SACRED HEART SCHOOL

PARENTAL CONTROLS & ONLINE SAFETY OVERVIEW

<u>Information for Parents of All Grade Levels – For Devices Used at Home</u>
While the wide range of devices & programs used in different households, along with each family's personal philosophies, prevent Sacred Heart School from providing specific requirements on parental controls, we hope that the below recommendations can be valuable.

A Few Helpful Resources for Commonly Used Apps & Programs
- It is useful to create accounts for kids in Windows, Google, etc. Then make sure that they are signed in with these accounts on the apps & programs that they are using. This will allow you to edit parental control settings & monitor activity within those accounts.
  - Windows Account: Microsoft Family Safety
    - Can set up to monitor screen time, set time limits, and block different apps
  - Google: Google's Parental Controls (Google Safety Center)
  - Bing: Bing SafeSearch (Microsoft Support)
  - Spotify: Spotify Kids (Spotify)
  - YouTube: YouTube Kids Parental Controls (YouTube User Settings)
  - iPad, iPhone, iPod Touch: iPhone, iPad, and iPod Touch Parental Controls (Apple Support)
- Here are directions by web browser to filter and block particular websites:
  - Filter websites and Searches in Microsoft Edge
  - Chrome & your child's Goggle Account (Scroll down and expand the "Block or allow certain site" section.)
  - Block and unblock websites with parental controls on Firefox
  - **Looking for another web browser?** Search the browser name + "parental controls" to find help articles.

Guidelines & Recommendations for Online Safety

Screen Time
- Parents should model for their children how to have a balanced relationship with digital technology.
- Interactive media is a high dopamine activity. Time should be limited and balanced with a low-dopamine activity (crafts, playing outside, reading, etc.) It is okay to let children be bored and find a solution to their boredom themselves.

- As a family, try scheduling one screen-free day a month and one screen-free week a year. This time away from screens helps reset the brain.
- Remember that online social interaction does not develop the same complexity of skills that in-person socializing requires. Children need opportunities to develop their offline social skills.
- Look out for signs of disordered use of digital media including: 1) loss of control 2) device/digital activity takes priority over other things -- sleep, homework, friends, etc. 3) escalation of use despite negative consequences.

Monitoring Online Behavior
- Parents need to actively pay attention to what their child is doing online. While there are many purely tech-based fixes (settings, monitoring apps, etc.) kids will often find workarounds to these.
- Screen time for school-age children should happen in a public area of the house, instead of allowing children to be on screens alone in their rooms.
- Parents should have open conversations with their children about what to do if they come across something online that is inappropriate or makes them uncomfortable.
- A great resource for learning more about apps your child may be using or services you can use to set up parental controls is CommonSenseMedia.org.
- We recommend parents join any social media platforms their child wants to participate in to see what they are like and decide whether they are comfortable having their child on it.

Information for Parents of BYOD Students (5th-8th Grades) – For Devices Used at Home & School

SHS does not require specific Parental Controls that should be set on your child's computer. This is a family decision. Some Parental Controls could impact your child's ability to access or download tools and programs for school. If your child encounters obstacles in completing a school assignment due to parental settings, your child will not be penalized. It is his/her responsibility to communicate with the teacher before the assignment is due!

Useful Information
- School internet is filtered
- Surface Parental Controls Information: Microsoft Surface Parental Controls | Parental Controls in Windows 10 | Parental Controls Windows 11
- Microsoft Parental Controls Information: Microsoft Family Safety | What is a Microsoft Family Group?