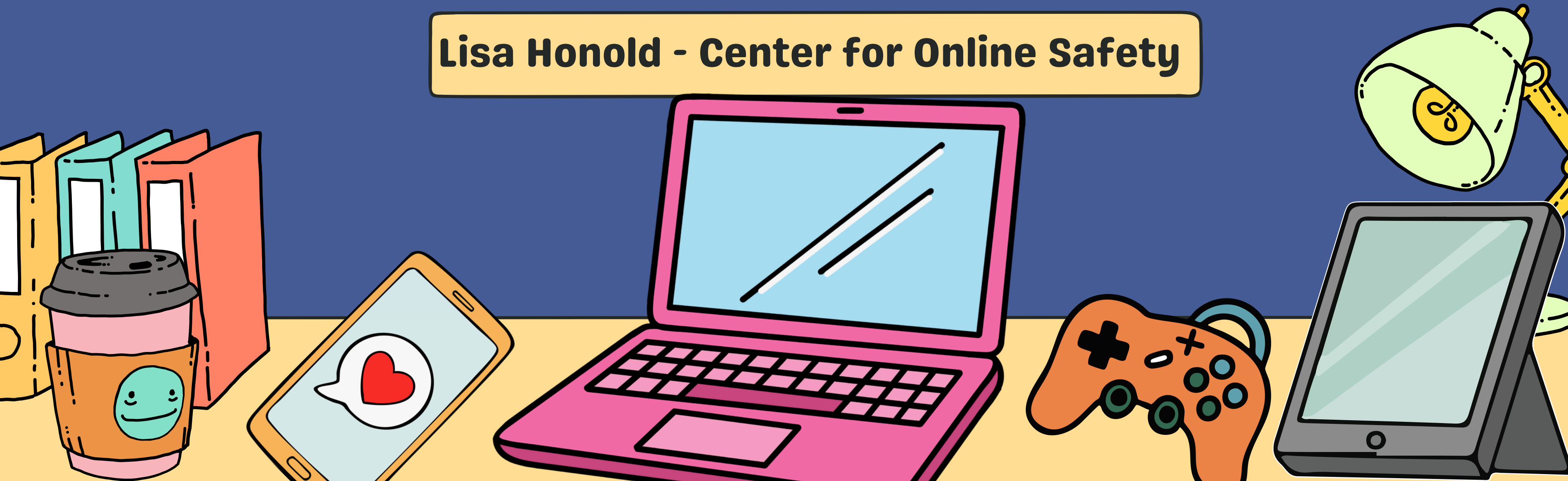


Internet Safety for Families

Center for
Online
Safety

Lisa Honold - Center for Online Safety



Today's Coffee Chat

What's going on?

Why it's hard

Digital Roadmap

Family Tech Agreement

3 areas of concern

Practical tips

Conversation starters

Q&A

Children learn through



**Hands-on
play**

Imagination

**Practicing
social
cues**

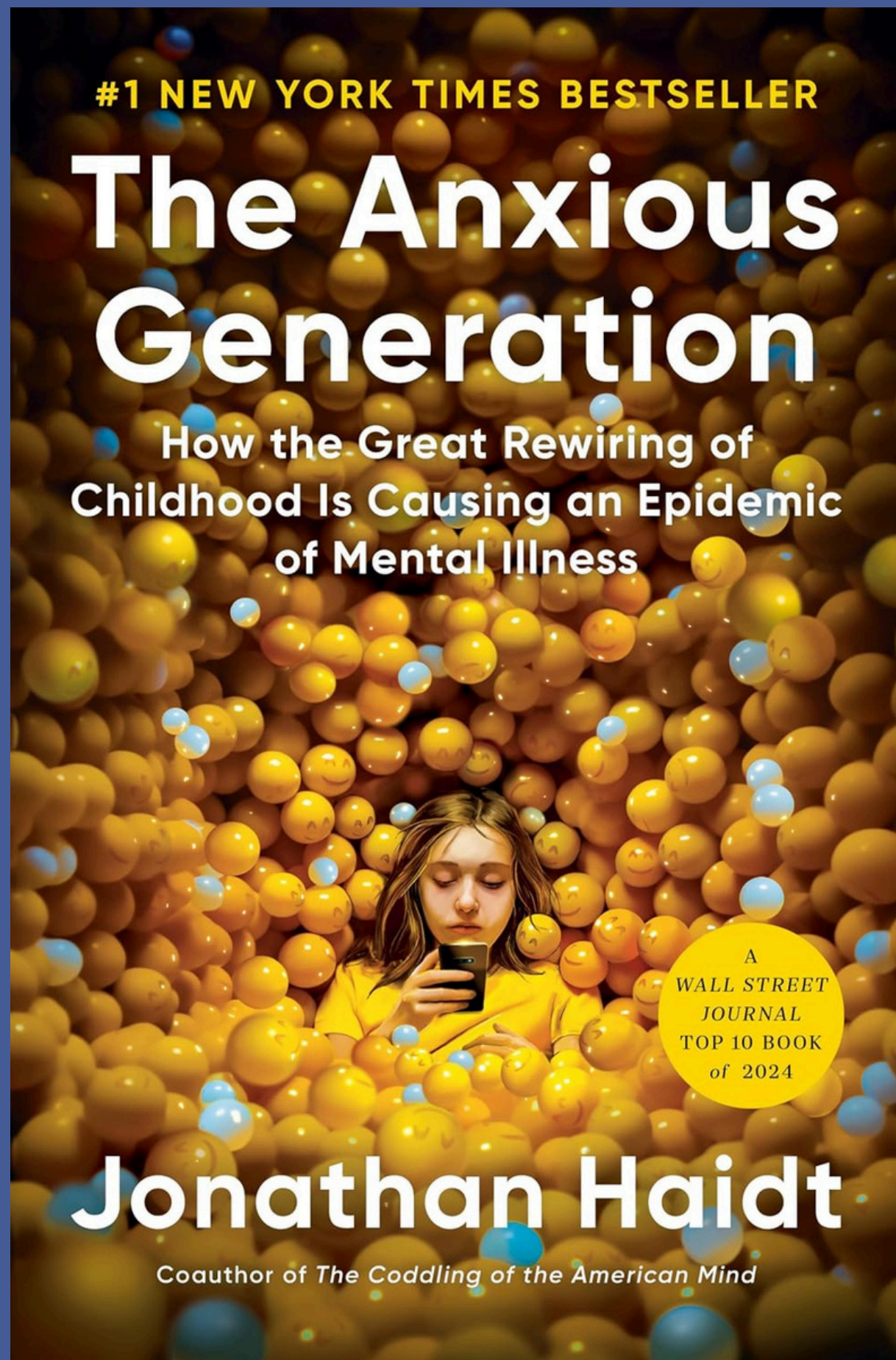
Childhood & Screens



**Less time
for hands-
on play,
dexterity.
Shorter
attention
span.**

**Less
imagination,
creative
story telling**

**Less
ability to
see and
interpret
social
cues**



Best Practices - based on Jonathon Haidt's research






- **Ban smartphones in schools** - Protect focus, reduce anxiety, and build real-life skills.
- Wait until **age 14 for smartphones** - Delay access to addictive and unsafe tech.
- Wait until **age 16 for social media** - Teens need emotional maturity before navigating online platforms.
- **Get kids outdoors** and into in-person communities; give them more independence, free play and responsibility.

Bark's 2025 top apps/platforms for concerning content

FLAGGED FOR
**Severe sexual
content**

1. 
2. 
3. 
4. 
5. 

FLAGGED FOR
**Severe suicidal
ideation**

1. 
2. 
3. 
4. 
5. 

FLAGGED FOR
**Severe
bullying**

1. 
2. 
3. 
4. 
5. 

Today's internet is different



- The internet your kids are on is nothing like the one you grew up with
- Algorithms deliver custom content
- Almost 50% of 10 year olds have smartphones
- 5.5 hours of entertainment/day for 8-12 year olds

You're not behind; You need a map!



- Popular apps change quickly
- Different than our generation's childhood
- Tech companies make it difficult to manage



Digital Roadmap

DIGITAL ROADMAP
* GUIDELINES BY AGE & STAGE *

BIRTH - 2

- Avoid all screen time, other than video calls with relatives
- Be a role model for balanced screen time
- Make eye contact and play together without tech

2+

- Set up an internet filter
- Set up child account on YouTube Kids to watch together (monitor channels and ads)
- Whitelist websites that are appropriate and block all others
- Narrate what you're doing on your phone

4+

- Set up any device they use with filter and time limits
- Talk about what to do when they see something scary or "weird"
- Talk about privacy and what information to keep safe
- Only allow screen time when you are together

8+

- Talk about digital kindness and being an upstander
- Set up devices to monitor & filter
- Find a group of parents who are "slow tech"
- Set up a [Family Tech Agreement](https://www.centerforonlinesafety.com/blog/family-tech-agreement)

10+

- Start with a "dumb" phone. See [good first phone options here](https://www.centerforonlinesafety.com/blog/first-phone-options-for-kids)
- Update your Family Tech Agreement
- Check the monitoring & filtering apps
- No social media accounts

14+

- Consider a smartphone (if ready)
- Delay social media
- Check your monitoring app frequently
- Keep devices out of the bedroom overnight

16+

- Consider social media (if ready)
- Create your parent account & set up parental controls. "Follow" your child's account
- Check your monitoring app frequently

Slow-tech parents let kids develop social skills and critical thinking skills before they have the permanency & pressure of the digital world.

[Learn more here](https://www.centerforonlinesafety.com/blog/when-should-my-child-get-a-phone)

- Your focus changes at different ages
 - 14+ for smartphone
 - 16+ for social media

<https://www.centerforonlinesafety.com/blog/when-should-my-child-get-a-phone>

3 areas of screen time concern



Who they're talking to

What they're seeing

How long they're on

Practical Tips



**Who
they're
talking
with -**

Monitor

**What
they're
seeing -**

**Tech out of
the
bedroom**

**How long
they're
online -**

Set limits

Family Tech Agreement

Family Tech Agreement

Parent note: Read this section out loud with your children, then read through the Agreement together and check or modify the boxes to customize this Agreement.

I love you and want you to be a well rounded, healthy young person that can function in the world and coexist with technology, not be consumed with it. It's my job to guide you on screens and off. Navigating technology is a road we're on together. I promise I'll be someone safe you can come to when things go wrong and we'll figure it out together.

I will:

- Leave my devices outside my bedroom to charge at night.
- Immediately answer a call or text from my mom, dad or other family members.
- Ask you before I download any apps on my phone or device.
- Ask permission when sharing anyone else's photo or video online.
- Tell an adult if anything online feels creepy or weird.
- Set my accounts to "private".
- Pay for any game or app purchases I make (after getting your approval).
- Let you know my passwords for devices and apps.

I will not:

- Share my age, full name, address, phone number or other personal information online.
- Share my passwords with friends.
- Share my location publicly or with accounts I don't know personally. Be mean, spread rumors or make fun of people online.
- Make fake profiles or pretend to be someone else on the internet.
- Set up accounts on social media until I am ___ years old and have talked with you.
- Add, text or interact with anyone online who I do not know.

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<https://www.centerforonlinesafety.com/blog/family-tech-agreement>

Your goal - stay involved & guide their digital world

Conversation starters:

What's one thing you love about your tablet? What's one thing you wish was different?

If you could make a rule about tech or screens for the whole family, what would it be?



Your goal - stay involved & guide their digital world

Books to read together:

- **Good Pictures, Bad Pictures** by Kristen Jenson
- **Maya Learns to Stay Safe Online (And You Can Too!)** by Lisa Honold

<https://www.centerforonlinesafety.com/maya>



Questions



Lisa Honold - Center for Online Safety

