

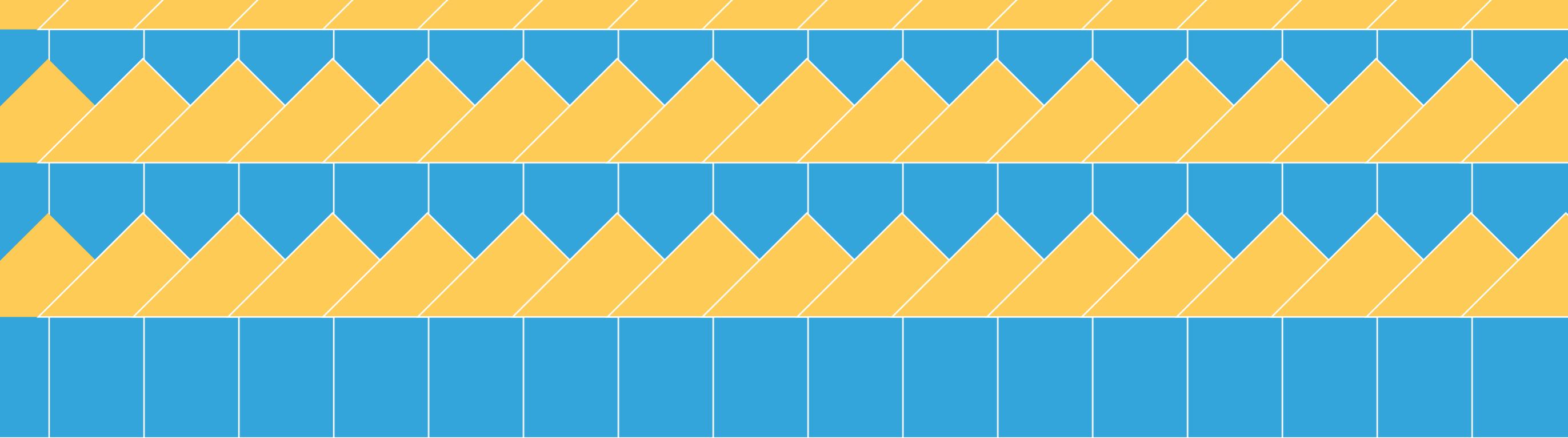
TECHNOLOGY AT HOME

SLIDES AND RESOURCES FROM TESIS
TECHNOLOGY PARENT COFFEE, 2019

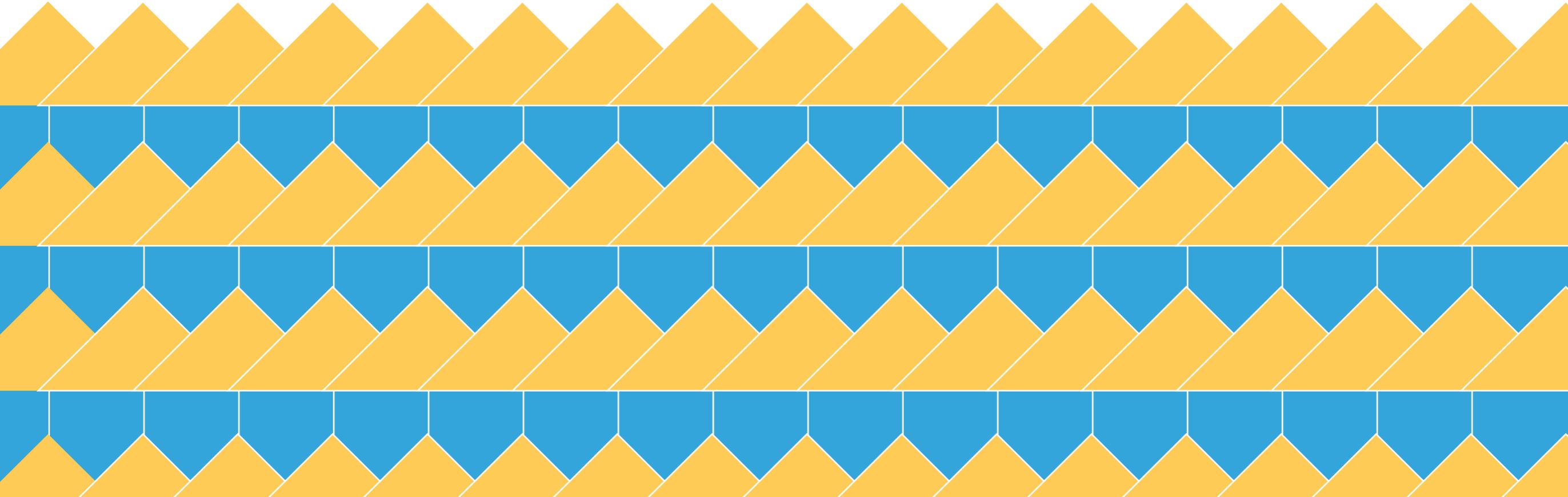


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Created by Tim Venchus
Pre-K to 5 Learning Technologies Coordinator



REMEMBER: IT TAKES A VILLAGE!



MAIN RESOURCES

[COMMONSENSEMEDIA.ORG](https://commonsensemedia.org)

[NETSMARTZ.ORG](https://netsmartz.org)

[PEGI.INFO](https://pegi.info)

A VIDEO PRIMER FOR PARENTS OF TWEENS



Click/tap the image above to open a video presentation from Dr. Suzy Cox, Associate Professor at the School of Education at Utah Valley University. The presentation provides a brief overview of how teenage brains work and the implications for parenting and mentoring in the age of abundant computing, information, and communication technologies.

EXPECTATIONS, RULES & CONSEQUENCES

It's important to set expectations and rules for use, and consequences for when those expectations and rules aren't followed. We suggest talking as a whole family to show your children that everyone is involved. Your kids can be a great source of input for these talks and their opinions should be heard so they have some buy-in to the guidelines.

EXPECTATION EXAMPLES

- ▶ Knowing what kinds of apps, games and websites are OK and which are not OK
- ▶ Parents can learn from their children by asking them to show how to use apps/games/sites or by watching videos together
- ▶ Adults and older children should be role models for younger children
- ▶ Trust is earned through responsible use, but mistakes and accidents will happen
- ▶ Be present with each other, especially during meals and other family times
- ▶ Some restriction settings may be needed to help younger children avoid inappropriate content
- ▶ Only caretakers know the password to the App Store. **Tip:** set the App Store to always require a password ([read how](#)) OR use Apple's [Family Sharing](#) for iOS devices or [Google Play Family Library](#) for Android devices to approve apps that your child wants to purchase.

RULE EXAMPLES

- ▶ A limit on screen time for entertainment (weekdays vs. weekends)
- ▶ Caretakers must know all child passwords, accounts, contacts until...16? 18?
- ▶ No devices in the bedroom
- ▶ No devices at the dinner table
- ▶ No phones during homework
- ▶ All devices should be collected at least 1 hour before bed and charged in the caretaker's bedroom. **Tip:** schedule Do Not Disturb Mode to avoid buzzing and dinging at night ([see how](#))

CONSEQUENCE EXAMPLES

- ▶ Make sure consequences are **time-limited** (e.g. 1 hour, 2 hours, 1 day) or **task-oriented** (e.g. "You cannot play Minecraft until your room is clean."), and **appropriate** to the action/behavior (e.g. blocking internet access for viewing an inappropriate site)
- ▶ Reduction in screen time
- ▶ Loss of app, game, website access
- ▶ Loss of device

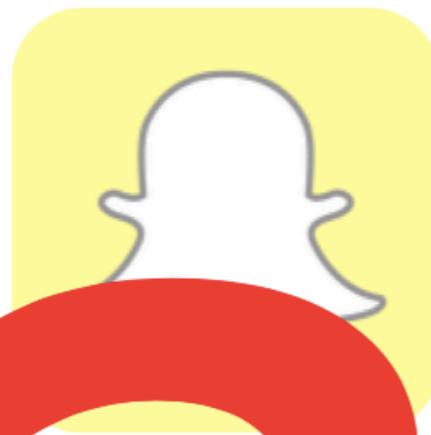
GENERAL RESOURCES FOR PARENTING IN THE DIGITAL AGE

- ▶ [Common Sense Media: Parent Concerns](#) is a collection of frequently asked questions that parents may have about technology
- ▶ [Common Sense Media: Reviews](#) contains reviews of movies, games, and websites
- ▶ [Common Sense Media: 10 Ways To Help Your Kid Get A Good Night's Sleep](#)
- ▶ [FOSI: Seven Steps to Good Digital Parenting](#)
- ▶ [Childnet: Have a Conversation](#) contains tips on having conversations about setting rules and expectations
- ▶ [Psychology Today: 9 Important Technology Rules](#)
- ▶ [To My 13-Year-Old, An iPhone Contract From Your Mom, With Love](#)
- ▶ [Live My Digital for Parents](#) is a YouTube playlist of internet safety videos from The Girls' Day School Trust

SOCIAL MEDIA



Instagram



Snapchat



Facebook



WhatsApp



kik



tumblr

You must be 13 years of age or older to use just about every social media site. Some sites require you to put an age (which is easy to lie about), and others don't, which is why it's important that you know what's on your child's devices and what they're using.

SOCIAL APPS & SITES USED BY TASIS STUDENTS

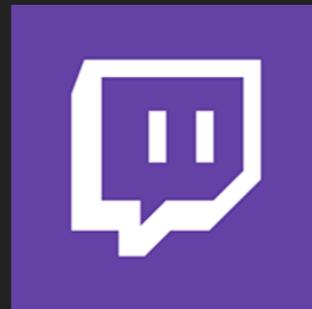
CLICK OR
TAP AN ICON TO
GO TO ITS
WEBSITE

WhatsApp



Send text messages, photos, videos, and audio recordings to one person or many

twitch



Stream and watch real-time digital broadcasts with social interactions

Snapchat



Send messages, photos, and videos to one person or many, and they disappear after a few seconds

Houseparty



A video chat app that makes it easy to connect with groups of people.

VK



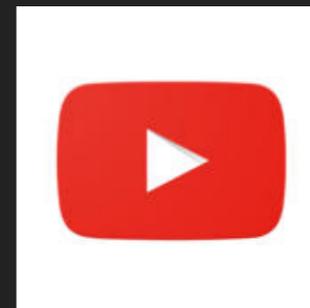
A place to post messages, photos and videos, known as "Russian Facebook"

Instagram



Post photos and videos with filters and comments

YouTube



Video sharing site where you can subscribe to other user's channels and leave comments on videos

Sarahah



Post questions and comments anonymously to other users

RISKS THAT COME WITH SOCIAL MEDIA USE

- ▶ Fear of Missing Out (FOMO)
- ▶ Inappropriate language
- ▶ Mean messages or hate speech
- ▶ Cyberbullying (repeated actions online that intentionally cause someone else to suffer in some way)
- ▶ Pressure to do something inappropriate or dangerous
- ▶ People posing as someone they are not, in order to gain the trust of a young person for nefarious purposes (known as **grooming**)

Just using these apps is not necessarily a problem. However, there are some risks that young people face and may not be prepared to deal with.

PARENTING TIPS

- ▶ Know which websites, apps, and games your child is using and talk to them about what is allowed and what is not allowed
- ▶ Know who your child is connecting with (set rules if needed)
- ▶ Talk about how to use social apps for good: post positive messages, be kind, make a good impression, be respectful
- ▶ Monitor kids' messages and posts
- ▶ Make sure kids aren't sharing private information
- ▶ Make sure kids are using privacy settings on their accounts
- ▶ Be aware that many video games (e.g. Clash of Clans) have chat features and some have gifting features that allow other plays to pay for game items and win your favor and trust
- ▶ Make a plan with your child in case something negative happens (e.g. get help from a trusted adult, use blocking and reporting features, do not respond to inappropriate requests)

SOCIAL MEDIA RESOURCES

- ▶ [Common Sense Media: Facebook, Instagram, and Social](#)
- ▶ [CSM: 17 Apps and Websites Kids Are Heading to After Facebook](#)
- ▶ [CSM: 12 YouTube Challenges Your Kid Already Knows About](#)
- ▶ [CSM: Digital Glossary](#) defines coded terms used in chats and other apps parents should be aware of
- ▶ [5 Things Parents Should Tell Kids About Anonymous Apps](#)
- ▶ [Webwise.ie: Explainers](#) contains information about a variety of social media services
- ▶ [Safe Smart Social: Parent & Teacher Social Media Guide](#)
- ▶ [Live My Digital for students: Digital Footprint](#) is a good overview of how to create a positive digital footprint
- ▶ [Grooming: What it is, signs and how to protect children \(NSPCC\)](#)

VIDEO GAMES

They can be a lot fun, build strategy and logic skills, and can provide a great bonding environment. However, it's important that you stay up to date on video games because so many of them are not for kids.

TIPS FOR PARENTS

- ▶ Learn about what your child is playing (see the Video Game Resources section)
- ▶ Discuss which games are allowed and which are not allowed
- ▶ Ask your child to show you how to play the games
- ▶ Play together
- ▶ Set time limits
- ▶ Determine consequences for when a rule is broken (and use them!)

VIDEO GAME RESOURCES

- ▶ [Common Sense Media: Gaming Tips](#)
- ▶ Common Sense Media also has [game reviews](#), and to find fun and appropriate games based on your child's age
- ▶ Visit pegi.info for video game ratings and information
- ▶ You can go to [YouTube](#) and search for ["name of game" + "gameplay"] to preview a game (e.g. search **[gta gameplay]** or **[grand theft auto gameplay]** to preview *Grand Theft Auto*)
- ▶ [Raising a healthy gamer: seven tips for parents](#)

RESTRICTIONS

It will be better for your child in the long term if she/he learns how to be respectful, how to use technology in positive and creative ways, how to avoid uncomfortable or inappropriate situations, and how to get help when needed. However, there may be reasons you want to add restrictions to your child's device (e.g. to prevent stumbling upon inappropriate content, or to disable Safari and replace it with a child-friendly browser). The following resources will help you understand more about some of the software tools available for this.

USING BUILT-IN PARENTAL CONTROL SETTINGS

- ▶ [How to set up Screen Time for your child](#) (brief overview of how to set up Screen Time for iOS; requires iOS 12 on all devices)
 - ▶ [Screen Time for Kids Puts Powerful iOS Monitoring Tools and Use Restrictions in Parents' Hands](#) (more in-depth explanation of Screen Time)
- ▶ [How to Make Your Android Device Safe for Kids](#)
- ▶ [What Android's Family Link App and New Digital Well-Being Features Mean for You](#)
- ▶ [How to set up parental controls on an Apple Mac](#)
- ▶ [Windows 10: Managing User Accounts and Parental Controls](#)
- ▶ [How to Manage Supervised Users on a Chromebook](#)

3RD PARTY PARENTAL CONTROL SOFTWARE

- ▶ [Kidslox](#)
- ▶ [Qustodio](#)
- ▶ [Mobicip](#)
- ▶ [Five Parental Control Apps for Android Devices](#)
- ▶ Most internet service providers (ISPs) have parental control or internet filtering features for your home internet. Contact your ISP for more information.

Many of these services are free to try, but will require a subscription to gain full access or use on multiple devices

3RD PARTY KID-SAFE WEB BROWSERS

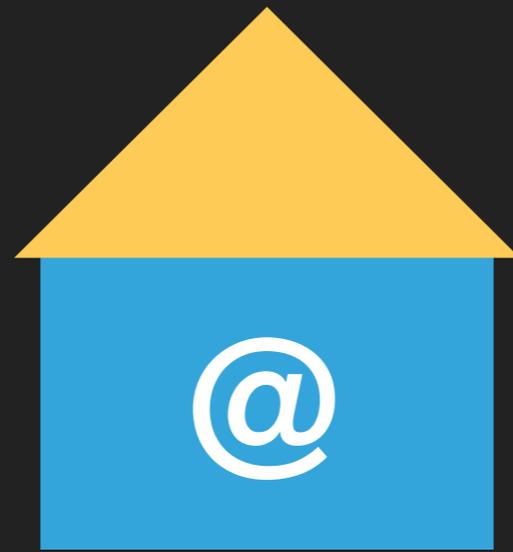
- ▶ Puffin Academy ([iOS](#), [Android](#))
- ▶ Mobicip Safe Browser With Parental Control ([iOS](#), [Android](#)). Note: requires free or paid Mobicip account
- ▶ Phew! - Kids safe videos, web, music & games, Youtube edition ([iOS only](#))
- ▶ [Five Parental Control Apps for Android Devices](#)
- ▶ Most internet service providers (ISPs) have parental control or internet filtering features for your home internet. Contact your ISP for more information.



YOUTUBE

- ▶ YouTube has a Restricted Mode that can help filter out inappropriate content. However, it doesn't block everything. You can also lock Restricted Mode by using a Google account that the child doesn't have access to ([see how](#)).
- ▶ To be most effective, lock Restricted Mode on all web browsers (Safari, Chrome, Firefox, etc.) on all devices (laptop, tablet, phone, etc.). This does not stay enabled in the YouTube app, however, so you may want to avoid downloading the app to your child's devices.
- ▶ YouTube Kids is an app ([iOS](#), [Android](#)) for young children to watch curated content appropriate for kids. Learn more about YouTube Kids [here](#).





TECHNOLOGY AT HOME

If you have any questions, please feel free to contact our Pre-K to 5 Learning Technologies Coordinator, Tim Venchus, at tim.venchus@tasis.ch