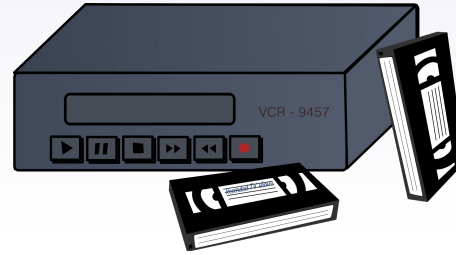




Kids and Tech

Helping Kids Develop Healthy Digital Habits

Yesterday's Technology



- ▶ Choose an older piece of technology.
- ▶ What benefits did it have for you?
- ▶ Did it cause conflicts with family and friends?
- ▶ What new tech has replaced old tech?



Today's Media and Technology

▶ Benefits of Technology

Communicating with friends and family

Access to information

Entertainment

New learning (and teaching) tools

Learn anything online

Connection to the world

▶ Fears/Challenges

Monitoring use

Inappropriate content

Online bullying

Mental health (self image etc.)

Too much access at an early age

Tech addiction



**Kids and Tech:
How Much Is Too Much?**

Create a Family Tech Plan

Work together to set rules for screen time as a family

- Talk with your kids about which platforms and devices are ok to use and when, where and how long they can use them
- Listen to your kids ideas
- Talk about tech-free activities you want to make time for
- Create screen free times and places at home
- Use a Family Tech Planner template ([Example from Common Sense Media](#) -templates for different ages; Spanish/English)

Talk Together

Talk regularly with your family about online activities - both positive and difficult experiences. Your child's internet experience is different than yours because of personalization algorithms.

Ask your kids questions before, during and after screen time

- ▶ Why do you want to watch/play/listen to this?
- ▶ What do you think will happen?
- ▶ How does it make you feel?
- ▶ Did you like it? Why or why not?
- ▶ What would you like to learn more about?

Talk Together

- ▶ What do you like about this app/platform?
- ▶ How do you feel when you are on social media?
- ▶ Have you seen anything concerning?
- ▶ Be sure your kids know they can talk to you about their experiences online, even if it is hard or embarrassing, remind them we are here to support them




Set a good example

Follow your family's technology plan for screen free times/places

Be aware when your attention is on your own device

Include your own experiences on social media/apps and online in discussions with your kids

Tell your kids what you are doing when you are using your own devices around your kids. Adults struggle too, so share your goals around wellness in relation to your technology use so you can support one another.



[Handwritten signature]



What is a digital footprint?

A record of:

- what you do online
- websites you visit
- things you post
- things others post that involve you (pictures or comments)

It's important for children to understand the tracks (an electronic paper trail) they're leaving behind and what those tracks might reveal.



Parental Controls & Settings




Set parental controls and privacy settings on your child's devices and on individual games/apps

Discuss safety rules such as who they can interact with online

Use screen time limits to help you and your child stick to your family tech plan

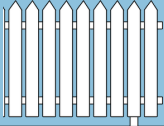


Content matters, be sure the media, apps and games they use are healthy and age appropriate

How can we help build your child's digital footprint to be helpful for them?

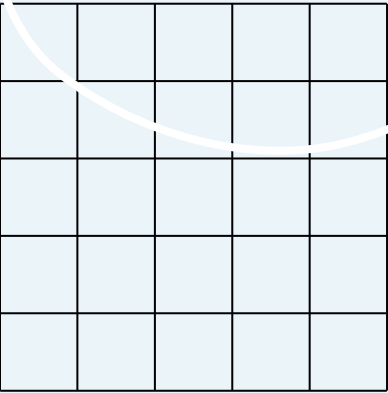
<p>Use privacy settings.</p> 	<p>Go through all the settings on new apps together. Check the privacy policy to see what kind of information you're giving the company and who they're sharing it with.</p>
<p>Share smart – and safe.</p> 	<p>Share safely by setting privacy settings to “friends only” or, if the platform allows, specify a particular audience who can view your album. Avoid geotagging a picture (linking it to a location). Determine how to keep information like birthdays, street signs, and school names out of your pictures.</p>
<p>Think long term.</p> 	<p>Do a quick mental exercise before you share: Imagine how your child might react to a photo or post in 5, 10, 15, then 50 years.</p>



How can we help build your child's digital footprint to be helpful for them?

<p>Set boundaries together.</p> 	<p>Discuss your family's values and expectations around photo sharing and posting as well as the possible consequences of posts or photos.</p>
<p>Show empathy.</p> 	<p>Ask your kid to think honestly if every person in the photo or post would be comfortable with it going online.</p>
<p>Be a role model.</p> 	<p>Ask your child if it is okay if you share a photo or post about them on social media before posting it.</p>





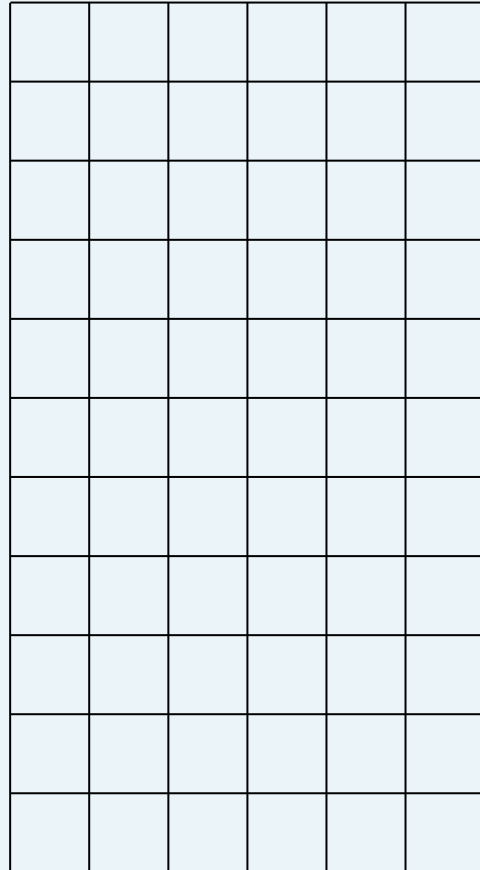
Watch for signs of problematic technology use

If time on screens gets in the way of physical activity, outdoor time, healthy eating or bedtime

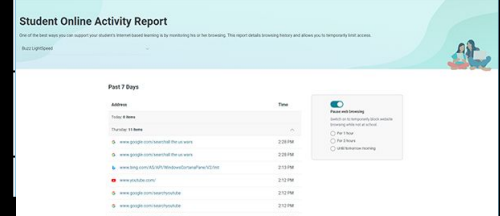
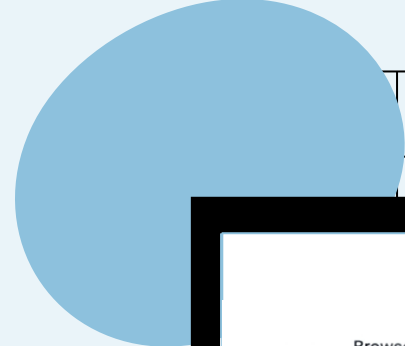
Lack of interest in other activities

Arguing constantly about technology use

Do not use technology to soothe or reward your child. Help them select other healthy coping mechanisms for dealing with uncomfortable feelings.





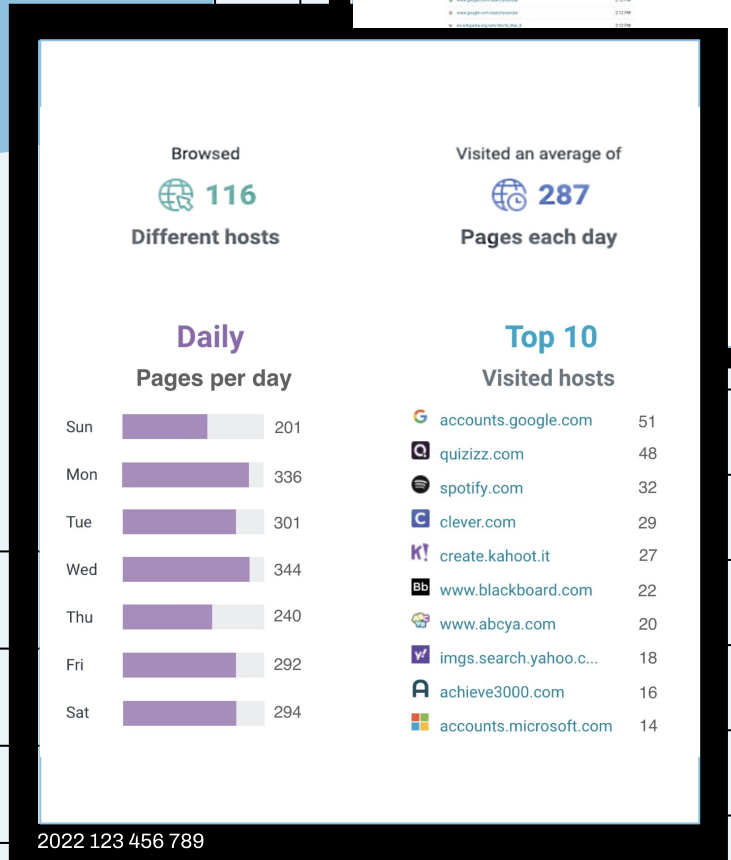
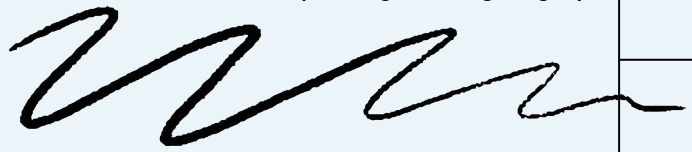


Lightspeed Parent Report

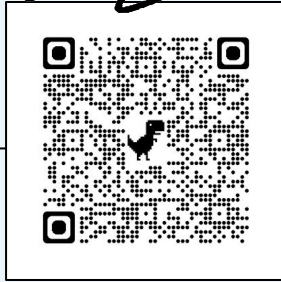
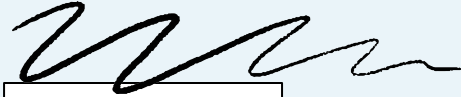
Parents can sign up to receive a weekly Parent Report from Lightspeed, our internet content filtering service, which will provide a list of the top sites the child visited that week.



Learn more about the Lightspeed Parent Reporting and signing-up.

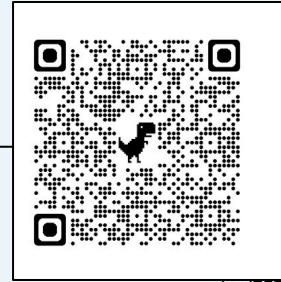


Family Resources



Establishing Expectations at Home

Learn ways to support your
child's technology use at home



Choosing Digital Resources Wisely

Learn what to consider what
selecting apps, games, media,
and online services for your child

