



Digital Safety: Parenting and Technology Survival Guide

<https://bit.ly/3mOwK0W>

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- Welcome
- Introductions
- There is no silver bullet or one thing that will address Digital Safety
- Requires consistent monitoring, involvement and educating yourself
- Research is always evolving
- This preso will provide an overview, guiding principles, and provide pointers to quality resources for you to dive deeper
- Click on the downloadable version to access notes and more resources

Agenda

1. **Seven Steps to Good Digital Parenting
(Family Online Safety Institute - fosi.org)**
2. Cell Phones
3. Gaming
4. Screen Time
5. Parental Controls
6. Social Media
7. Guiding Principles
8. Resources



PRACTICE THE SEVEN STEPS TO GOOD DIGITAL PARENTING

* From Family Online Safety Institute's *How to Be a Good Digital Parent Toolkit*:
<https://www.fosi.org/how-to-be-good-digital-parent>

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7 Steps to Good Digital Parenting

Seven simple, but still challenging steps to become a good digital parent. It is definitely a journey, like parenting itself. There is no such thing as perfection. Just good enough.



- 1. Talk With Your Kids**
Talk early and often
Be open and direct
Stay calm
- 2. Educate Yourself**
Search online for anything you don't understand
Try out the apps, games, and sites yourself
Explore FOSI's parenting tips and resources
- 3. Use Parental Controls**
Set content and time limits on your kids' devices
Routinely check privacy settings on social media
Monitor your kids' use and their screen time
- 4. Set Ground Rules and Enforce Consequences**
Discuss and sign a family safety agreement
Restrict where and when devices can be used
Remove tech privileges when rules are broken
- 5. Friend and Follow But Don't Stalk**
Follow your kids on social media
Respect their online space and freedom
Don't flood their accounts with comments
- 6. Explore, Share, and Celebrate**
Go online with your kids and explore their digital world
Share your own online experiences
Learn from each other and have fun
- 7. Be a Good Digital Role Model**
Curb your own bad digital habits
Know when and where to unplug
Show your kids how to collaborate and be kind online

For more information:
fosi.org/parenting

- [Download the How To Be A Good Digital Parent Toolkit](#)
- [FOSI | 7 Steps to Good Digital Parenting](#)



1) TALK WITH YOUR KIDS

TALK EARLY AND OFTEN

BE OPEN AND DIRECT

STAY CALM

- Talk with your kids and open up a line of conversation with them about online safety
- Start this conversation as early as possible, and talk with them about it often.
- Stay calm, not immediately overreacting or angry with them

DON'T MISS A TEACHABLE MOMENT



**FIRST
DEVICE**



**FIRST
PHONE**



TURNING 13

- These are times when you have their attention!

When your child gets their first device, adopt a family online safety agreement to set your household's rules

- When your child gets their first phone, emphasize the importance of safety and privacy, and agree to when and where your child can use it. Make sure to set rules for which apps are allowed to be downloaded

- Lastly, when your child turns 13, be their first follower on social media. Enable privacy settings that are appropriate to their account, and discuss how to handle bad behavior by others, or what to do if they see inappropriate content



2) EDUCATE YOURSELF

SEARCH ONLINE FOR ANYTHING YOU DON'T UNDERSTAND

TRY OUT APPS, GAMES AND SITES YOURSELF

EXPLORE FOSI'S PARENTING TIPS AND RESOURCES



- Search online for anything you do not understand - whether that is the latest viral challenge or a new game. There is an article or video online explaining almost everything about tech
- Further, try out the apps and games your child may be using for yourself. Even better, have your child teach you how to play a game or navigate an app as they may already be an expert.
- Lastly, explore the Family Online Safety Institute's Good Digital Parenting resources to learn more tips and find tools. There are over two dozen tip sheets about popular apps, and a blog with advice from experts.



3) USE PARENTAL CONTROLS

SET CONTENT AND TIME LIMITS ON YOUR KIDS' DEVICES

ROUTINELY CHECK PRIVACY SETTINGS ON SOCIAL MEDIA

MONITOR KIDS' USE AND THEIR SCREEN TIME

I AM EXCITED TO GIVE YOU THIS

TABLET


BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits
You are allowed to use this tablet _____ hours per day for non-school-related activities.

Restrictions
You should not use your tablet in these situations or places without permission:

Apps
You are allowed to download \$_____ worth of apps or in-game purchases a month and I would appreciate if you checked in with me before purchasing them.

Content
I want you to learn and have fun with technology, so it matters to me what you're doing. I reserve the right to ask where you're going and what you're doing on your tablet - what apps or sites do you visit most?

 Family
Online Safety
Institute
GOOD DIGITAL PARENTING

- Step 3 is to use parental controls - will be discussing later

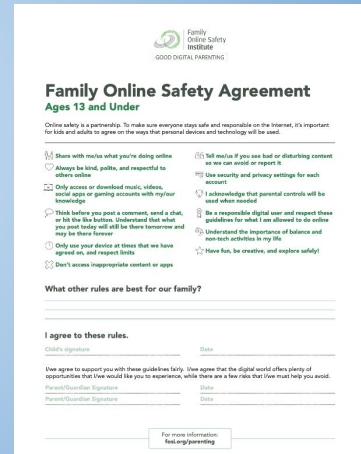


4) SET GROUND RULES AND ENFORCE CONSEQUENCES

DISCUSS AND SIGN A FAMILY SAFETY AGREEMENT

RESTRICT WHERE AND WHEN DEVICES CAN BE USED

REMOVE TECH PRIVILEGES WHEN RULES ARE BROKEN



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8

- The handout titled Family Online Safety Agreement – Ages 13 and Under - is an activity that can be completed as a family. It's customizable so families have the opportunity to add rules tailored to their unique household. By signing and dating the page, parents and children can hold each other accountable. Be sure to keep the agreement somewhere that everyone can see it - like the fridge!
- For consistency, remember that breaking rules should mean consequences and removing tech privileges



5) FRIEND AND FOLLOW BUT DON'T STALK

FOLLOW YOUR KIDS ON SOCIAL MEDIA

RESPECT THEIR ONLINE SPACE AND FREEDOMS

DON'T FLOOD THEIR ACCOUNTS WITH COMMENTS

- When your child turns 13 and you allow them to get a social media account, stay tuned to their activities but be respectful of their space and independence
- Try to be positive about their usage of social media, without being that parent who comments on every post



6) EXPLORE, SHARE AND CELEBRATE

GO ONLINE WITH YOUR KIDS AND EXPLORE THEIR DIGITAL
WORLD

SHARE YOUR OWN ONLINE EXPERIENCES

LEARN FROM THEM AND HAVE FUN

- Go online with your kids: Ask them to show you their favorite game or app and teach you how to play.
- Be sure to share all the cool things you do online with your child. This is the fun part!
- Lastly, learn from them. Dedicate time spent together to playing with technology that you both enjoy.



7) BE A GOOD DIGITAL ROLE MODEL

CURB YOUR OWN BAD DIGITAL HABITS

KNOW WHEN AND WHERE TO UNPLUG

SHOW YOUR KIDS HOW TO COLLABORATE AND
BE KIND ONLINE

ENCOURAGE YOUR KIDS TO CREATE A **POSITIVE
REPUTATION ONLINE**



- Curb your own bad digital habits (overchecking your phone, endless scrolling), and know when and where to unplug in order to show that tech-free time and balance is important
- Demonstrate how to create and collaborate online, emphasizing kindness and good digital citizenship
- Kids today are growing up in a digital world, and it's never too early to start teaching them the importance of maintaining a positive reputation online.

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- No “right” age.... waiting is almost always better
- Maturity matters more than age
- Consider why. Safety? Peer pressure?
- Start small, go slow ... phone with limited features and solid parental controls
- Cell phone is more than a phone...
 - Powerful media production and consumption tool
- Have a plan. Create a Safety Agreement with your child.

- [Common Sense Media: What's the right age?](#)
- [Common Sense Media: Safety Agreement](#)

Cell Phones



How do I set and enforce the ground rules?

- Safety Agreements
 - [Under 13](#)
 - [Teens](#)
 - [Safety Cards](#)
 - [Family Media Agreement](#)
- You need buy in... make your child part of the process
- Be consistent with ...
 - Keeping your commitments
 - Implementing consequences when agreement broken
- [A Parent's Guide to Mobile Phones](#)
- [Guide for Setting Up Your Child's Phone](#)

- [Family Contracts & Pledges](#)
- [Parent's Guide to Mobile Phones](#)
- [Family Contract for Smartphone Use](#)
- [FOSI | Family Online Safety Agreement For Ages 13 and Under](#)
- [FOSI | Family Online Safety Agreement For Teens](#)
- [FOSI | Device Online Safety Cards](#)
- [Step-by-Step Tips to Set Up Your Kid's iPhone](#)

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Gaming



- Before
 - Check the [rating](#). Read the [review](#).
 - Know the [parental controls](#)
 - Review community guidelines and report bad behavior
- Establish limits - look for balance.
 - Not all games are the same!
 - Research ([APA](#), [AACAP](#)) is not conclusive, but seek moderation and balance.
 - [Gaming System Agreement](#)

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Family Online Safety Institute
GOOD DIGITAL PARENTING

TIPS TO HELP MANAGE YOUR KIDS' VIDEO GAMES AND MOBILE APPS

ACTIVATE PARENTAL CONTROLS

The ESRB Parental Controls Guide has easy, step-by-step instructions on setting parental controls for your video game console, handheld device or computer. Download the guides for the specific devices in your home and watch an instructional video for setting up parental controls.

FOR MORE INFORMATION ON SETTING CONTROLS, VISIT:
www.esrb.org/about/settingcontrols.aspx

TIPS FOR PARENTS:

- Check the age and content rating information.
- Use parental controls, which are available for video game consoles and leading app stores like Google Play, to help manage which apps and games your kids download and play. And keep your password or PIN a secret!
- Get the detailed facts. ESRB provides rating summaries that offer a detailed description of the content that factored into a video game's rating. These summaries are available on the ESRB website or via the ESRB rating search app.
- For mobile games and apps with an ESRB rating, remember to check for additional notices describing interactive elements such as user interaction, digital purchases, sharing location, and/or if unrestricted Internet access is provided.
- Regardless of where the purchase is made—online or in-store—a little window shopping beforehand can save time and help ensure you make an informed purchase. Review information about video games online before you hit the stores and on product detail pages in app stores prior to downloading a mobile game or app.
- Don't be afraid to play video games with your children and download the apps they're talking about. This can make for great family time, and a good way to learn more about the games they are playing and apps they're using.

fosi.org/parenting

ESRB

6

- Rating: ESRB, Review: Common Sense Media
- [FOSI | Tools and Resources for Parents](#)
- [FOSI | Tips To Help Manage Your Kids' Video Games And Mobile Apps](#)
- [FOSI | Safer Gaming Guide](#)
- [FOSI | What Parents Should Keep in Mind When Gaming With Their Child](#)
- [Game Reviews - Kids Games](#)
- [Parents' Ultimate Guides](#)
- [Gaming Overview](#)
- [Online Gaming: An introduction for parents - Childnet](#)
- [Tools for Parents](#)
- [Family Discussion Guide](#)

Gaming

- Multiplayer games - Start with limiting online connections to school/personal friends
 - Safety - don't share personal information
- Stay involved: Grab a controller and play with your child
- Entertainment Software Review Board (ESRB): Tools for Parents




I AM EXCITED TO GIVE YOU THIS
GAMING SYSTEM
BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits
You are allowed to play _____ hours per week. On weeknights you are allowed to play _____ and on weekends, you are allowed to play _____.

Types of games
I want you to play games that are age appropriate.
You are not allowed to play games with these age ratings: _____.

Other players
This video game system has an online network with the ability to chat with players.
☐ You are not allowed to use this feature.
☐ You are allowed to use this feature with the following limits: _____.

Apps
Video games often have in-game purchases. You are allowed to spend \$ _____ per month on video game purchases and I would like you to check with me before purchasing.

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- FOSI | What Parents Need to Know about Playing Multiplayer Games
- Gaming System Agreement

Gaming - Guides



- Roblox ([FOSI](#), [ConnectSafely](#))
- [Fortnite](#)
- [Fortnite Battle Royale](#)
- [Minecraft](#)
- [Apex Legends](#)
- [Steam](#)

- Roblox
 - FOSI: [FOSI | Tip Sheet: What is Roblox?](#)
 - ConnectSafely: [Parent's Guide to Roblox](#)
- Fortnite
 - FOSI: [FOSI | Fortnite Battle Royale: Everything Parents Need to Know](#)
 - Common Sense Media: [Parents' Ultimate Guide to Fortnite](#)
- Minecraft
 - Common Sense Media: [Parents' Ultimate Guide to Minecraft](#)
- Apex Legends
 - Common Sense Media: [Parents' Ultimate Guide to "Apex Legends"](#)
- Steam:
 - Common Sense Media: [Parents' Ultimate Guide to Steam](#)

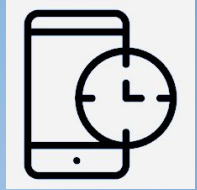
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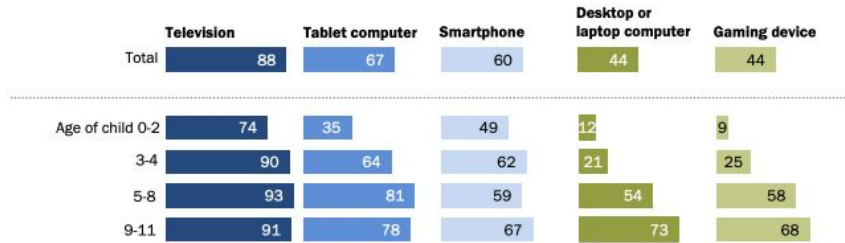
Screen Time

Our kiddos are exposed to a lot of screens...
research still evolving



Children's engagement with certain types of digital devices varies widely by age

% of U.S. parents of a child age 11 or younger who say that, as far as they know, their child ever uses or interacts with a ...



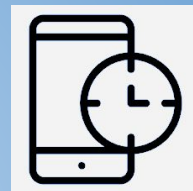
Note: If parent has multiple children, they were asked to focus on one child when answering this question. Those who did not give an answer are not shown.

Source: Survey of U.S. adults conducted March 2-15, 2020.
"Parenting Children in the Age of Screens"

PEW RESEARCH CENTER

- Pew Research: [Children's engagement with digital devices, screen time](#)

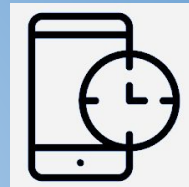
Screen Time



- Focus on quality of screen time more than quantity*
 - *Too much of even a good thing is NOT GOOD
 - American Academy of Child and Adolescent Psychiatry recommendation
- Not all screen time is created equal
 - **Passive consumption:** watching, reading, listening
 - **Interactive consumption:** playing games, browsing
 - **Communication:** social media, texting
 - **Content creation:** making digital art, music, content
- Set schedules and time limits - family media agreements
- BALANCE is the goal

- [FOSI | Screen Time](#)
- [Are some types of screen time better than others?](#)
- [Screen Time Parent Concern](#)
- [How much screen time is OK for my kid\(s\)?](#)
- American Academy of Child and Adolescent Psychiatry: [Screen Time and Children](#)
- American Academy of Pediatrics: [Where We Stand: Screen Time](#)

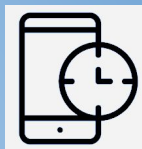
Screen Time and Sleep



How much sleep do you need?

AGE	RECOMMENDED SLEEP HOURS PER 24 HOUR PERIOD
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

- The American Academy of Pediatrics recommendations
- Our internal clocks (circadian rhythm) is mostly controlled by light from the sun. Melatonin is the hormone that regulates sleep cycles and influences our feelings of sleepiness or alertness. Light inhibits melatonin. Darkness stimulates melatonin.
- Adolescents secrete melatonin about 90 minutes later than children which is why teens often stay up later and feel more sleepy in the morning.
- In October of 2019, California created a state law (SB 328) that mandates that schools have a later start time to help promote healthy sleep habits in teens. Effective in July 2022, Middle schools cannot start before 8 am (not including "zero periods") and high schools cannot start before 8:30 am.

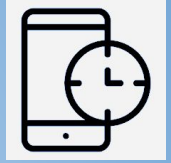


Screen Time and Sleep

- American Academy of Pediatrics study:
Sleeping near a small screen means...
 - Viewing the screen instead of sleeping
 - Brains/bodies staying alert with interactivity
 - Disrupted natural sleep rhythm
 - Interrupting sleep with notifications
 - Blue light
- Duration/quality of sleep important - especially for teens

- Light from screens disrupts circadian rhythms. Using technology/screens before bed creates over stimulation and keeps you up and prevents you from falling asleep. Other activities before bed, such as reading a book, does not have this same affect.
- How do screens -- such as TV and smartphones -- affect my kids' sleep?
- American Academy of Pediatrics: [Digital Media and Sleep in Childhood and Adolescence](#)

Screen Time and Sleep



Sleep hygiene for your child:

- ☐ **Store devices outside of bedrooms in the evening**
- ☐ **Discontinue any screen use within one hour of going to bed.**
- ☐ Avoid caffeine before bed.
- ☐ Keep your sleep environment cool, dark, and quiet.
- ☐ Keeping a consistent sleep schedule
- ☐ Manage time well. Build in time to do homework, activities, meals, and sleep.

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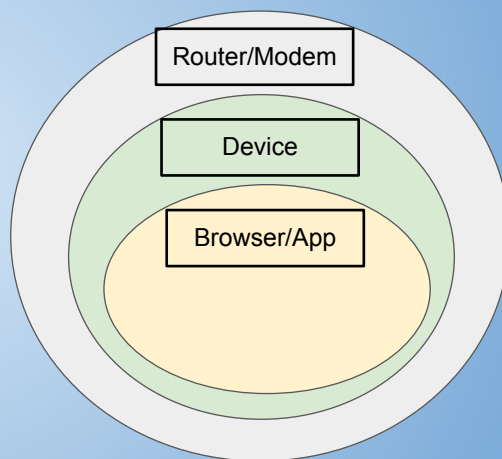
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What are parental controls?

- Filter inappropriate content: websites, searches
- Limit activities such as downloading and screen time
- Monitor activities such as searches and sites visited
- Control access devices have on your network
- Manage access to content at different levels
 - Router, device, browser or app level





Internet Monitoring and Filtering Software

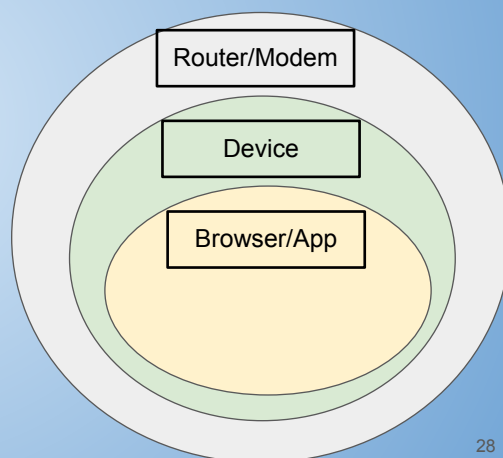
- More effective at supporting young children versus teens
- Consider your child's...
 - Age and maturity
 - Risk-Taking and impulse control
 - Ability to adhere to family rules
- What are your needs?
 - Block inappropriate sites?
 - Restrict downloading of apps?
 - Monitor what your kids are doing online?
 - Manage phones?

[Parents' Ultimate Guide to Parental Controls](#)



Parental Controls: Router/Modem

- Controls access to the Internet for ANY device connected to your home network
- Varies based on provider
 - [Xfinity](#)
 - [AT&T](#)
- Cannot control devices with a cellular connection (e.g. device that does not need WiFi)

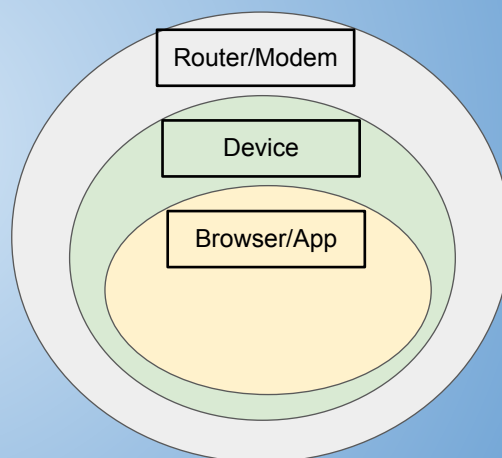


- [Parental controls support for AT&T Wireless customers - AT&T® Official Site](#)
- [Set Up Parental Controls for the Internet](#) - Xfinity



Parental Controls: Device

- [Amazon Kids+ Parental Controls](#) (Fire tablets and other Amazon devices)
- Apple: [Parental controls for iOS](#) (iPhone, iPad and iPod Touch)
- Apple: [Screen Time on Mac](#)
- [Google Family Link](#) (Free for Android devices as a download)
- Microsoft: [Controls for Windows 10 & Xbox](#)

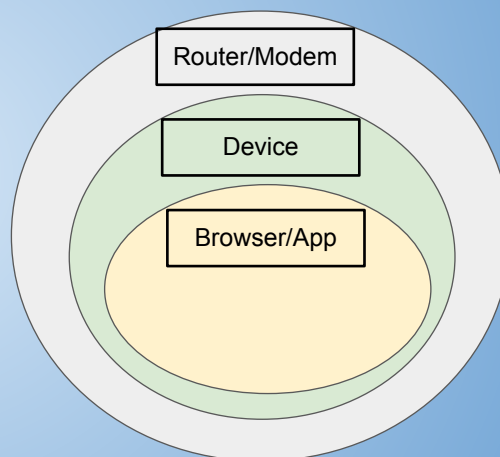


[What are the best privacy settings for my computer and smartphone?](#)



Parental Controls: App/Browser

- Varies based on app
- Browsers:
 - [Chrome](#)
 - [Edge](#)
 - [Firefox](#)
 - [Kid Safe Browsers](#)
- [YouTube Kids](#)
- [TikTok Family Pairing](#)



- Chrome browser: Parental Controls: [Chrome & your child's Google Account - Google For Families Help](#)
- Microsoft Edge browser: Parental Controls: [Filter websites and searches in Microsoft Edge](#)
- Firefox browser: Parental Controls: [Block and unblock websites with parental controls on Firefox | Firefox Help](#)
- **Parental Control Guides/Recommendations:**
 - CNET: [Best apps to put on kids' phones to keep them safe](#)
 - Common Sense Media: [Parents' Ultimate Guide to Parental Controls](#)
 - ConsumerAdvocate.org: [Top 10 Parental Control Apps of 2021](#)
 - Digitaltrends: [The best parental control apps for Android and iOS](#)
 - PC Mag: [The Best Parental Control Software](#) (updated annually)
 - PC World: [Screen Time, Family Link, and FreeTime vs my 7-year-old son: Which parental controls are best?](#)
 - Tom's Guide: [The best parental control apps for Android and iPhone 2021](#)



Implementing Parental Controls

Guiding Principles

- Be clear about your and your family's needs
- Works best when implemented as part of an open and honest partnership with your kids (vs. stealth spying method)
- Your goal is to eventually not need the parental controls

Resources

- [Family Guide to Parental Controls](#)
- [Parents' Ultimate Guide to Parental Controls](#)



Knowing My Kid's Passwords

Makes more sense for younger children.

As your child ages, it is easier for them to...

- change passwords
- create a new account
- simply block you

⇒ **Easily circumvented**

Consider...

- Having regular check ins
- Reviewing the privacy settings
- Taking an interest in their online activities
- Helping them develop their own sense of responsibility
- Follow them (don't stalk or overcomment)

[Should I demand my kid's passwords to his or her social websites and apps?](#)

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Social Media: Helpful or Harmful?

Research is evolving...



Helpful?

- Boosts feelings of connection and belonging
- Gives them a voice - opportunity to do good.
- A place to express themselves

Harmful?

- Social comparison
- Anxiety: FOMO
- Depression
- Peer pressure
- Cyberbullying
- Addictive: Social media algorithms

⇒ Parent involvement is essential!

- [Facebook, Instagram, and Social Parent Concern](#)
- [5 Reasons You Don't Need to Worry About Kids and Social Media](#)
- [FOSI | Tools and Resources for Parents](#)
- [FOSI | How to Protect Your Kids From Social Media Risks](#)
- [FOSI | Social Media Guide](#)



Social Media

- **Basic social media rules** ([Elementary](#), [Middle School](#))
 1. Go slow to go fast... waiting is better
 2. Follow age guidelines
 3. Set limits in partnership with your child
 - Create a [family media plan](#)
 4. Set up account together
 5. Privacy settings!
 6. Be a follower/friend on the account
 7. Friend vs. follower: Make sure your child knows the difference
 8. Be kind! Don't post it if you would not say it to their face
 9. Keep computer/device in central place

- [What are the basic social media rules for elementary school-age kids?](#)
- [What are the basic social media rules for middle schoolers?](#)
- [AAP Media Plan](#)

Basic rules:

- Elementary: set up accounts together, online by themselves=unsupervised play date, do your homework, set time limits, establish codes of conduct, flagging inappropriate conduct, sharing personal info, keep device/computer in a central place - to monitor, privacy setting
- Middle school: stick with age-appropriate sites, friends vs. followers, follow - don't stalk, privacy settings, conduct: don't post anything you would not say to someone's face,



Social Media



- **Social Media Simulation Tool - [Social Media Test Drive](#)**
 - From *Common Sense Education* and *Cornell University Social Media Lab*
 - [Learn more...](#)

- [Social Media TestDrive | Common Sense Education](#)
- [TestDrive for Parents](#)



Social Media

- [Navigating Viral Social Media Stunts](#)
- [Tips for Easing Social Media Anxiety](#)
- [Keeping up with new apps](#)
- [Red flags to be aware of](#)
 - Anonymity
 - Secret chat rooms
 - Temporary pics/videos
 - Random video chat
 - Public profile is default

- [Help Kids Navigate Viral Social Media Stunts](#)
- [Practical Tips for Easing Kids' Social Media Anxiety](#)
- [How do I keep up with the latest social apps and sites teens are using?](#)
- [11 Social Media Red Flags Parents Should Know About](#)

Viral Stunts

1. Talk about it
2. Get them to think it through
3. Ack peer pressure
4. Stay up to date
5. Embrace good ones
6. Model responsible online habits

Tips for easing social media anxiety

- FOMO
- Listen, don't judge
- Encourage their offline lives
- set limits
- shift the focus to something besides social media
- use social media settings to keep a lower profile
- ask open ended questions

Keeping Up with New Apps

- Subscribe to trusted sources to stay up-to-date

- Keep lines of communication open with your child
- Share what you're using for social media, maybe they will share back.
- Ask what is popular with their friends
- Link the app store account to your email to be notified if an app is downloaded

Red flags

- ads and in app purchases
- age inappropriate content: Use the site yourself to be familiar with it
- anonymity:
- cyberbullying
- location tracking/sharing
- public profile is the default setting
- random video chat
- real-time video streaming
- secret chat rooms
- temporary pics and videos
- toxic culture



Social Media - Guides

- Twitch ([FOSI](#), [CommonSenseMedia](#))
- Snapchat ([CommonSenseMedia](#), [ConnectSafely](#))
- TikTok ([CommonSenseMedia](#), [ConnectSafely](#))
- Instagram ([ConnectSafely](#), [CommonSenseMedia](#))
 - [Protecting Mental Health on Instagram](#)
- Discord ([CommonSenseMedia](#), [ConnectSafely](#))
- Tumblr ([CommonSenseMedia](#))
- Twitter ([CommonSenseMedia](#))
- YouTube ([CommonSenseMedia](#))

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Guiding Principles

1. One size does not fit all
2. Gradual release of responsibility: Balance between autonomy and boundaries.
3. Communicate, communicate, communicate
 - a. Be ready to talk when they are ready
 - b. Respond thoughtfully, not quickly - LISTEN first.
 - c. Offline discussions about online life
 - d. Make them a partner in the process
 - e. Be consistent about consequences for breaking agreements
 - f. Be consistent about setting an example of healthy technology use
4. Teen brain: Emotion/rewards part of the brain more developed than decision making/judgement part
5. Technology, apps change QUICKLY - stay up-to-date
6. Seek balance and moderation

[Research Finds Teens May Not Be Suffering From Too Much Tech use](#)

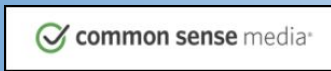
Agenda

1. Seven Steps to Good Digital Parenting
(Family Online Safety Institute)
2. Cell Phones
3. Gaming
4. Screen Time
5. Parental Controls
6. Social Media
7. Guiding Principles
- 8. Resources**





Resources



- **Family Online Safety Institute**
 - [Subscribe to mailing list](#)
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- **ConnectSafely**
 - [Subscribe to mailing list](#)
- **Common Sense Media**
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Thank you!



Questions?

Please share any strategies that have worked for you when it comes to supporting your child with technology!