoking, curfew, TV time, internet use, time spent on laptop)
- Humans learn from their experiences, even negative ones
- Supervision is the key, especially at first (think about learning to drive)
- Clear, objective guidelines and consequences

**Start talking early.
Then don't stop.**

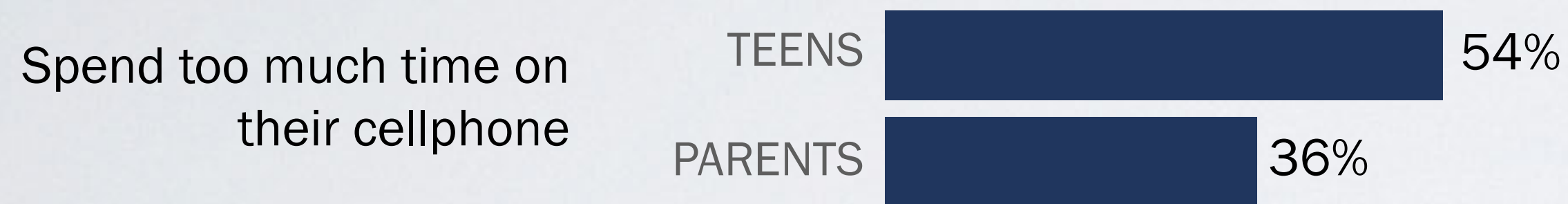
We've always advocated for talking to your kids early and often about internet safety, the same way we talk about strangers or nutritional choices. Tech is a huge part of their lives and it's never too early to start opening dialogue about safe choices.

— from “How to talk to teens and tweens about smart tech use and safety”
on Cool Mom Tech

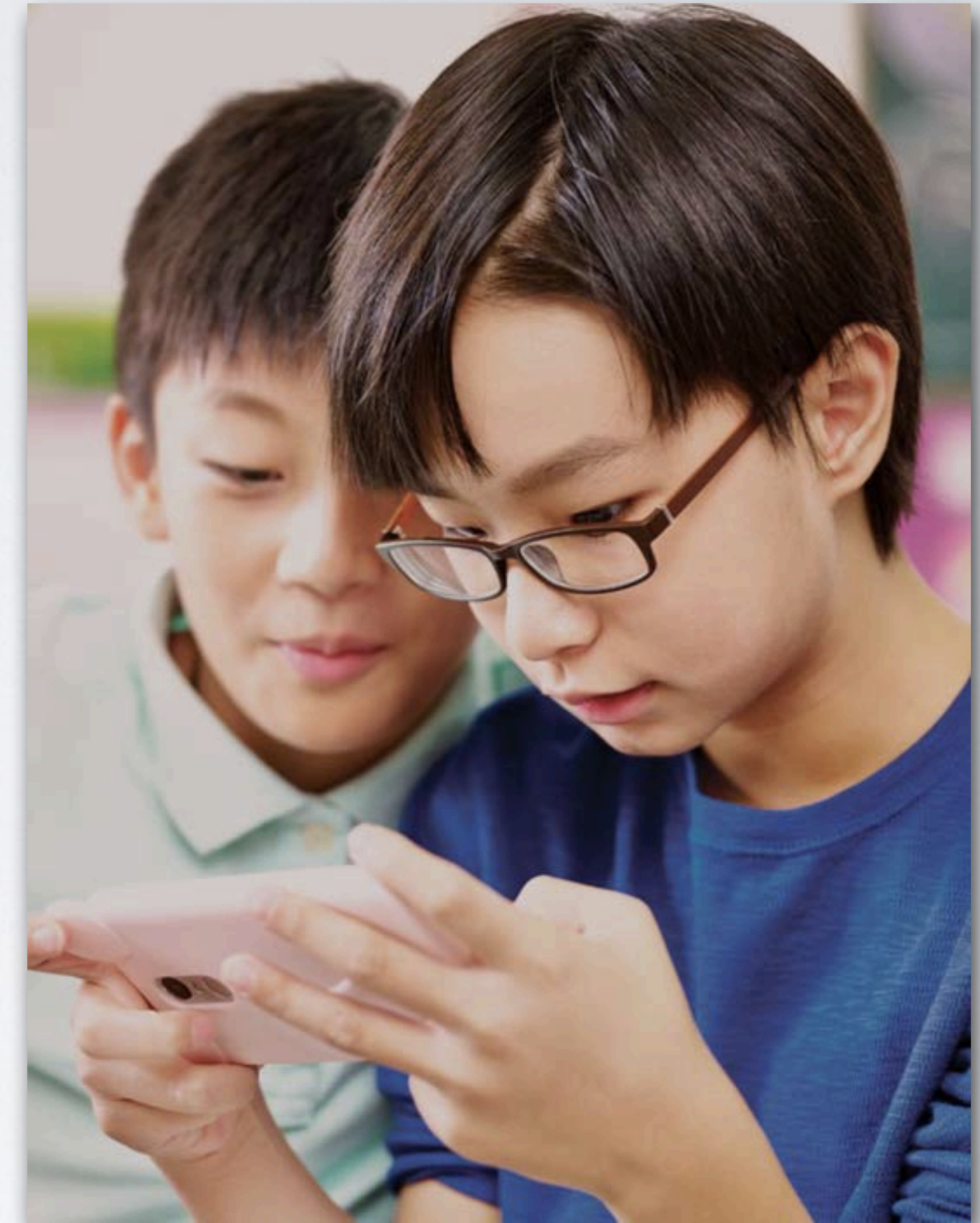
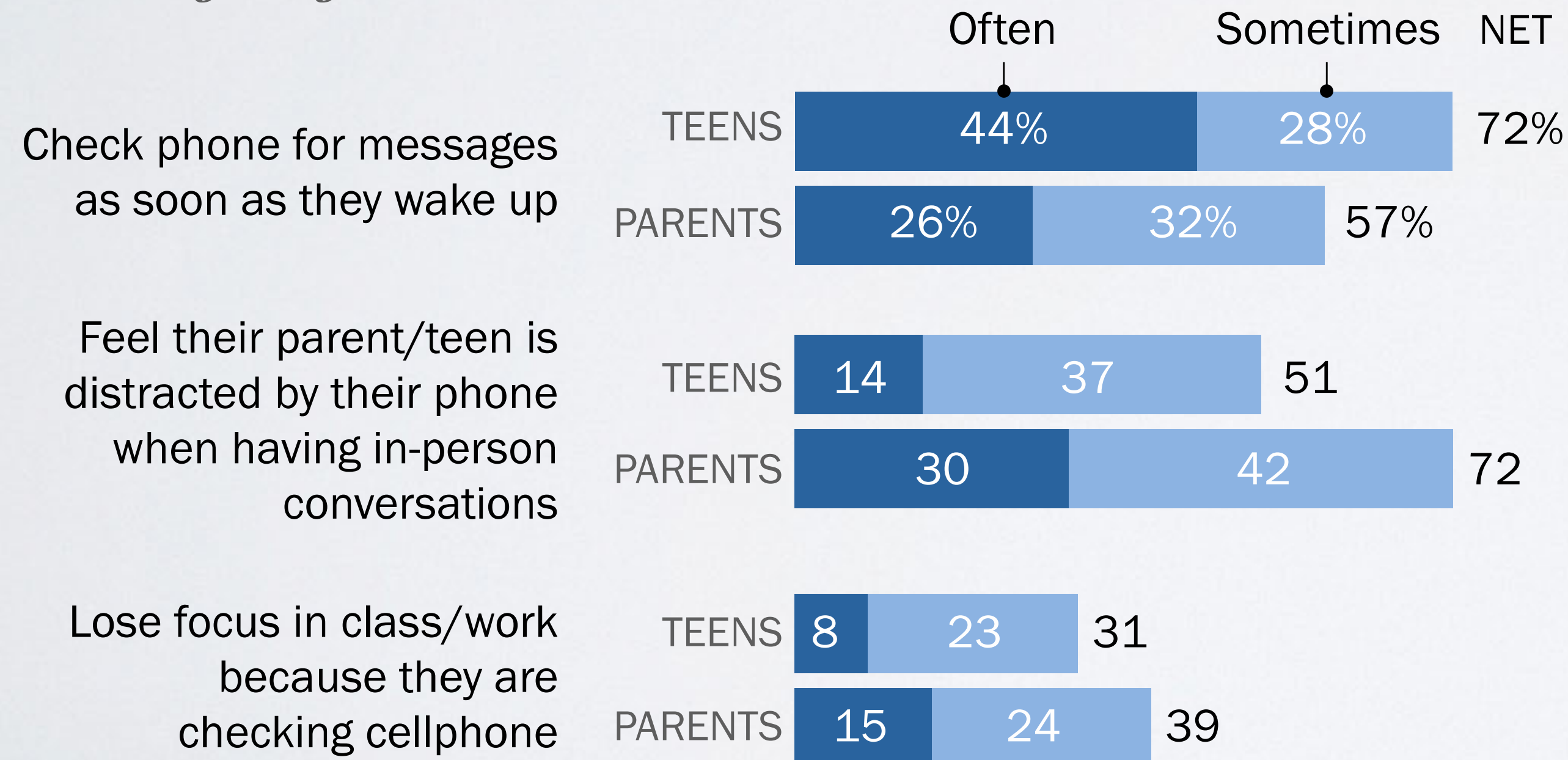
SHARE YOUR OWN STRUGGLES

Parents and teens report varying levels of attachment, distraction due to their cellphones

% of U.S. teens/parents who say they ...



% of U.S. teens/parents who say they ...



Note: Parents refer to parents of teens ages 13 to 17. Teens were asked how often they lose focus in class, whereas parents were asked how often they lose focus at work.
 Source: Survey conducted March 7-April 10, 2018.
 "How Parents and Teens Navigate Screen Time and Device Distractions"

SHARE YOUR OWN STRUGGLES

January/February 2018

Fighting a digital battle

The value of reading for pleasure and overcoming the distractions of technology.

Emily Forgash | Staff Writer

In a world where the swipe of a screen is quicker than the turn of a page, I find that many teenagers instinctively reach for their phones because reading a book is too taxing. Some students can live as if they're driving on a highway, and reading is like swerving onto a country road; they grow impatient with the slow speed. In short, the world seems like it is having trouble living at the pace of books.

"In short, the world seems like it is having trouble living at the pace of books."

People are accustomed to instant gratification while watching a Netflix plot unravel before them, their eyes glued to the screen. Most students would rather passively watch TV in their free time, instead of actively engaging their brain through reading. Just like your body, your brain needs exercise; similar to working out in the gym, one must exercise their brain.

The many benefits of reading are often repeated by English teachers. Many say that great writing comes from frequent reading. Although the benefits that come from reading are well known, such as gaining inspiration from outstanding literature and, predominantly, expanding your vocabulary, the allure of technology overshadows these advantages.

Imagine how many miles you've pointlessly scrolled with your thumb. The act of picking up our phones as soon as we're bored is something that has been ingrained

in our culture. It is as if a virus has developed in almost everyone.

Having a television in our pockets and social media just a few clicks away has a gradual harmful effect. It has gotten to the point that our use of technology could be seen as an addiction, the obsessive way that people reach for their phones for the fear of missing anything. If you're not on social media 24/7, missing posts is inevitable. Everyone has succumbed to technology at one point or another, but only a few can say that they have prioritized reading.

For me, finishing a good book, like *Gold* by Chris Cleave, is always bittersweet. I get a lingering feeling of missing the characters that I grew so acquainted to and learned so much about. If the author did their job, I feel like I went through their hardships and successes with them. Yet the silver lining of finishing a book is the chance to pick out a new book and learn about something new.

I cannot go to bed without reading. It is one of the most positive things in my life, as I read countless studies saying that staring at a screen before going to bed is unhealthy. Books are nothing but beneficial to me.

For me, the reasons for trading screens for books are endless. Books allow me to explore places that I would never otherwise visit, to broaden my knowledge of the world, to expand my vocabulary and to create my own world with the characters. When weighing these reasons against the dependence of technology, it is your choice which side comes on top. I challenge you to trade in notifications for chapters.

Click the article to read it on [The Standard's website](#)



SHARE YOUR OWN STRUGGLES



SHARE YOUR OWN STRUGGLES

Dashboard

Log

Community

Premium

Labs



Logout

Food

Activities

Weight

Sleep

Sleep | Hours Slept

Today

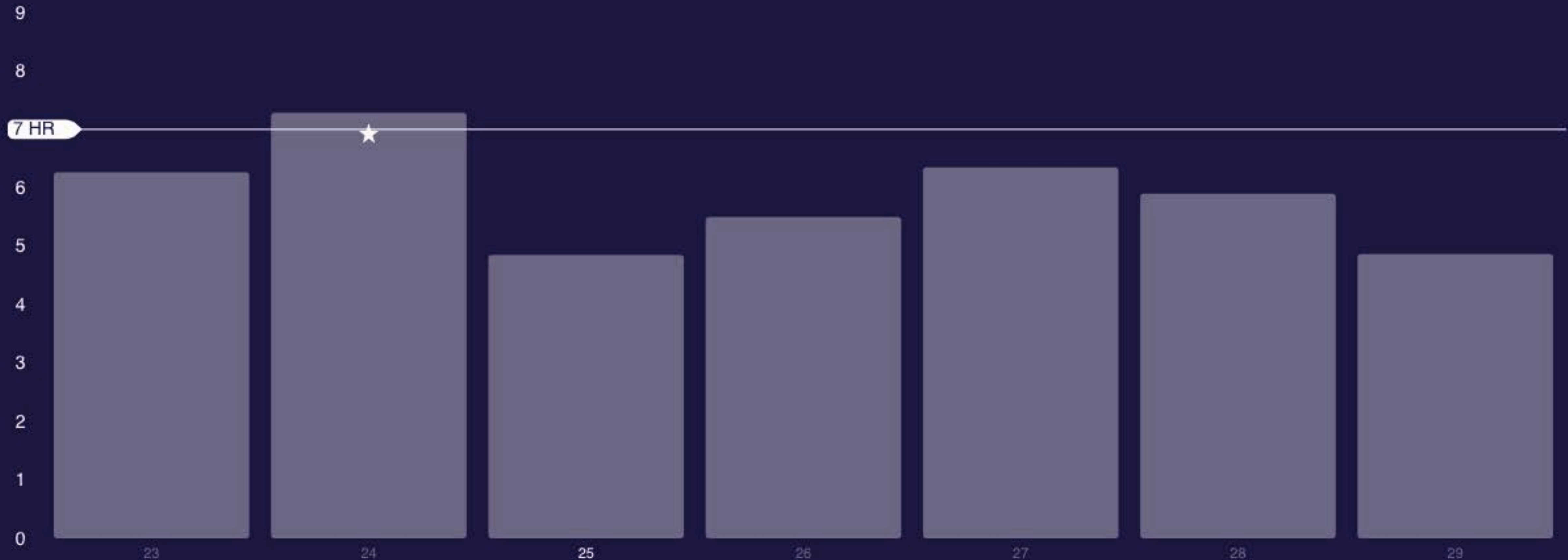
1 wk

30 days

1 yr



23 Jun 2018 - 29 Jun 2018



SHARE YOUR OWN STRUGGLES

Sleep | Hours Slept



SHARE YOUR OWN STRUGGLES



Dashboard



Log



Community



Premium



Labs



Logout

Food

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Sleep

Sleep | Hours Slept

Today

1 wk

30 days

1 yr



7 Jul 2018 - 13 Jul 2018



9

8

7 HR

6

5

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3

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11

12

13



RESOURCES:

<http://www.asl.org/mstech>

The screenshot shows a web browser window with the address bar containing <https://www.asl.org/mstech>. The page title is "ASL MS Technology - American Sci". The breadcrumb navigation is "HOME > PROGRAM > MIDDLE SCHOOL > CURRICULUM > MS TECHNOLOGY".

Left Navigation Menu:

- Lower School +
- Middle School -
 - Contact us +
 - Curriculum -
 - Program overview
 - Core academics overview
 - By grade
 - Assessment
 - MS Technology -
 - Agreements
 - Laptops +
 - Program resources
 - Parent resources

Main Content:

MS Technology

The School recognizes the importance of technology in the modern world; information technology education is therefore an integral part of the Middle School curriculum. The work done by Middle School students is intended not only to expand students' knowledge of computing, but also to enhance the learning process by enabling students to access, organize and analyze information, improve communications skills and express ideas.

The Grade 5-6 information technology program is designed to introduce students to different software and the use of the Internet. Increasing keyboard and word-processing skills is integrated into the Grade 5 and 6 curricula. A variety of semester-long electives are offered for students in Grades 7 or 8. These courses explore more advanced areas of information technology, such as design/publishing, and visual media. The emphasis of these courses is the use of the computer as a resource for study and for the presentation of information.

There is wireless access throughout the building to

Contact information

For curricular questions related to technology use in the Middle School and the 1-1 laptop program:
Colin Bridgewater, MS Technology Coordinator, 020 7449 1442

For repair, loss, or technical questions about school-owned laptops:
Simon Plissi, MS Laptop Coordinator, 020 7449 1249

RESOURCES:

<http://www.asl.org/mstech>

ASL MS Technology - American Sci x +

ASL Laptops - American School in | x +

HOME > PROGRAM > MIDDLE SCHOOL > CURRICULUM > MS TECHNOLOGY > LAPTOPS

Lower School +

Middle School v

Contact us +

Curriculum v

Program overview

Core academics overview

By grade

Assessment

MS Technology v

Agreements

Laptops v

Laptop rollout 2018-19

Program resources

Laptops

Overview **Grade 5&6 FAQs** **Grade 7&8 FAQs**

Students in Grades 5 and 6 are issued a school-owned Apple laptop to use within the grounds of the school. Grade 5 and 6 laptops do not go home. Students in Grades 7 and 8 are issued a school-owned Apple laptop in the fall to use in school and at home; they are responsible for that laptop until they return it at the end of the academic year. Students are able to print in school, but Grade 7 and 8 students are encouraged to print most of their work at home; the laptops will connect to most home printers without the need for any additional software. Grade 7 and 8 students are given one charger which should be left at home so that the laptop can be charged each night.

Why a 1-1 laptop program?

A 1-1 laptop program:

- Allows teachers to follow best practice; assignments and projects can be designed and implemented within in the framework of the curriculum, not based on whether a lab is available or whether a particular piece of software is installed on home computers.
- Encourages more individualized learning; lessons are student-centered. Since students don't have to share resources when brainstorming, researching, writing, editing, and publishing using their laptop, students are free to explore a variety of directions without being restricted by the interests and ability levels of their peers.
- Allows for more communication and in greater detail (student-to-student, as well as student-to-teacher). With the various resources provided on campus, students can interact with each other and their teachers in and out of class in discussion forums, wikis, blogs, and emails. Person-to-person interaction is still of primary

RESOURCES:

<http://www.asl.org/mstech>

ASL MS Technology - American Sci x +

ASL Laptops - American School in | x +

ASL Parent resources - American S x +

https://www.asl.org/program/middle-school/curriculum/technology/resources-for-parents

HOME > PROGRAM > MIDDLE SCHOOL > CURRICULUM > MS TECHNOLOGY > PARENT RESOURCES

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Program resources

Parent resources

Parent resources

ASL resources | Online resources | Online reading | Offline reading | Presentations

You can download a Family Tech Agreement Template in Word or Pages format below. This template is just a starting point; you will need to adjust the wording to fit your family's house rules about technology. These agreements also work best when children have some input in the guidelines for technology use.

Family Tech Agreement Template (Microsoft Word)
Family Tech Agreement Template (Apple Pages)
Family Tech Agreement Template (Google Doc template)

If you would like some ideas for additional components of a Tech Agreement, you can download the Additional Items documents below.

Family Tech Agreement additional items (Microsoft Word)
Family Tech Agreement additional items (Apple Pages)
Family Tech Agreement additional items (Google Doc template)

ASL Tech Tips: a Facebook page where we post warnings about avoiding online scams and advice about staying safe online.

RESOURCES:

<http://www.asl.org/mstech>

ASL MS Technology - American Sci x +
https://www

ASL Laptops - American School in | x +
https://www

ASL Parent resources - American S x +
https://www.asl.org/program/middle-school/curriculum/technology/resources-for-parents

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Parent resources

[ASL resources](#) [Online resources](#) [Online reading](#) [Offline reading](#) [Presentations](#)

Common Sense Media: Independent media and digital citizenship advice for parents and kids. Common Sense Media CEO **Jim Steyer** spoke at ASL in the autumn of 2009.

- Common Sense Media: **Teens and Social Media**
- Common Sense Media: **Privacy and Internet Safety**

Apple Families: resources from Apple about how to set parental controls, enable restrictions, and share items on Apple devices.

When to give your child a smartphone: from Harvard Graduate School of Education's *Usable Knowledge*.

Research Studies

Common Sense Media: **Social Media, Social Life: Teens Reveal Their Experiences (2018)**
Pew Research Center: **Teens, Social Media & Technology 2018**

RESOURCES:

<http://www.asl.org/mstech>

ASL MS Technology - American Sci x +

ASL Laptops - American School in | x +

ASL Parent resources - American S x +

https://www.asl.org/program/middle-school/curriculum/technology/resources-for-parents

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Parent resources

[ASL resources](#) [Online resources](#) [Online reading](#) [Offline reading](#) [Presentations](#)

How Your Smartphone Can Make You Healthy and Happy from *Psychology Today* (August 5, 2018)

The Summer of Pale: How I lost my children to Fortnite from the *Washington Post* (July 26, 2018)

I Switched On All My Phone's Settings For A 10-Year-Old And It Was Fantastic from *BuzzFeed News* (July 19, 2018)

More Screen Time For Teens Linked To ADHD Symptoms from *NPR* (July 17, 2018)

What to ask when your child wants to use social media from *CNN* (July 16, 2018)

Researchers find that filters don't prevent porn from *TechCrunch* (July 13, 2018)

I Used Apple's New Controls to Limit a Teenager's iPhone Time (and It Worked!) from the *New York Times* (July 11, 2018)

Do you really know what your kid's doing on that device? from the *Associated Press* (June 26, 2018)

'Fortnite' Addiction Isn't the Problem. It's the Symptom from *Inverse* (June 15, 2018)

<https://www.asl.org/program/middle-school/curriculum/technology/resources-for-parents#fs-panel-7321>

RESOURCES:

<http://www.asl.org/mstech>

ASL MS Technology - American Sci x +

ASL Laptops - American School in | x +

ASL Parent resources - American S x +

HOME > PROGRAM > MIDDLE SCHOOL > CURRICULUM > MS TECHNOLOGY > PARENT RESOURCES

Parent resources

ASL resources Online resources Online reading **Offline reading** Presentations

- **Media Moms & Digital Dads: A fact not fear approach to parenting in the digital age** by Yalda T. Uhls
- **The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age** by Catherine Steiner-Adair
- **Grown up Digital** by Don Tapscott

https://www.asl.org/program/middle-school/curriculum/technology/resources-for-parents#fs-panel-7319

RESOURCES:

<http://www.asl.org/mstech>

ASL MS Technology - American Sci x +

ASL Laptops - American School in x +

ASL Parent resources - American S x +

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Parent resources

ASL resources Online resources Online reading Offline reading Presentations

Introduction to the Grade 7 Laptop Program for Grade 6 Parents (*May 2, 2018*)

- **Keynote Presentation** (1.9 MB .pdf format)
(right-click or ctrl-click this link to download this file rather than view it in the browser)

Middle School Parent Technology Sessions (*November 14, 2017*)

- **Keynote Presentation** (3 MB .pdf format)
(right-click or ctrl-click this link to download this file rather than view it in the browser)

Middle School Parent Social Media Sessions (*March 2, 2016*)

- **Keynote Presentation** (5 MB .pdf format)
(right-click or ctrl-click this link to download this file rather than view it in the browser)
- **Video of the session** (49 minutes)

https://www.asl.org/program/middle-school/curriculum/technology/resources-for-parents#fs-panel-7323

RESOURCES: HOME TECH AGREEMENT

Home Tech Agreement

Note: The following agreements that include how the ASL laptop is to be used in the home are in addition to ASL's Responsible Use Policy.

Where the laptop can be used

The laptop will only be used in common areas in the home. It will not be taken into a bedroom to be used or charged.

When the laptop can be used

The laptop will be put away to be charged in (location) for the evening no later than 9 pm on weekdays and 10 pm on weekends. It may not be picked up again until 6:30 am on weekdays and 9 am on weekends.

How the laptop can be used

When doing schoolwork, the television should be off, and the mobile phone / iPad / iPod Touch should be off or turned to silent and in a different room.

When doing schoolwork on the laptop, the only application running should be the one for the subject currently being done. No social apps or websites should be open or running.

School work should be done in chunks of time to give your body and mind a rest in between subjects. Ten to fifteen minute breaks are optimal. The Apimac timer application on the laptop or a non-laptop-based timer (a kitchen or watch timer) will be used to monitor the break time spent in between school work assignments, and it's (child's name)'s responsibility to quit all social applications and websites before returning to school work. When taking a break in between subjects, it's okay to not use the laptop, the phone, or any other electronic device at all.

Internet history must not be deleted or found empty (it does not speed up the laptop).

This agreement will be posted in the (public location) so that if there is ever any question about what has been agreed, it can be readily checked.

Child's signature

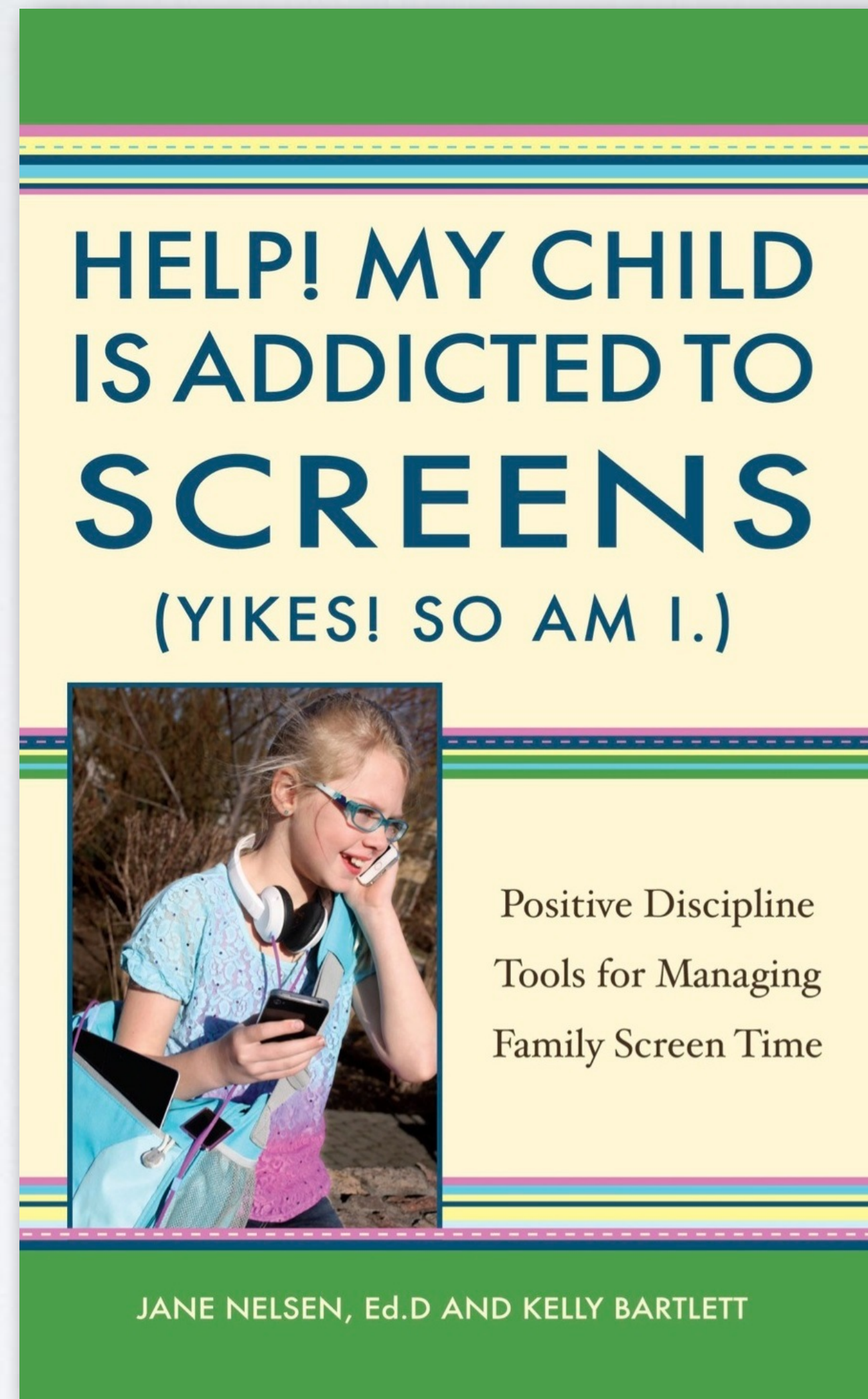
date

Mom's signature

date

Dad's signature

date



<https://www.positivediscipline.com/store>

“The key to creating successful agreements is involvement. Involvement = cooperation. Children will usually keep their agreements when they have been respectfully involved in creating the agreements” (page 27).

“Keep in mind that no solution will be permanent. Even the best solutions may work for a while, but need revisiting and revision once in a while” (page 37).

RESOURCES:

ARENA PARENT CONFERENCES
GYM FOYER

TILM
technology, information literacy, and media

COME CHAT WITH US

The graphic features a central text block with the acronym 'TILM' in large, bold, black letters, and the full name 'technology, information literacy, and media' in smaller, bold, black letters below it. The text is surrounded by a variety of colorful icons representing different aspects of technology and media, including a book, a bar chart, a camera, a laptop, a clock, a cloud, a document, a play button, a speaker, a person with signal waves, a red waveform, a yellow highlighter, a smartphone, a microphone, a pencil, a code editor, a person silhouette, a soundwave, a checkmark, and a megaphone. In the top right corner, there is a yellow starburst shape with the text 'COME CHAT WITH US' written inside it.

WHAT NEXT?

- Talk to your child about expectations and limits of technology use in your home
- Apply the same guidelines for technology use as for other house rules
- When questions arise, don't hesitate to contact your child's teacher or one of us.
- Ideas for future parent sessions? Drop us a line.

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