

Digitally Safe and Responsible Children

How you as the parent can help!

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Tonight's Goals

- ❑ To help you understand how your children are using the Internet and personal technology (trends, apps, websites, etc.)
- ❑ To understand your role in teaching kids to be successful and mindful of safety, privacy, and balance between online and offline time
- ❑ To start a conversation about Internet safety with your children

Why is this important?

- ❑ Children start using technology at an early age
 - ❑ Digital technology is an important and necessary part of our kids' lives, particularly teens
 - ❑ Knowing how to use the Internet responsibly, and in a balanced way, is a critical skill
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Think you know what they're up to?

Quiz....

<http://www.ptotoday.com/pto-today-articles/article/8109-internet-safety-quiz-how-much-do-you-know>

Chromebooks / GAFE:

What are we doing here at school?
What you can see at home.

What is being Digital Responsible?

- ❑ Having fun, learning, and making social connections in a safe and balanced way
- ❑ Understanding and respecting safety, ethics, and privacy
- ❑ Maintaining balance with online and real-life activities
- ❑ Being kind online—including to yourself!

**It's all about
Balance**

- ❑ Teach kids to use the Internet but to limit their “just because” or mindless online time
 - ❑ Teach them to respect others’ offline time, as well, by not repeatedly asking friends to engage online if they’re busy doing other things
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The scarier and much harder stuff...

- Safety
- Privacy
- Social Media
- Cyberbullying
- Digital footprint

Safety—the basics (which are harder than they seem...)

- Put strong passwords on devices and change them often
- Install Internet filters and parental control apps if needed
- Keep your security software up to date
- Make sure phones are charged outside of kids' bedrooms at night
- Set up nighttime shut-off through cell service provider

Safety- More Tips

- Be familiar with the sites your child visits and the games he plays
- Know his online “friends”
- Keep an ongoing dialogue about the ways he’s using digital technology and its effects
- Post information about and photos of your kids wisely
- Watch for “ghost apps”—if you notice your child has an app open repeatedly and it’s something innocuous (like a calculator), ask him—it could be hiding something else

Protect yourself and your devices from scams

For you to tell them:

- Don’t click on unfamiliar links
- Don’t open or reply to emails from unknown senders
- Avoid videos that require you to download video player software
- Don’t enter online contests or giveaways

For you!

- Keep your security software up to date

Safety: Predators

- Tell your kids not to accept friend requests from people they don't know in real life
- Tell them to ignore comments and messages that make them uncomfortable or are posted by people they don't know
- Tell them to let you know if someone is bothering them or making them feel uncomfortable online
- Contact authorities if you feel it could be a predator

Privacy

- Be aware of privacy settings and what your profile looks like to the public
- Keep your profiles private and only connect with people you know in real life
- Understand how sites might use personal information
- Know how to turn off geotagging
- Ensure you have taught your kids how to keep their information private

Social Media

Youtube, Minecraft, Vine, Instagram, Facebook, Twitter, Tumblr, and Snapchat

These are the most popular right now-- but they change very quickly!

How do you keep up?

Social Media– Risks

- ❑ Can be a huge “time-suck” and distraction from homework and other responsibilities
- ❑ Can foster children’s natural impulsivity and failure to consider consequences
- ❑ Can expose them to predators and scammers
- ❑ Can lead to an unflattering digital footprint that may follow kids through college
- ❑ Can distract from balance and lead to kids being “unkind”

Being kind

Remind your child to NOT ever ever post messages or photos that criticize or make fun of someone else

Stress the message that “likes” are not an indicator of their WORTH or even their likability!

Be sure to practice what you preach! Model kind online behaviors.

Cyberbullying

- Using technology to repeatedly act cruel to someone
- Posting or forwarding a private text or embarrassing image to others
- Tricking someone into revealing embarrassing information and forwarding it
- Spreading rumors

Cyberbullying—dealing with it

In addition to monitoring their social media activity...

- ❑ Encourage them and teach them to resist responding to any unkind posts
- ❑ Block the cyberbully
- ❑ Tell a trusted adult
- ❑ Save the posts and notify the school
- ❑ Consider deactivating your child's account if the posts affect him negatively

The Digital Footprint

Help them understand that what they post is very different than having a conversation in the house with you! **Think Before You Click!**

- ❑ Everything they do will reflect on them.
- ❑ Anything they post is potentially there forever.
- ❑ Information they post can easily be copied.
- ❑ Things they post can be forwarded quickly (and altered) to be seen by many, many more.
- ❑ They can never really be sure WHO can see what they're posting, following, clicking, liking or downloading.
- ❑ It's not clear if they're really just sharing with a few and not many.
- ❑ People behave differently when they can't see you.

Creating a Digital Code of Conduct

Just like we have in school (and our work) discuss having a “digital code of conduct”. Suggestions of what should/could be on the contract:

- Protect your personal information.
- Treat others online as you would treat them in person.
- Be kind to yourself.
- Be aware of balancing your real and online life--and respect other's balance.
- Stand Up for others! Do not tolerate cyberbullying.
- Create strong passwords. Don't share them.
- Delete--don't open weird emails.
- Ignore contact from strangers.
- Tell your parents if you read or see something that makes you feel uncomfortable.
- Check with your parent before downloading anything.

Take Aways...

Online life is a part of life for everyone.

Digital technology and the internet enable kids to learn and communicate in a variety of helpful and interesting ways.

Parents can help make it positive by helping your child find the safe and positive ways to use technology be online.

Takeaways...

I T ' S A L L A B O U T B A L A N C E !

Help your child balance online time/life and their real life...

Resources to Use @ Home

<https://www.common sense media.org/> -MCPS has a partnership.

<http://www.net smartz.org/NetSmartzKids> -From the Center for Missing and Exploited Children. Games and Videos to introduce Internet Safety with young children.

<http://www.pbs.org/parents/childrenandmedia/> - PBS Parent info about internet and digital safety.

<http://www.safekids.com/safety-advice-tools/> - Internet Safety