



CARLUCCI AMERICAN INTERNATIONAL SCHOOL OF LISBON



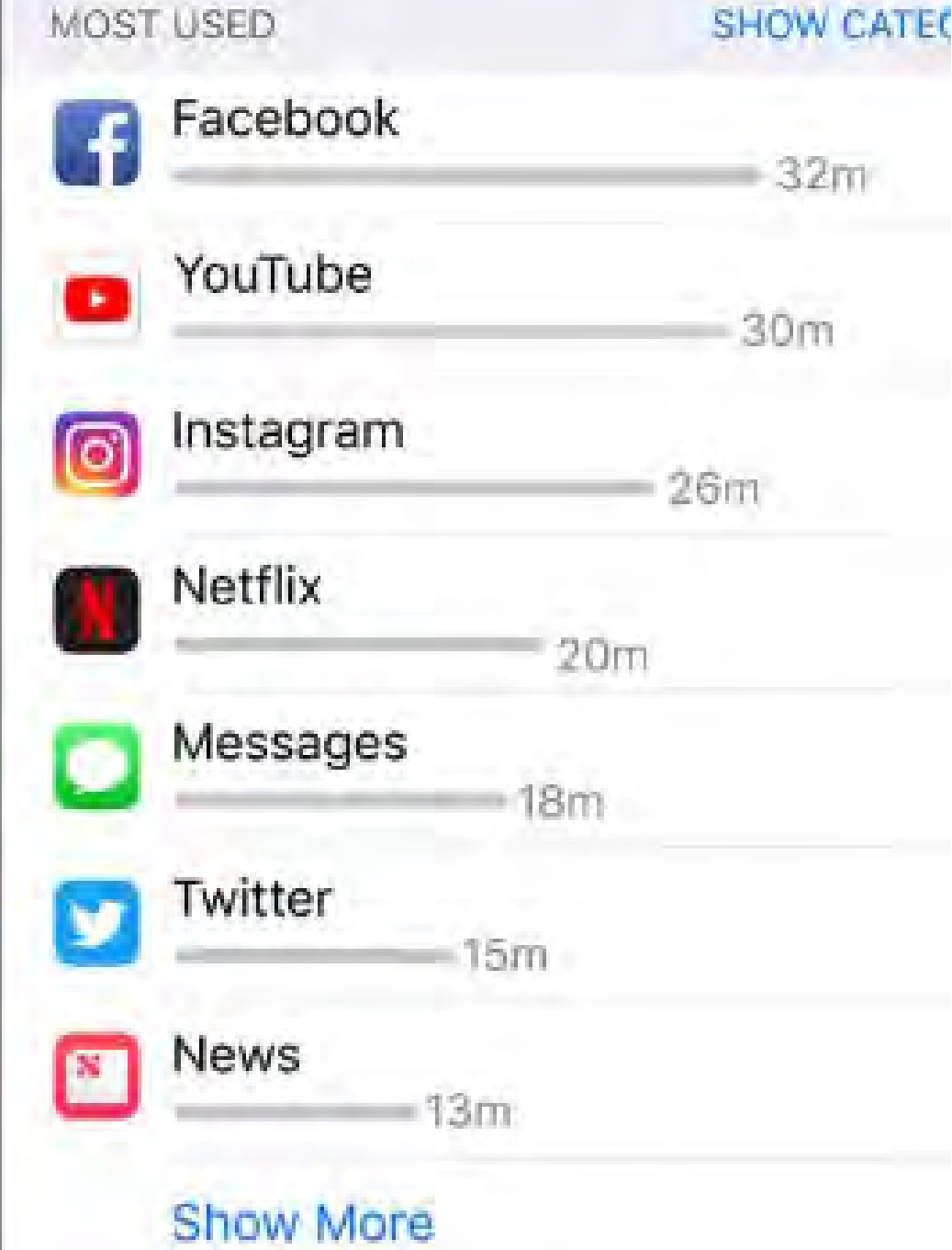
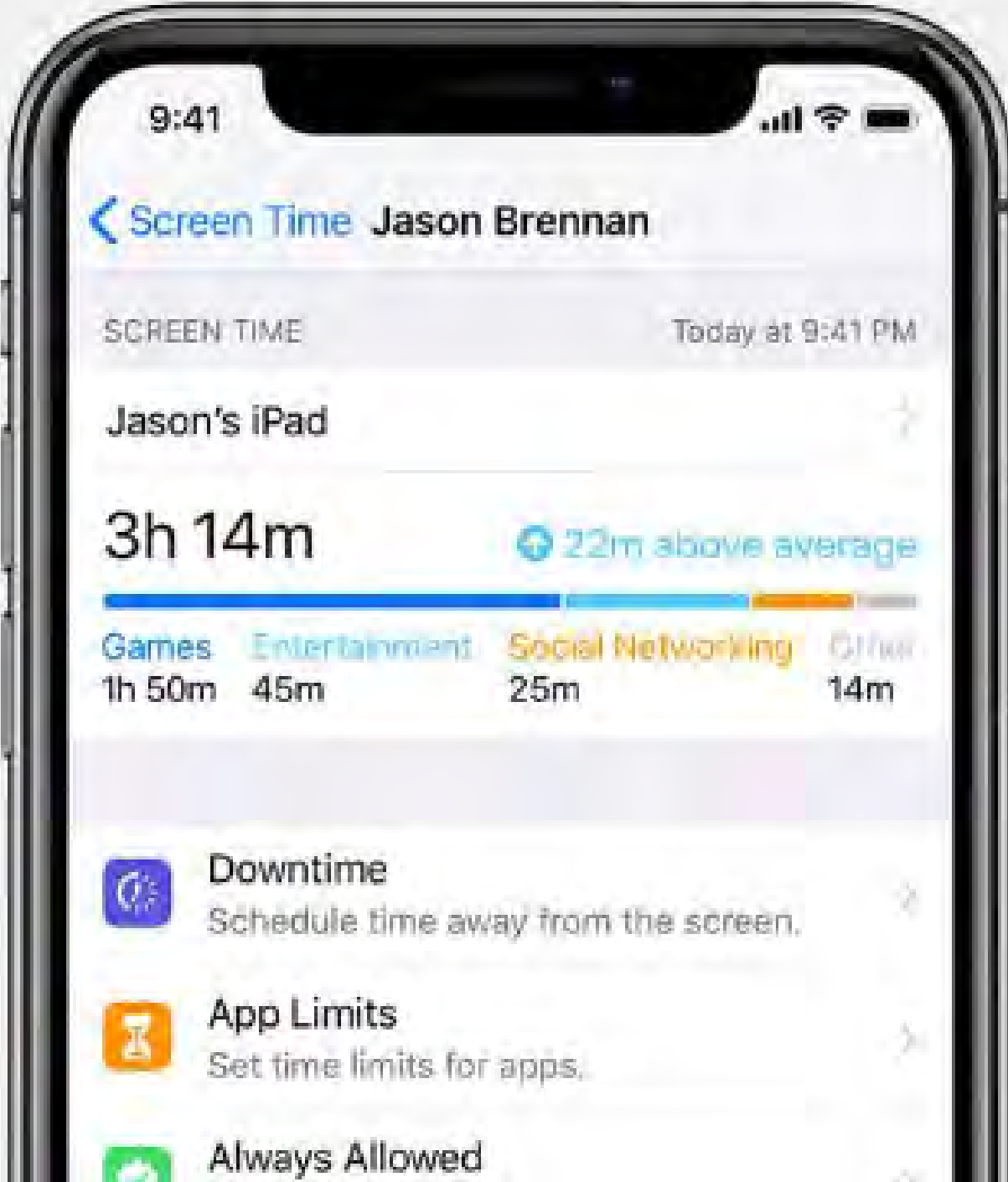
**Third Thursday Parent Series:
“Your Child’s Virtual World”**

CAISL is a student-centered educational community in which we challenge ourselves and each other to do our best and to make positive contributions to our diverse and ever-changing world.



Goals for this morning...

1. Describe various types of screen time.
2. Answer the question, “Where do kids go when they go online?”
3. Understand how online activity creates information about your child on the internet and describe the potential impact of your child’s digital footprint in the “real world”.
4. Develop strategies to help your child manage his/her time online.





Potential Issues Resulting from too much Screen Time

- **Not enough sleep.** Studies show that children with more media exposure or who have a TV, computer, or mobile device in their bedrooms sleep less and fall asleep later at night.
- **Delays in learning and social skills.** Children who spend too much time with devices in infancy and preschool years can show delays in developing language and social skills. (less interaction with parents and family)
- **Obesity.** Heavy media use is linked to weight gain and risk of childhood obesity. (advertising, snacking, less physical activity)
- **Behavior problems.** Violent content can contribute to behavior problems. (mimicry, desensitization)



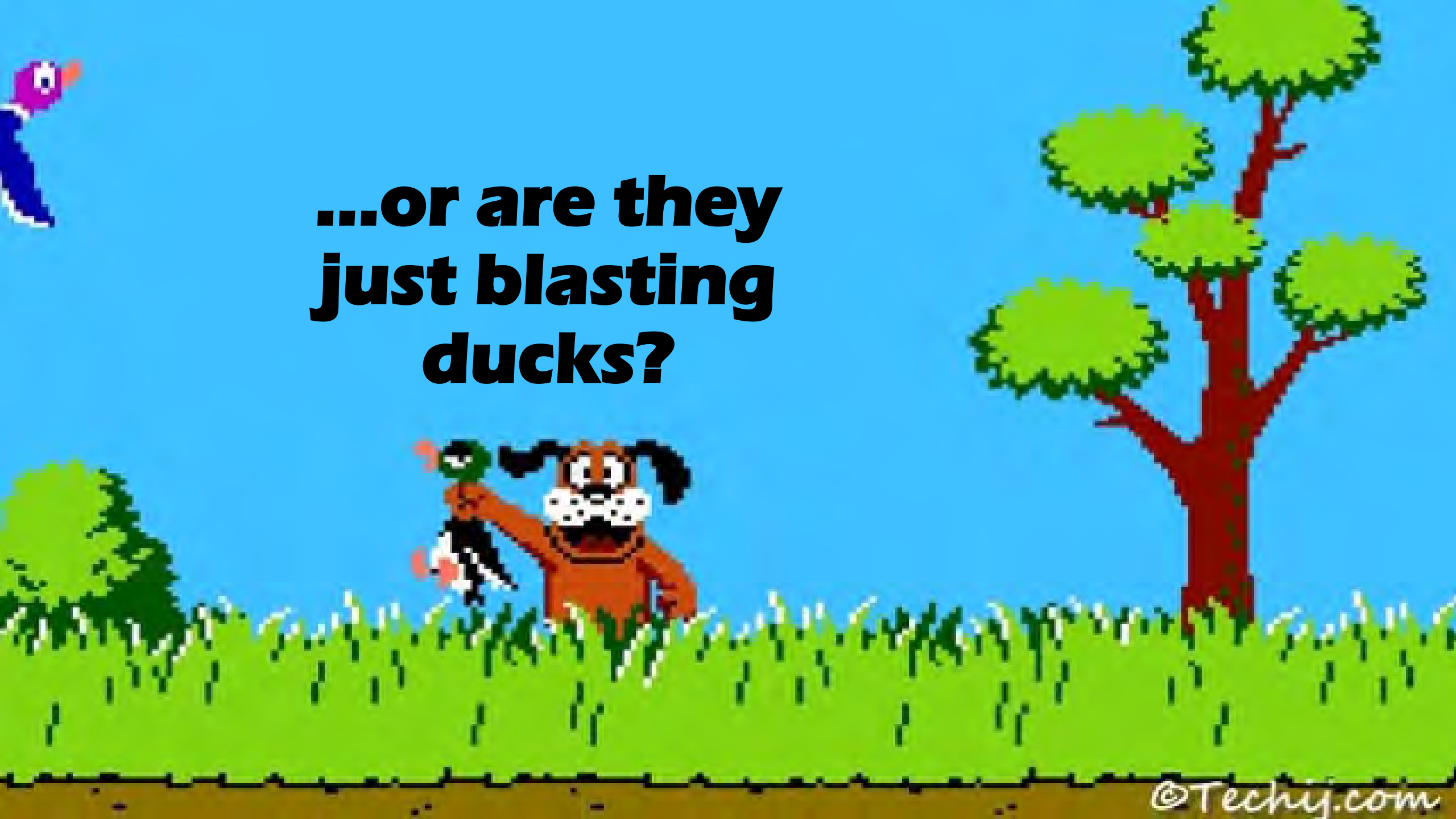
Is your child using a device to...

-
- Get engaged in a story?
 - “Deep dive” into a subject?
 - Use his/her creativity?
 - Improve useful skills?
 - Build meaningful inter-personal relationships?



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**...or are they
just blasting
ducks?**



2 to 5 years of age

At 2 years of age, many children can understand and learn words from live video-chatting. Young children can listen to or join a conversation with their parents.

Children 3 to 5 years of age have more mature minds, so a well-designed educational program such as Sesame Street (in moderation) can help children learn social, language, and reading skills.

For children 2 to 5 years of age,

- Limit screen use to no more than 1 hour per day.
- Find other activities for your children to do that are healthy for their bodies and minds.
- Choose media that is interactive, non-violent, educational, and prosocial.
- Co-view or co-play with your children.





Where do kids go when they're online?

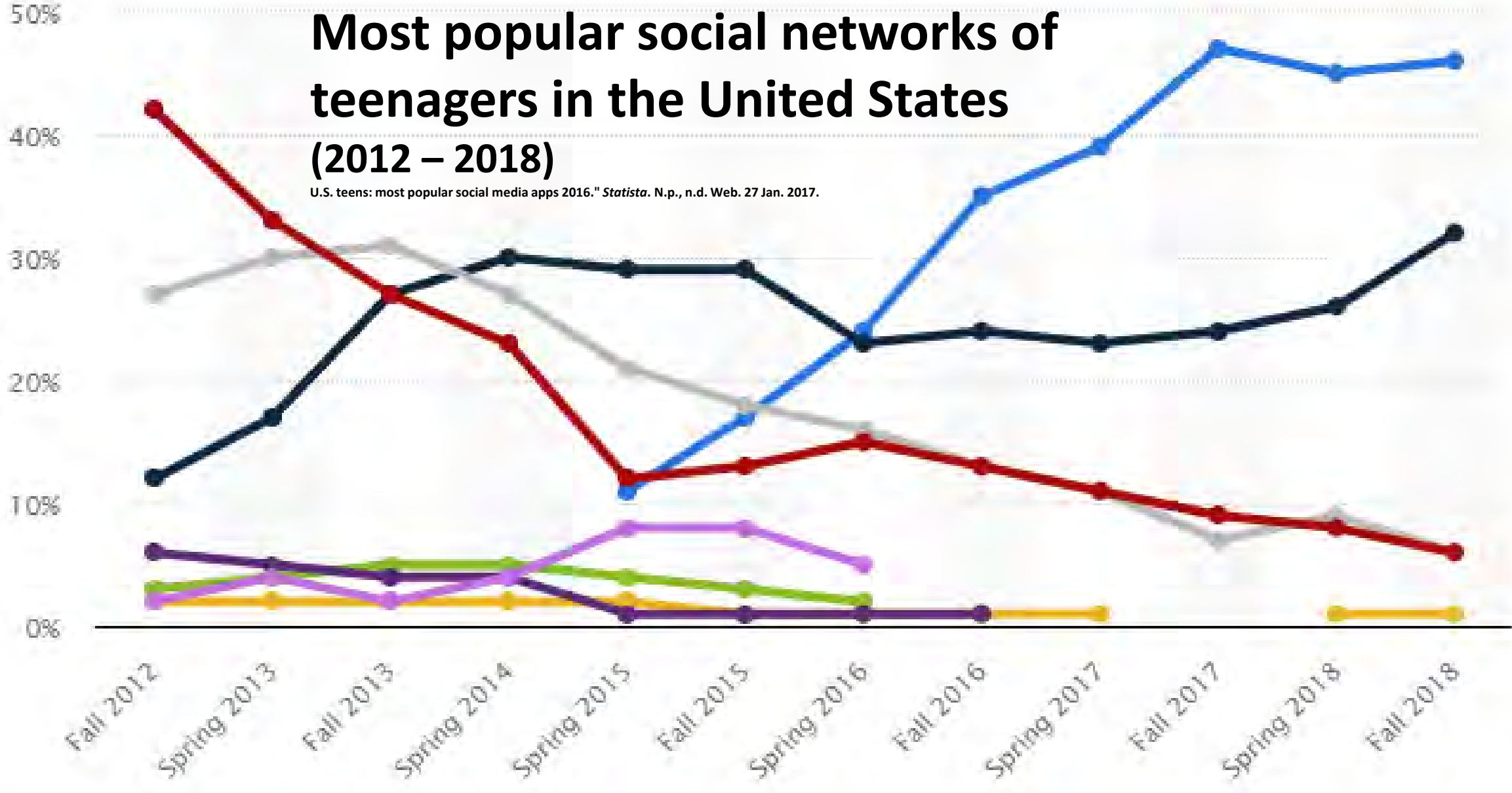
- Snapchat
- Instagram
- Gaming Sites
- WhatsApp
- Youtube

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Most popular social networks of teenagers in the United States (2012 – 2018)

U.S. teens: most popular social media apps 2016." Statista. N.p., n.d. Web. 27 Jan. 2017.

Share of respondents



- Snapchat
- Instagram
- Twitter
- Facebook
- Tumblr
- Pinterest
- Google+
- Other





“The more we leave heaps of digital detritus behind, privacy advocates say, the more we may have to answer for it to someone with an ax to grind, an investigation to close or a client to represent...”

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...While there are some measures you can take to prevent the government and others from monitoring your data and movements, much of what we do online and in public spaces can be used, sold and shared to create a remarkably detailed portrait of our lives."

(Zwerdling)

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PLEASE READ THE FOLLOWING

No.

INFORMATION VERY CAREFULLY

UNIVERSITY APPLICATION FORM

FORM OR FOR MORE INFORMATION CONTACT:



A short story to illustrate the potential applications of our digital footprints

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“Kosinski continued to work... before long, he was able to evaluate a person better than the average work colleague, merely on the basis of ten Facebook “likes.” **Seventy “likes” were enough to outdo what a person’s friends knew, 150 what their parents knew, and 300 “likes” what their partner knew. More “likes” could even surpass what a person thought they knew about themselves...**

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...But it was not just about “likes” or even Facebook: Kosinski and his team could now ascribe... values based purely on how many profile pictures a person has on Facebook, or how many contacts they have (a good indicator of extraversion)...



...But we also reveal something about ourselves even when we're not online. For example, the motion sensor on our phone reveals how quickly we move and how far we travel (this correlates with emotional instability). Our smartphone, Kosinski concluded, is a vast psychological questionnaire that we are constantly filling out, both consciously and unconsciously."

(Grasegger)

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“According to a 2013 survey of college admissions officers... 29% of them have Googled an applicant, and almost the same number have checked a Facebook page or other social networking site to learn more about them.” (Wharton School of Business)



“According to a 2013 survey of college admissions officers... 29% of them have Googled an applicant, and almost the same number have checked a Facebook page or other social networking site to learn more about them.” (Wharton School of Business)

Why do you think college admissions officers are using social media to learn about prospective students?

Is this “fair”?



Footprint “Clean Up”

1. Search your name online. This helps your child to grasp what is already “out there”.
2. Instruct them to review and update their privacy settings.
3. Use strong passwords that are difficult to guess.
4. Review the settings, apps and software on your computer or mobile device. Ensure that security software is up-to-date and review what data-sharing you’re allowing.
5. Build a positive online presence. When posting online, make sure that the content gives a positive impression of you. Your reputation is enhanced when you post inspiring, interesting or complimentary content.



Strategies for Parents

Monitor children's media usage and take ownership

Know what apps are used or downloaded. Test apps before your child uses them. Set expectations and follow through on enforcing rules.

Turn off TVs and other devices when not in use.

Background media can distract from cognitive tasks.

Keep mealtimes screen free and unplugged for children and parents.

Turn off phones or set to "do not disturb" during these times.

Have conversations about digital citizenship and online behavior

Interactions in the digital world should be polite and courteous. Maintain "real world" expectations in the digital world.

Maintain open lines of communication

Ensure that your children see you as a source of information and someone who they can go to if "things don't go well" in the digital world.

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Resources

"Clean Up Your Digital Footprint." *Clean Up Your Digital Footprint*. N.p., n.d. Web. 05 Feb. 2017.

"Your Digital Trail, And How It Can Be Used Against You." *NPR*. NPR, n.d. Web. 05 Feb. 2017.

"We Need to Teach Kids How to Be Skeptical of the Internet." *Motherboard*. N.p., n.d. Web. 29 Jan. 2017.

"Trump Knows You Better Than You Know Yourself." *ANtiDoTe Zine*. N.p., 28 Jan. 2017. Web. 27 Jan. 2017.

"Harmful Digital Footprint Impacts That Parents Should Know About." *Harmful Digital Footprint Impacts That Parents Should Know About*. N.p., n.d. Web. 27 Jan. 2017.

<http://kwhs.wharton.upenn.edu/author/diana/>. "How Clean Is Your Digital Footprint?" *KWHS*. N.p., 08 Dec. 2016. Web. 26 Jan. 2017.

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