THE TECH TALK

Keeping your kids safe online

AGENDA

- Why Online Safety Matters
- Current Online Trends
- Online Safety Risk
- Parental Controls & Tools
- Talking With Your Kids
- Resources



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WHY ONLINE SAFETY MATTERS

ONLINE USAGE

Elementary Age (5-10) average daily screen time outside of schoolwork is 2-4 hours

Middle School (11-13) average daily screen time outside of schoolwork is 4-6hours

About 95-96% of teens are online daily

High School (14-18) average daily screen time is 6-9+ hours

Nearly half of teens are online “almost constantly”

73% of teens spend 3+ hours per day on screens

BENEFITS

*Access to information
*Personalized learning
*Engagement
*Skill Development
*Connection
*Accessibility
*Career Readiness
*Easy access to support



INDIANA LEGISLATION
SEA 78

Mandates one (1) of the following policies:

1. A no device policy under which students are not permitted to bring wireless communication devices to school.
2. A storage policy under which wireless communication devices may be brought to school, but must be stored away, powered off, and inaccessible to a student throughout the school day.

We believe that backpacks would meet this definition, but will await the official guidance to be provided by the Indiana Department of Education.

*By July 1, 2028 that teacher directed use of technology for educational purposes must happen on a school supplied device only. (This will be enforced for the 2026-2027 school year for Center Grove.)

INDIANA LEGISLATION
HEA 1408

- Kids under 16 can not have social media accounts without verified parent consent.
- Social media companies must verify the users age (likely ID or verification steps by parent).
- For users under 16, platforms must restrict addictive features
- Responsibility falls on the companies to implement

INDIANA LEGISLATION
HEA 1004

- Active Filtering: Schools must filter/block content on all school-owned devices.
- Parental Controls: By January 1, 2027, schools must provide controls allowing parents to increase filtering, block specific websites, and set time limits for school-issued devices used off-campus.
- Policy Transparency: School internet use policies must be publicly posted on the school website.
- Compliance Timeline: Board-approved policies are required by July 1, 2026, with an exemption window for existing vendor contracts until July 1, 2030

CURRENT ONLINE TRENDS

THE NEW HANG OUT??

- Kids are more connected than ever before
- Communication happens across multiple platforms
- Not all interactions are visible to adults

POPULAR PLATFORMS BY AGE GROUP

K-5

- YouTube/YouTube Kids
- Roblox
- Minecraft
- Messenger Kids

6-8

- TikTok
- Snapchat
- Instagram
- Discord

9-12

- TikTok
- Snapchat
- Instagram
- Discord
- Texting/iMessage

ITS NOT JUST APPS... ITS INTERACTION



Group Chats:

- Can Include 5-50+ Kids
- Often unmoderated
- Drama Exclusion and bullying can escalate quickly



Gaming Chats:

- Voice Chat (live)
- Text Chat inside games.
- Often less supervised.



Direct Messages (DMs):

- Private 1-on-1 conversations
- on most social networks

HIDDEN FEATURES

- Disappering Messages
- Private Accounts
- “Finsta” accounts
- Location Sharing

THE RISE OF AI

- 86% of students report using AI for school.
- Cognitive and Academic Impact
- Social & Emotional Impact
- Equity and Safety Risks

SOURCES

ONLINE SAFETY RISK

ONLINE PREDATORS

Adults posing as teens
Usually starts in games, social media or direct messages.

SEXTORTION

The fastest-growing risk for middle and high school students.
Kids are tricked into sharing pictures and then told they either need to send more or send money for them not to be shared publicly.

CYBERBULLYING

Kids hide behind fake profiles.
Keyboard warriors.

MENTAL HEALTH

Constant exposure to curated lives.
Finding their self-worth in likes or follows.

CENTER GROVE SPECIFIC DATA

CELL PHONE VIOLATION	24-25	25-26
HIGH SCHOOL	719	512
MIDDLE SCHOOL	70	116
ELEMENTARY	1	1

PREVENTION TIPS TO DECREASE RISK

1. Teach “pause before you post”
2. Encourage trusted adult communication
3. Normalize reporting vs. hiding mistakes
4. Focus on skills, not just restrictions

PANEL DISCUSSION

Alex Engelbert, MSC Dean

Officer Nick Stumpo

Theresa Owen, CGHS Dean

Jaime Pereda, Director of Infrastructure Technology

PARENTAL CONTROLS & TOOLS

WHY THIS MATTERS

1. Technology is a part of daily life
2. Kids are learning, socializing, & exploring online
3. Risks exist, but so do opportunities
4. Our goal: Safety & Independence

KEY AREAS FOR PARENTS

1. Device Controls
2. App Settings
3. Screen Time & Boundaries
4. Monitoring vs. Trust

DEVICE CONTROLS

DEVICE-LEVEL CONTROLS

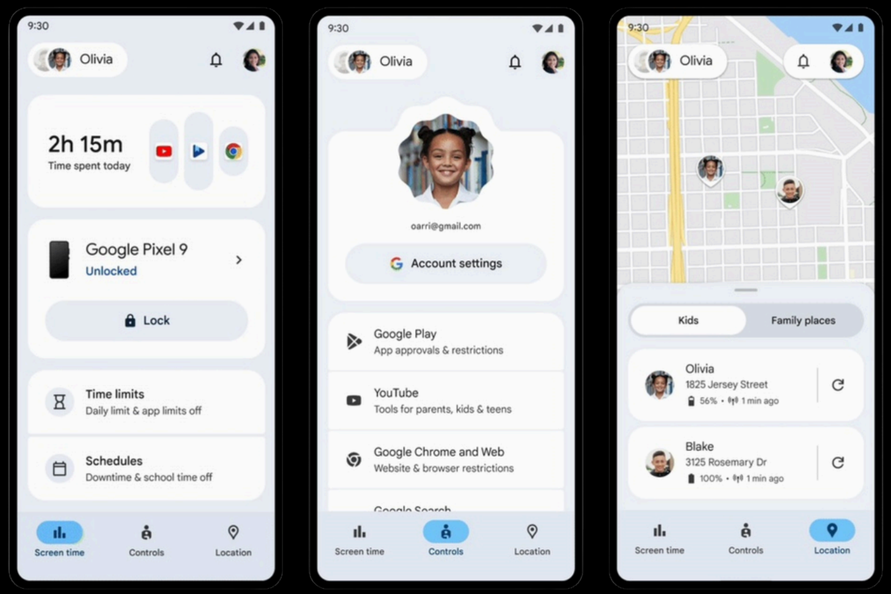
Built-in Parental Controls

- Apple Screen Time
- Google Family Link
- Gaming Console Controls

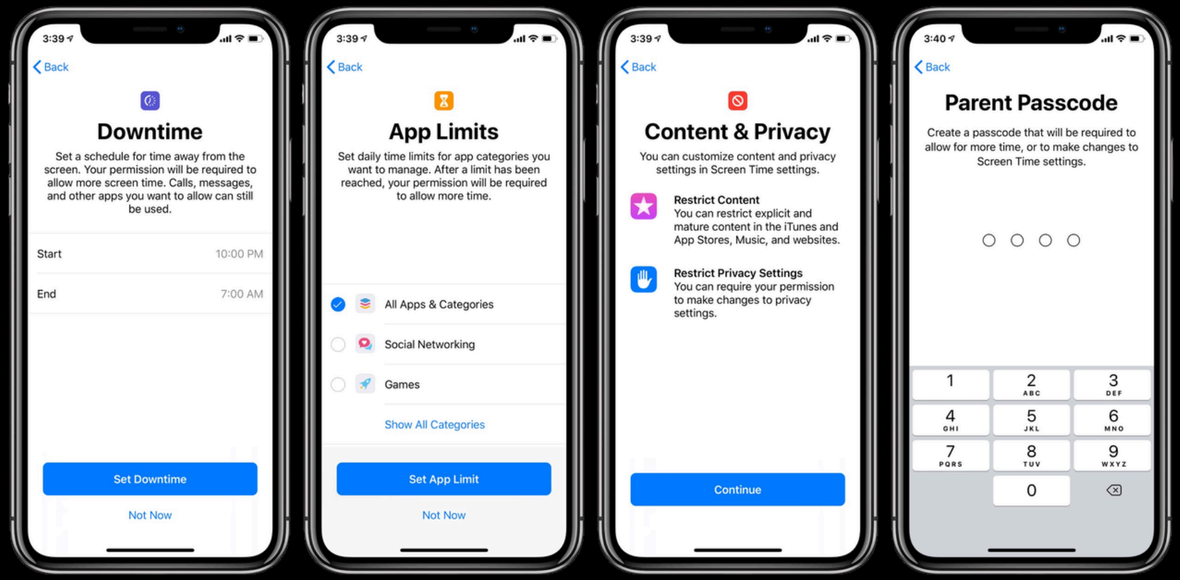
SET UP FIRST

- Downtime (no devices overnight)
- App limits
- Content Restrictions

GOOGLE

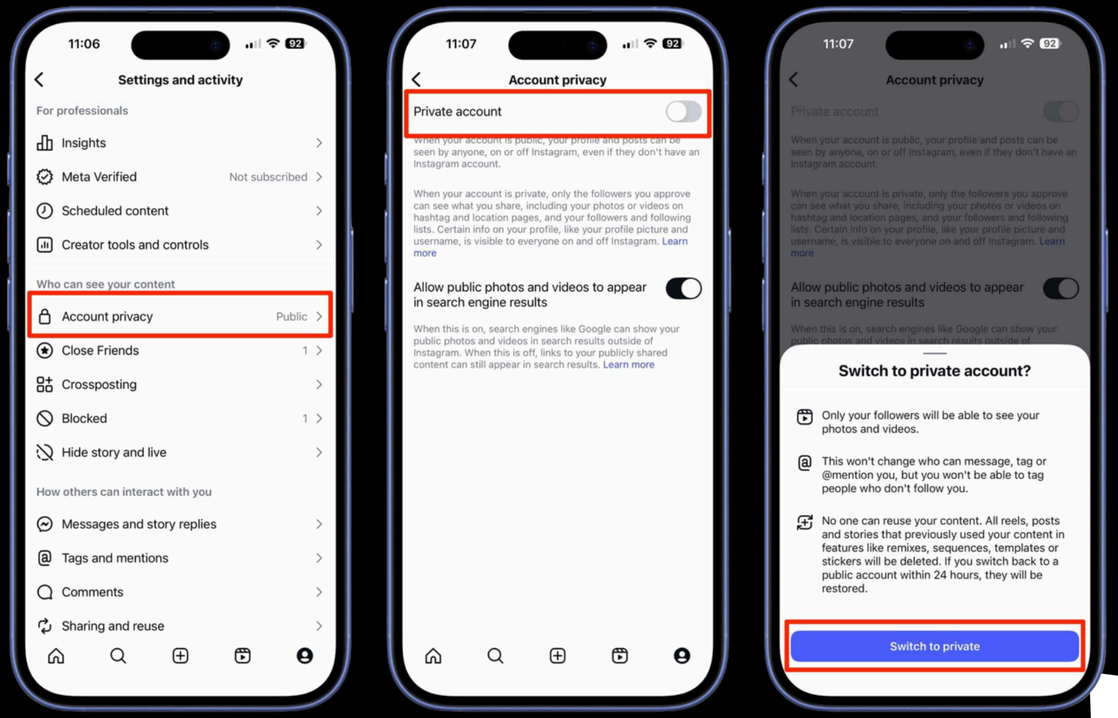


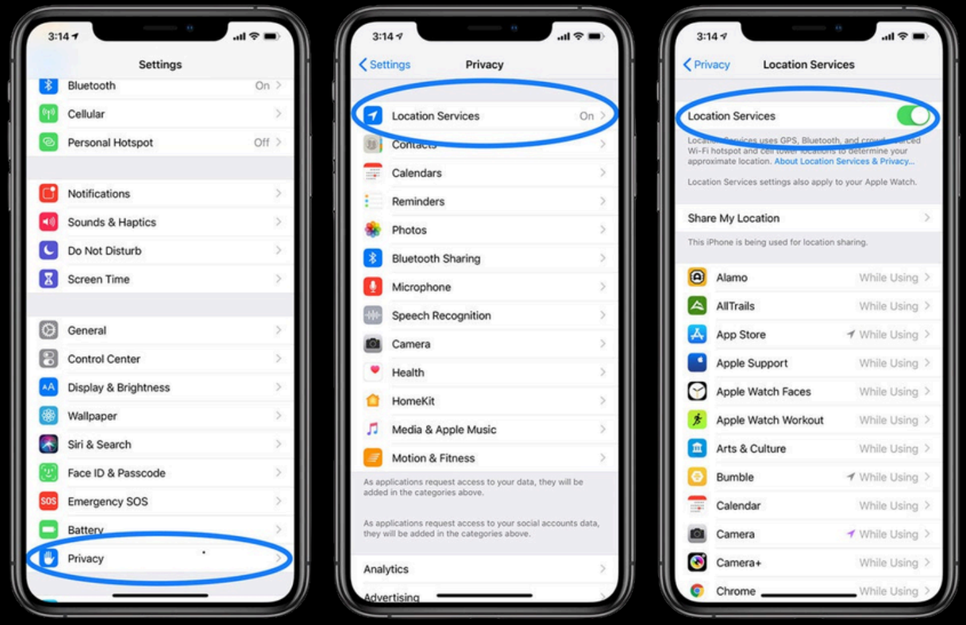
APPLE



APP & PLATFORM SETTINGS

1. Set accounts to private
2. Turn off location sharing
3. Control who can message your child





POPULAR APPS TO CHECK:

Tiktok, Snapchat, Instagram, Roblox

SCREEN TIME & BOUNDARIES

1. No devices in bedrooms overnight
2. Screen-free family times
3. Consistent expectations

Focus on routines, rather than punishment. Frame this as building healthy habits, not restricting fun.

MONITORING VS. TRUST

1. Tools can help monitor activity
2. Monitoring without conversation isn’t enough
3. Trust is built through communication
4. Gradual independence over time

IF YOU ONLY DO 3 THINGS...

1. Turn on parental controls
2. Set tech-free times
3. Talk regularly with your child

START TONIGHT CHECKLIST

- [x] Turn on parental controls
- [x] Check one app’s privacy settings
- [x] Have a conversation with your child

TALKING WITH YOUR KIDS

HOW TO APPROACH THE CONVERSATION

- Be curious, not Critical
- Embrace the Positives
- Stay Calm, Don’t Overreact
- Share Your Own Stories
- Discover the Internet Together
- Keep it Relevant

CONVERSATION STARTERS

- Who is your favorite influencer on social media, or what is your favorite online game?
- What did you think of the recent story about [sports team/celebrity/influencer that your child is interested in]?
- Can you show me how your favorite app/game works?
- How do you stay connected with your friends online?

CONVERSATION STARTERS

- What app do you use the most, and if you don’t use the app, how would it affect you?
- Expectation versus Reality: This is how I think you spend your time online...
- Ok, let’s switch roles...What advice could you give me about being better online?
- What rules do you think we should have in place about using the internet?

THINK BEFORE POSTING

- **Who will read it?**
  Anything you post online can be seen by anyone
- **How will others feel when they read it?**
  Before posting, think about how your words might affect others- not just the people you send it to, but anyone who might see it.
- **How does it represent them?**
  What you post becomes part of your digital identity.
- **Who else does it represent?**
  What you post doesn't just reflect you it also reflects the people and groups you are connected to

DON'T SHARE PERSONAL INFO

- Full Legal Name or Family Data
- Addresses and Other Contact Information
- Financial Details
- School, Hang Out Spots, and Other Locations
- Passwords and Security Answers
- Personal Information About Friends
- Any Unapproved Images or Videos

WHAT TO REPORT TO A TRUSTED ADULT

- Does it feel out of the ordinary, uncomfortable, confusing, pressured, or unsafe?
- Children often struggle to label harm or decide whether something “counts”, they do not need proof, certainty, or the right words to speak up. If something affects their sense of safety, comfort, or peace, it matters.
- If something feels wrong online, students should immediately stop, leave the site, and tell a trusted adult- such as a parent, teacher, or counselor- without fear of punishment. It is important to be honest about the situation, share all details, and know that telling someone is a way to stay sfe, not “snitching.”

STEPS FOR TELLING A TRUSTED ADULT

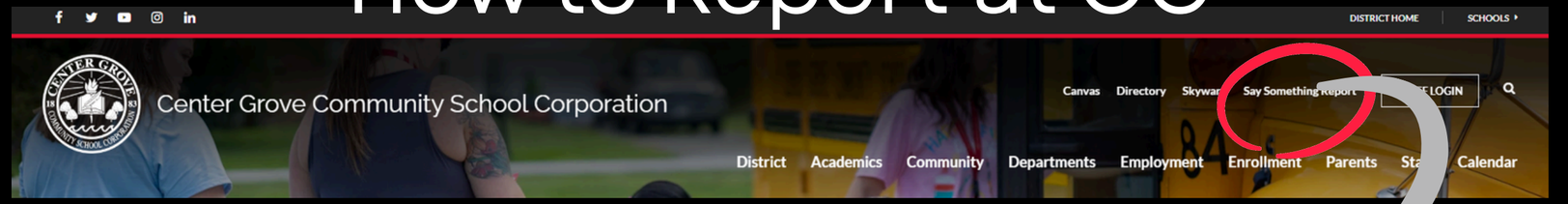
- Identify a Trusted Adult
- Act Promptly
- Be Specific
- If you have proof -show proof
- What to Say

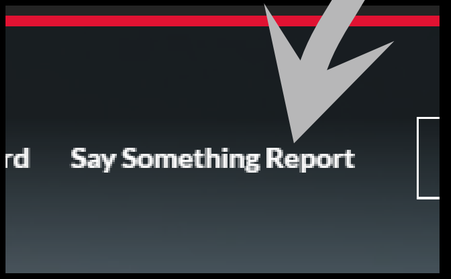
"I saw a post with mean comments about someone and don't know what to do."
"Someone I don't know is asking for my personal information."
"I saw a picture or video that made me feel scared or uncomfortable."

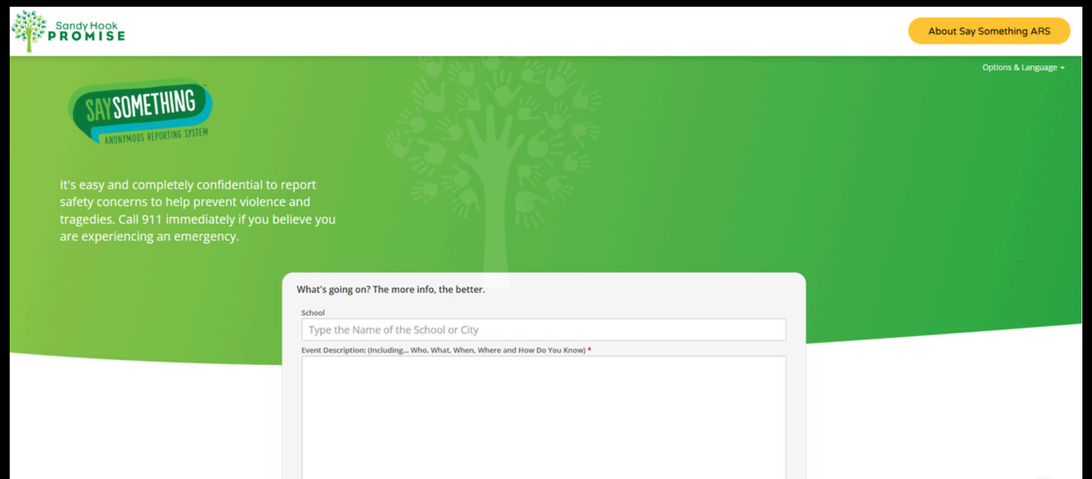
IMPORTANT REMINDERS FOR STUDENTS

- It is not your fault
- Block and Report
- Don’t Keep Secrets

How to Report at CG

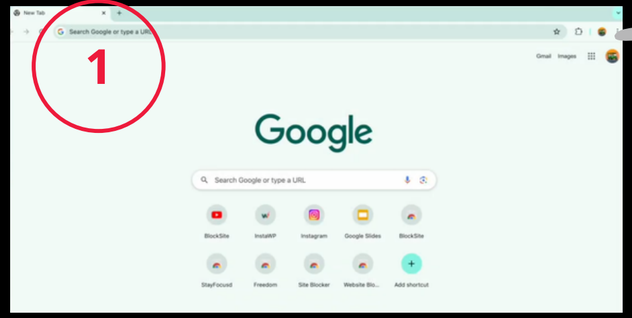




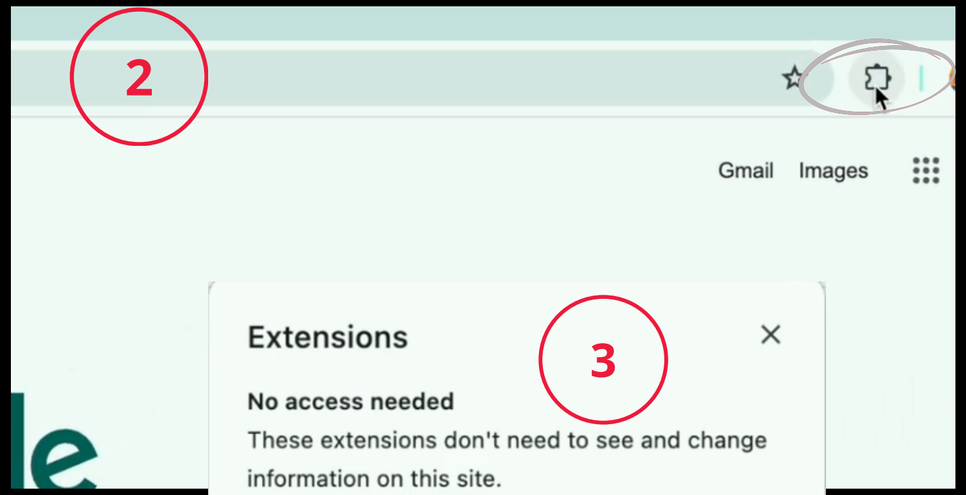


BLOCK WEBSITES ON CHROME

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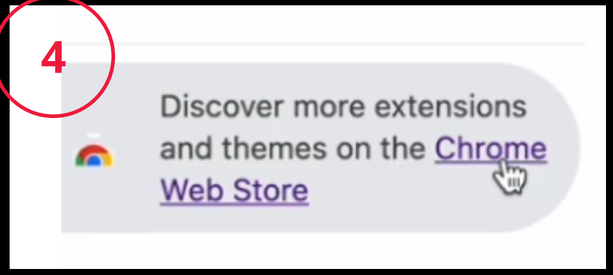


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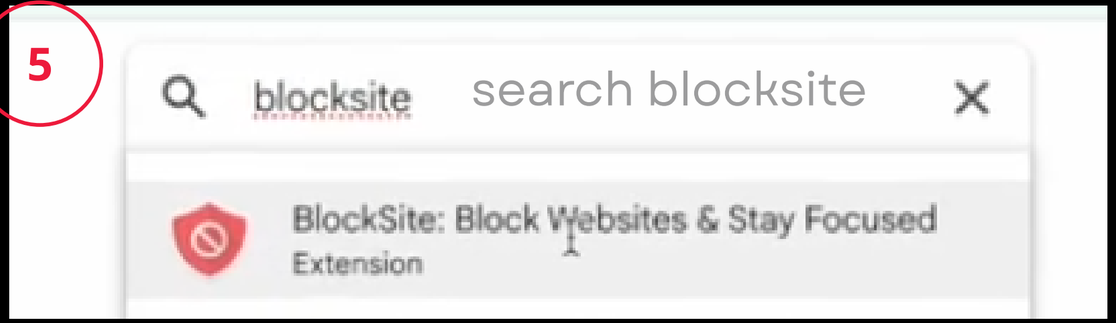
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click on Chrome Webstore

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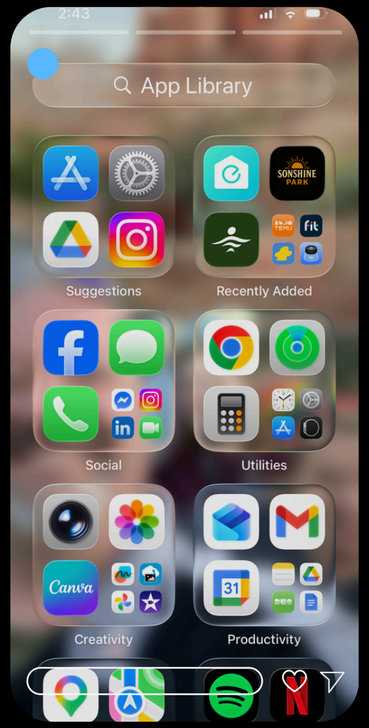


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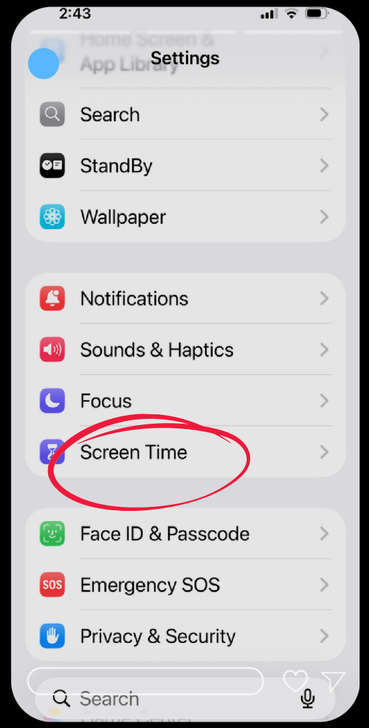


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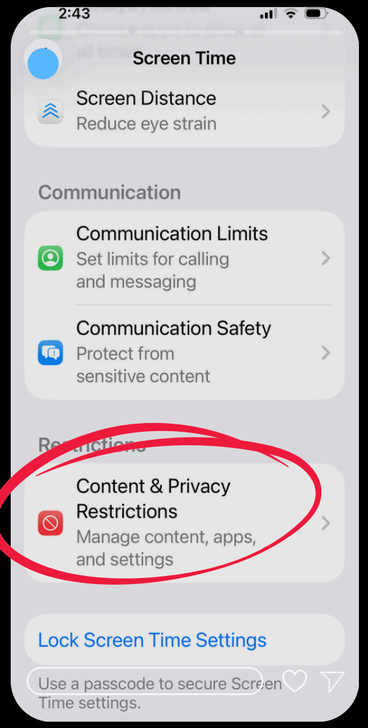
BLOCK WEBSITES ON APPLE



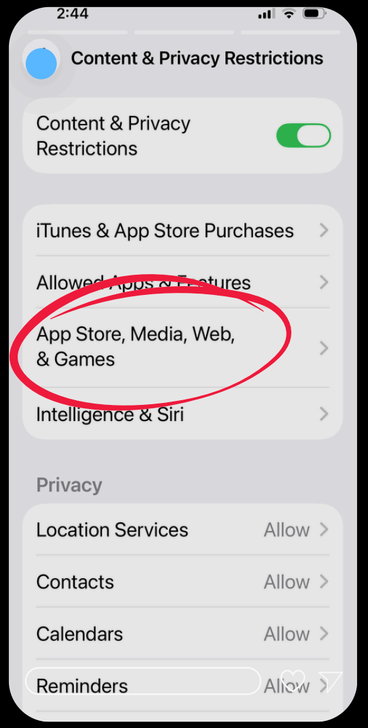
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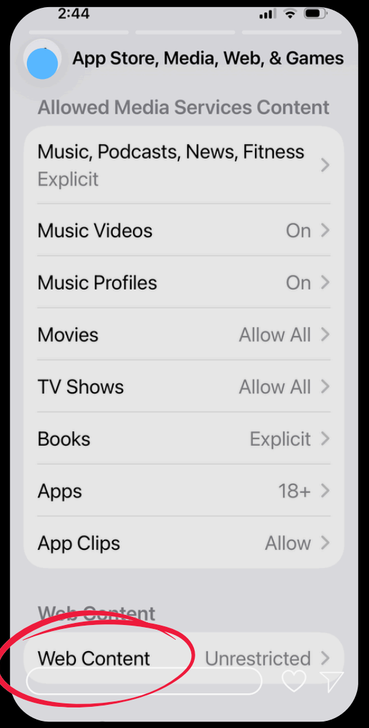
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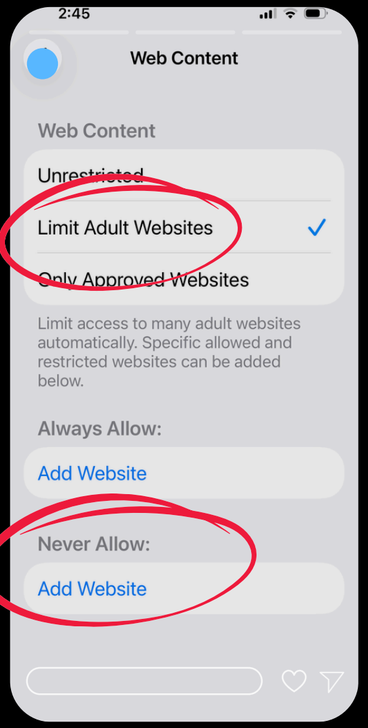
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6

HOW TO REPORT AT CENTER GROVE

SAY SOMETHING ANONYMOUS REPORTING SYSTEM

Center Grove Schools utilizes the Say Something-Anonymous Reporting System to allow anyone to quickly, easily, and anonymously report safety concerns to school officials 24/7/365.

- Reports can be made online at this link: Say Something Anonymous Reporting.
- Apps are also available for download:
  - Download IOS App
  - Download Android App
- In an emergency situation, please call 911.

This program from Sandy Hook Promise empowers students to be "Upstanders" and say something to a trusted adult when they recognize warning signs and threats. The program uses a three-step framework:

1. **Recognize Warning Signs and Threats:** Learn what warning signs and threats are and where they are likely to be found.
2. **Act Immediately; Take it Seriously:** Learn why it's important to take action immediately when warning signs and threats are observed.
3. **Say Something:** Learn when to tell a trusted adult when warning signs and threats are observed as well as how to submit a tip using the Say Something-Anonymous Reporting System.

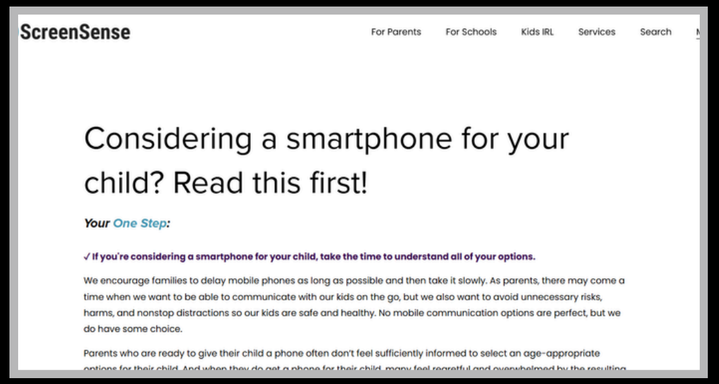
Say Something Anonymous Reporting

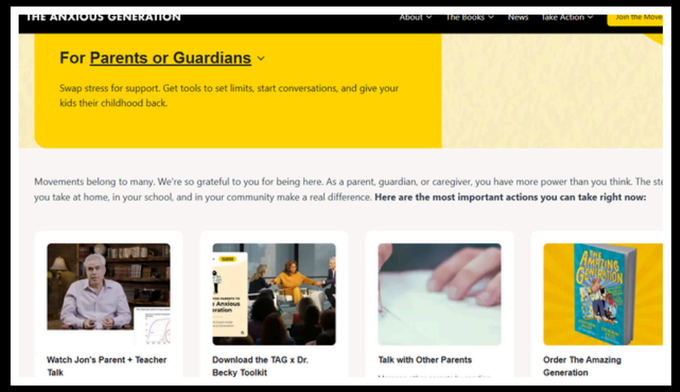
KEY TAKE AWAYS & RESOURCES

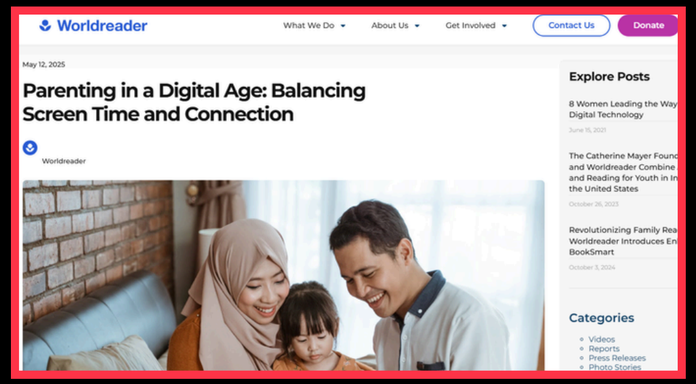
KEY TAKEAWAYS

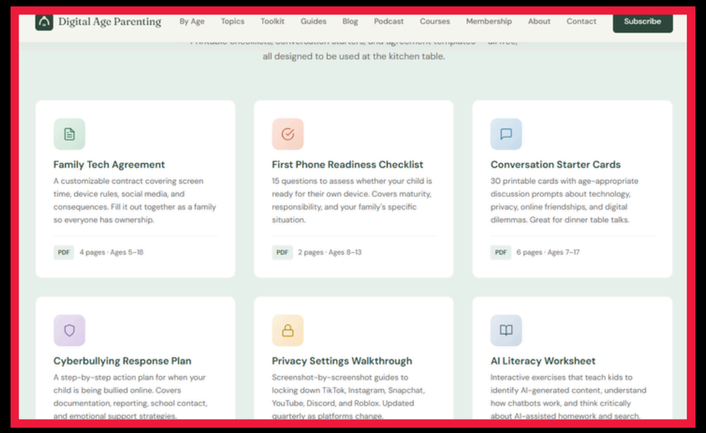
1. Keep devices in shared spaces when possible
2. Know what apps your child uses
3. Talk early and often about online behavior
4. Use privacy settings and parental tools
5. Encourage kids to come to you if something goes wrong

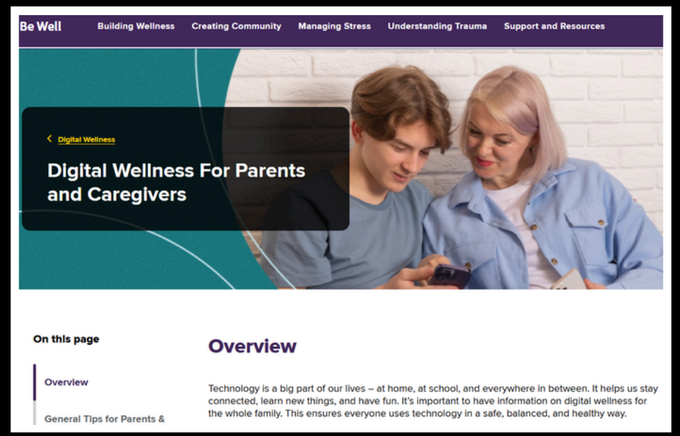
RESOURCES FOR PARENTS: WEBSITES

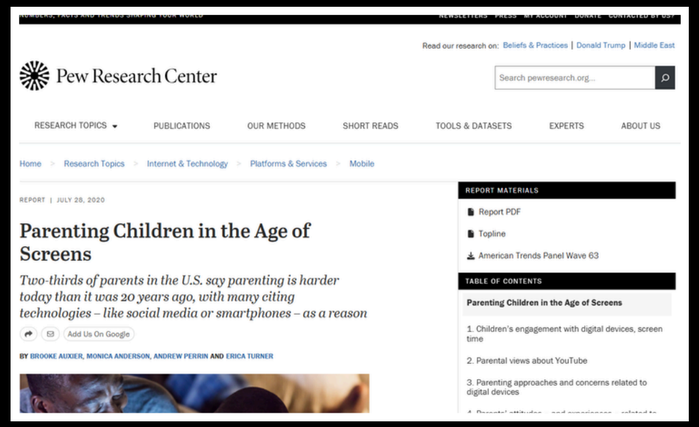




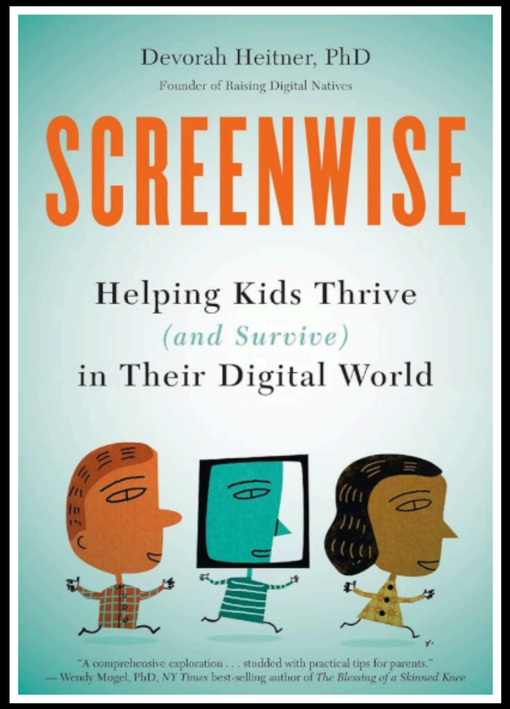


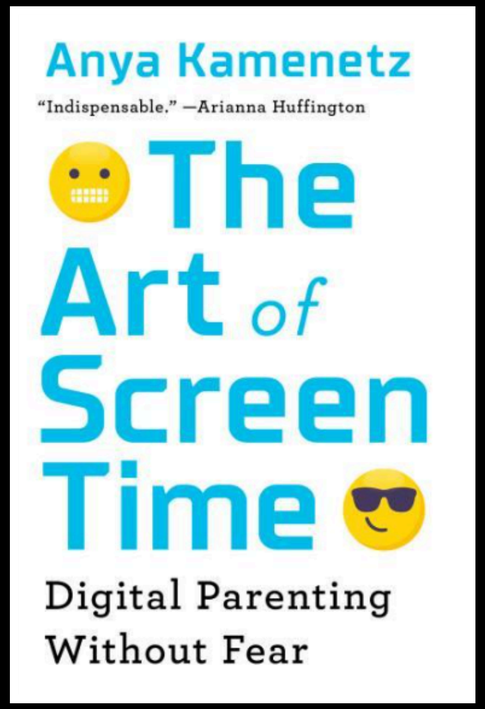


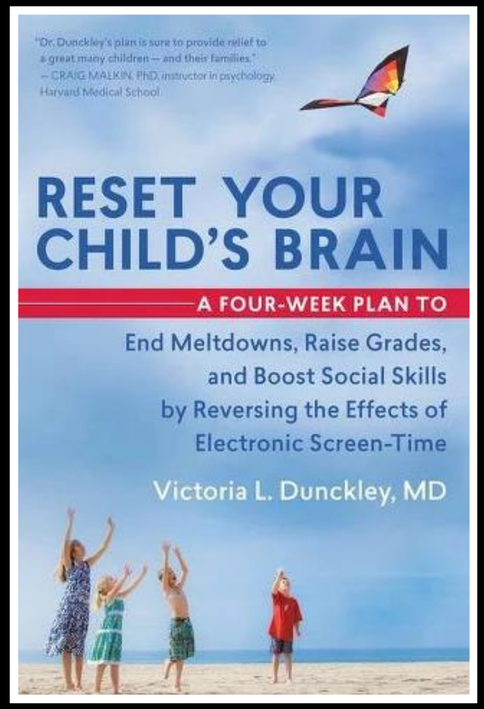


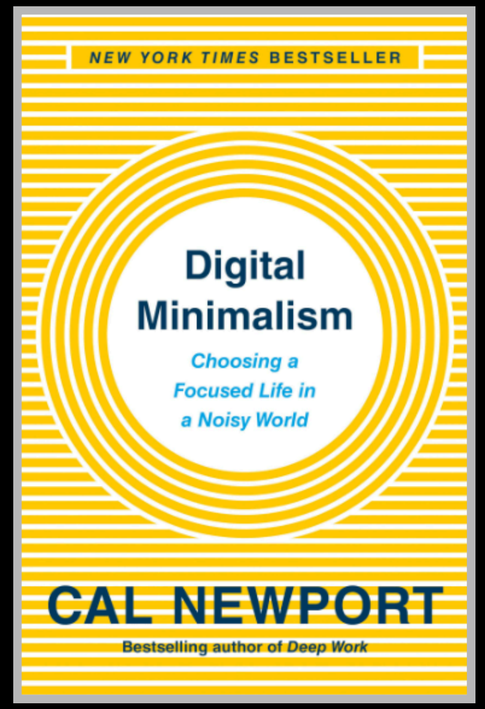


RESOURCES FOR PARENTS: BOOKS

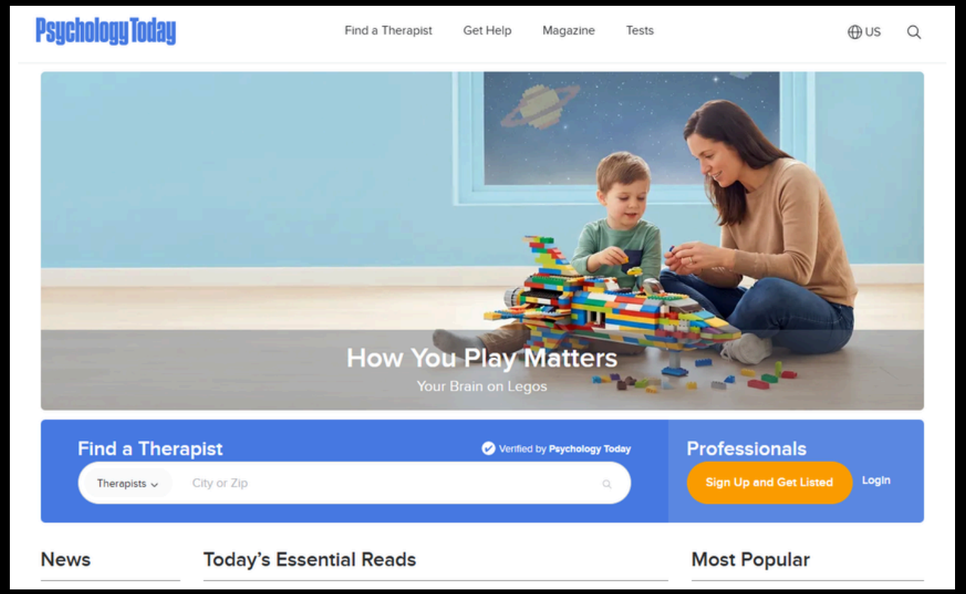


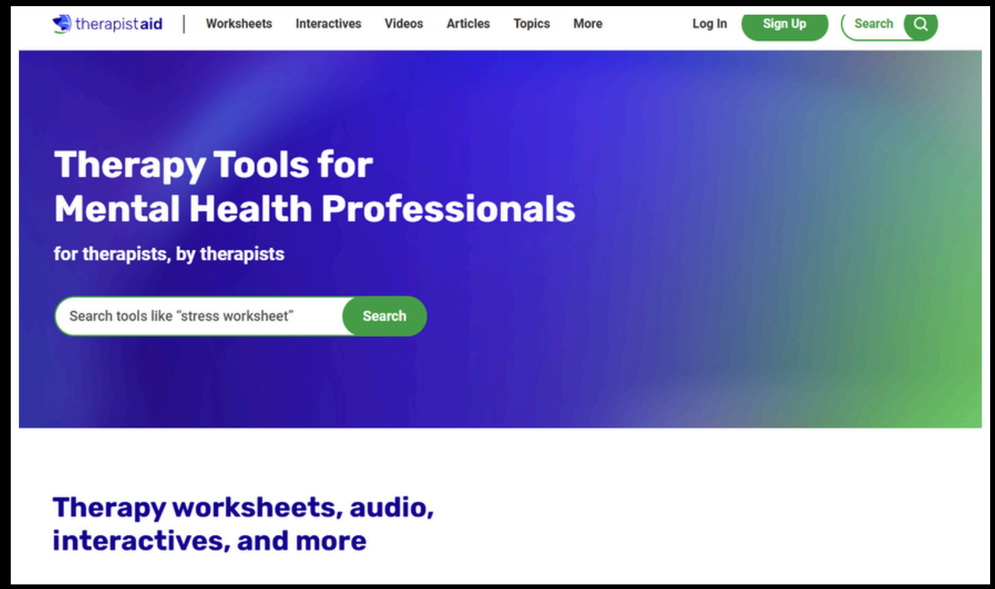






RESOURCES FOR PARENTS: MENTAL HEALTH SUPPORTS





IDENTIFYING A VALID RESOURCE

Balance > Restriction
(tech isnt bad, its how its used)

Connection matters most
(co-viewing, talking, engaging together)

Teach skills, not just rules
(critical thinking, media literacy)

Model Behavior
(kids copy adult tech habits)

THANK YOU!