



10 Tech Tips for Parents

Healthy, Safe, and Responsible Technology Use for the Whole Family

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[#10 Family Talks](#)

Find the time for meaningful conversations about tech use to set expectations and provide guidance

[#9 Family Media & Tech Use Agreement](#)

Be explicit with the "rules" you want everyone in your home to follow

[#8 "Map" the House for Tech](#)

Where and when should tech be used? Recommended use in common areas and not in bedrooms

[#7 Technology "Training"](#)

Think of ways to help your child take small steps to learn how to use tech and be a partner in this process

[#6 Be a Family of Digital Citizens](#)

Digital citizens have a productive, responsible, healthy, and creative relationship with technology

[#5 Use Parental Controls](#)

There is no 100% solution, but using tools to help manage devices can be a good option

[#4 Learn About Your Kid's Tech](#)

Take the time to understand what your child does with technology and why it is important to them

[#3 Learn About Parenting with Tech](#)

Explore resources than can support you! There are lots of books, articles, and website that provide helpful ideas

[#2 Have Tech-Free Family Time](#)

Build time into the daily family schedule so that the whole family can take a tech break

[#1 Model Good Tech Use](#)

Parents are their child's greatest teachers, model the behaviors you expect of your child

[Bonus! Be Gentle with Yourself & Your Kids!](#)

Parenting with technology is hard! Address family tech issues with patience and love, as each family member grows to learn about good tech behaviors