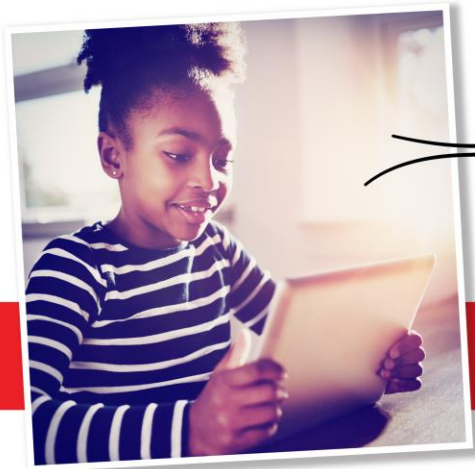
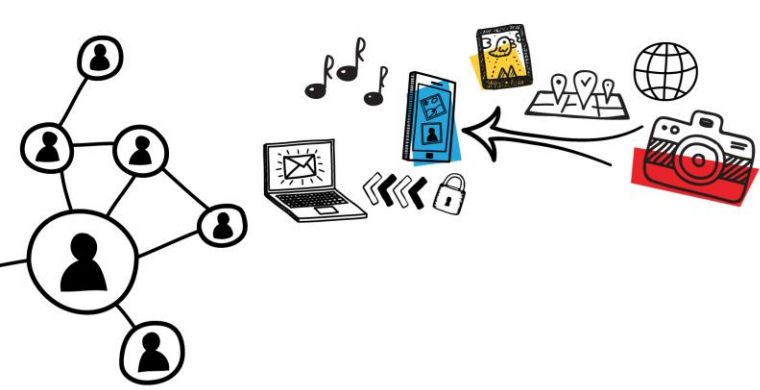


FAMILY *Tech Talk* NIGHT

Inspiring Digital Responsibility





What Are Younger Kids Up To?

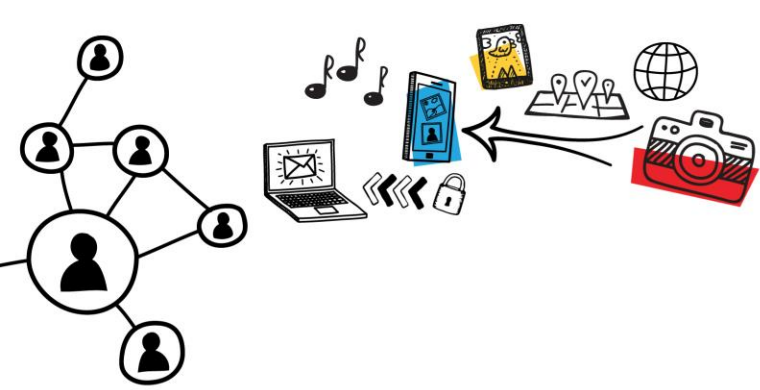


- **28%** of 2-year-olds can navigate a mobile device with no help
- **21%** of 4-year-olds own a gaming console
- **85%** of parents allow their children ages 6 and younger to use technology at home
- Popular apps: Minecraft, YouTube for Kids, Vine Kids



What Are Tweens and Teens Up To?

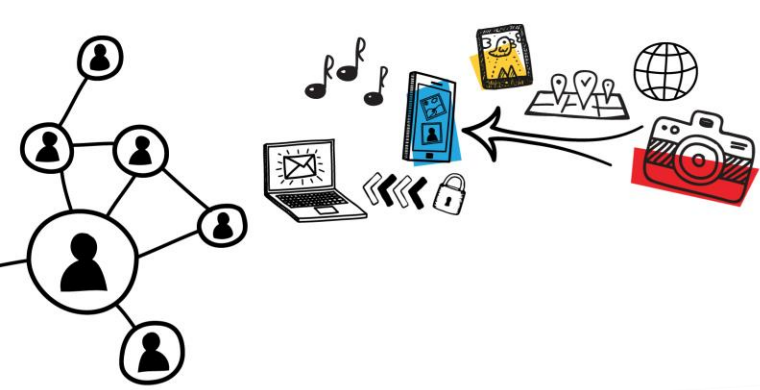
- **95%** of teens report going online daily; **45%** of those go online “almost constantly” (almost double since 2014-15)
- You might have heard of Fortnite? Overall **84%** of teens have or have access to a gaming console, and **90%** play some form of video game (console, smartphone, computer)
- Facebook no longer the dominant social media platform for teens; now gravitate toward YouTube, Instagram, Snapchat
- Sites and apps being used change quickly
 - <http://internetsafety.trendmicro.com>
 - <http://cyberbullying.org/blog>
 - www.gaggle.net/top-social-networking-sites-and-apps-kids-use



The Four Pillars of Good Internet Use

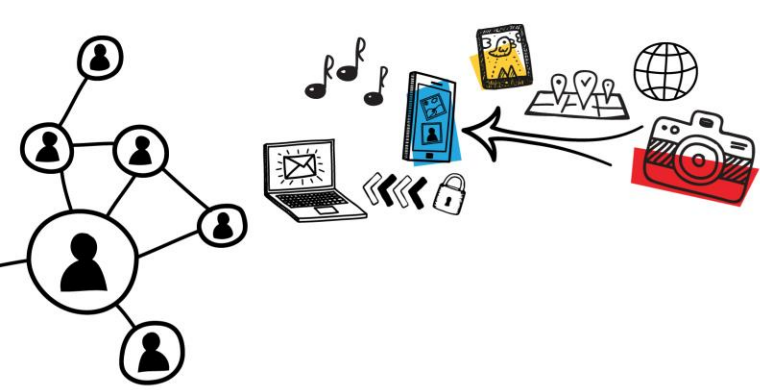
- Be Online
- Be Safe
- Be Kind
- Be Savvy





Be Online

- Have fun, learn, and make social connections
- Understand and respect safety, ethics, and privacy
- Maintain balance with online and real-life activities



Be Safe



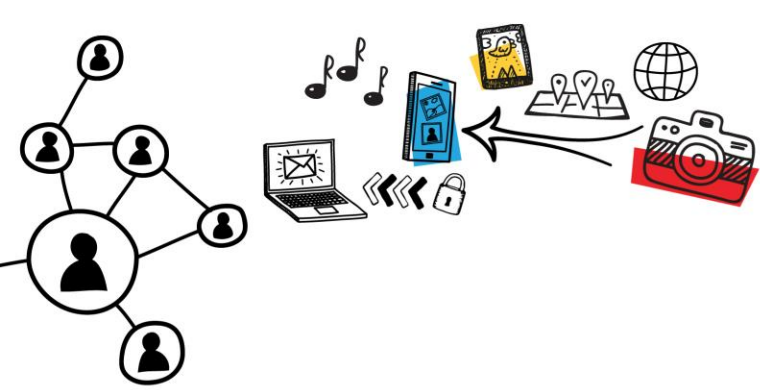
- Protect personal information
- Use security software
- Be mindful of potential for predators and scammers
- Put strong passwords on devices and change them often
- Don't share your passwords!
- Install Internet filters and parental control apps if needed
- Keep your security software up to date
- Make sure phones are charged outside of kids' bedrooms at night



Be Kind

- Remind your child not to post (or participate in) messages or photos that criticize or make fun of others—especially cyberbullying
- Let your child see you modeling kind online behaviors, to others and to yourself
- Be kind online- including to yourself!
- Let your child see you modeling online behaviors, to others and to you.

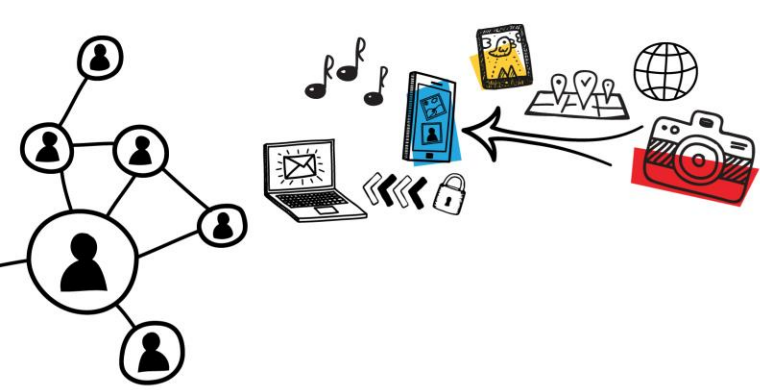




Be Kind: Dealing With Unkindness

Along with monitoring your child's social media and gaming profiles, tell him to:

- Resist responding to unkind remarks
- Block the unkind person
- Tell a trusted adult
- Save the posts and notify law enforcement or the school, if appropriate
- Consider deactivating his account if it continues to affect him negatively
- Report any negative behavior to you and site administrators



Be Kind: Cyberbullying

- Using online technology to repeatedly act cruelly to someone
- Posting or forwarding a private text or embarrassing image to others
- In the gaming world, harassing messages, ganging up on opponents, and verbal abuse

Talk with your kids often about whether they've been cyberbullied or have witnessed bullying behavior online

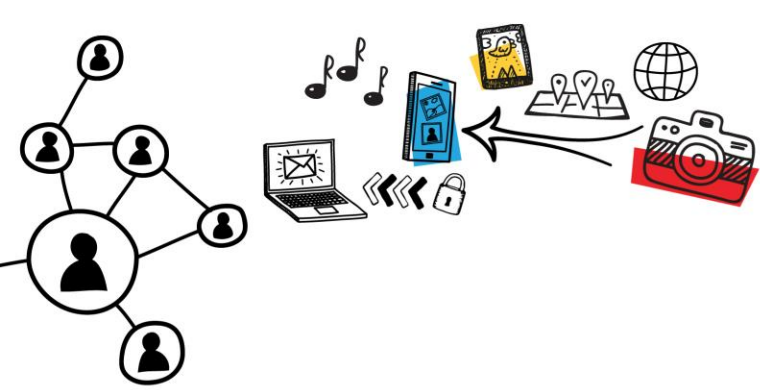
If you need to report an incident, the Cyberbullying Research Center provides an excellent resource: <https://cyberbullying.org/report> It's a frequently updated list of contact information for social media apps, gaming networks, and related companies— so you can find exactly where and how to report cyberbullying.



Be Savvy

- The goal: Good habits and good uses
- Limit “just because” or mindless online time; balance the amount of time spent online vs. with real-life activities, and watch for excessive Internet use
- Respect others’ offline time
- Watch for misinformation (sometimes called “fake news”); practice media literacy skills
- Be familiar with the ways your own posts can be used and misused
- Practice and encourage positive Internet uses: research causes to support, ways to enhance learning, new interests to pursue, etc.

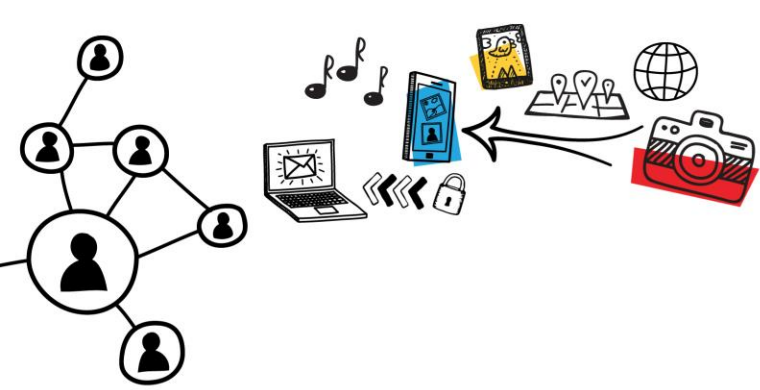




Be Savvy: Managing Overuse



- Establish tech-free zones and times at home
- Help kids understand the effects of over-multitasking
- Emphasize balancing time spent online and time spent doing real-life activities Know your child's online "friends"
- Seek expert help (guidance counselor, tech expert) if needed.



Be Savvy: The Parent's Role



- Know your child's online "friends"
- Keep talking about ways they are using digital technology and its effects
- Be selective about posting information or photos about your child
- Help your child manage his digital footprint
- Above all—**communicate!**



What's Next?

Be Online Together

- Decide the basics
- Set the rules
- Teach them to be good digital citizens
- Model good digital/online behavior
- Let them try
- Keep the conversation going
- Share your own experiences
- Be online *with* them



Be Online Together

Create a Family Digital Code of Conduct

Help Manage Their Digital Footprint

Keep the Conversation Going



What's Next?

Create a Family Digital Code of Conduct

- Protect your personal information.
- Treat others online as you would treat them in person.
- Be kind to yourself.
- Balance your real and online lives and be respectful of others' offline time.
- Avoid plagiarism and copyright infringement.
- Tell your parents if something you read online makes you uncomfortable or if a stranger tries to contact you.
- Check with your parents before downloading anything.



Be Online Together

Create a Family Digital
Code of Conduct

Help Manage Their
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Keep the Conversation
Going



What's Next?

Help Manage Their Digital Footprint

- Use strong privacy settings on all social media accounts
- Don't overshare. Resist the temptation to share deeply personal information—that's what real-life friends are for.
- Be wary of information (contests, etc.) you submit online.
- Occasionally Google yourself to see what's out there about you.
- Remember—once you share something, it's always out there.

Be Online Together

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Code of Conduct

Help Manage Their
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Keep the Conversation
Going





What's Next?

Keep the Conversation Going

- All of our Middle School Students (grades 5-9) had digital citizenship classes in history the first 2 weeks of school.
- Know what apps your child is using.
- Remind your children to visit with you if they witness unkind behavior
- We have some handouts that can also be beneficial for your family.
- Educate other adults in your child's life (relatives, activity leaders, etc.) about the 4 pillars: be online, be safe, be kind, be savvy

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Resources

Trend Micro

<http://internetsafety.trendmicro.com>

Lots of information on Internet safety for families from Trend Micro, the sponsor of this Family Tech Talk Night presentation.

ConnectSafely

www.connectsafely.org/guides-3

A growing collection of short, clearly written, free downloadable guidebooks that demystify apps, services, and platforms popular with kids and teens, including Facebook, Instagram, and Snapchat.

Common Sense Media

www.commonsensemedia.org

Provides reviews and ratings for websites and other media for children according to age-appropriateness.

Cyberbullying Research Center

<http://cyberbullying.org>

Provides up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents.

Gaggle

www.gaggle.net

Provides safe online learning products and solutions to the K-12 market; the website also offers regular updates on social networks and apps that are used by children.

National Association for Media Literacy Education Parent Guide

<https://namle.net/a-parents-guide>

A comprehensive guidebook for parents and kids to become savvy media consumers, covering topics such as fake or misleading news reports, scams, copyright, and more.