

steps to

Q

GOOD DIGITAL

parenting



TALK WITH YOUR KIDS

- Talk early and often
- Stay calm
- Be open and direct
- Create a safe environment where kids feel safe to talk to you



EDUCATE YOURSELF

- Search online for anything you don't understand
- Try out the apps, games, and sites yourself
- Explore more information and resources



EDUCATE YOUR KIDS

- Teach smart online behavior
- Remind children that posts are public and permanent
- Encourage kids to be authentic
- Talk about password confidentiality
- Discuss communicating with strangers and cyberbullying
- Role play possible scenarios



USE PARENTAL CONTROLS

- Activate safety settings in your operating system, search engine, and games
- Use the parental controls on your children phones, tablets, and game consoles
- Monitor your kids' use and screen time



SET GROUND RULES AND APPLY SANCTIONS

- Create, agree, and sign a family media use plan
- Set time and place limits for technology use and hold your child accountable



FRIEND AND FOLLOW BUT DON'T STALK

- Friend your kids on social media
- Respect their online space
- Know who is connecting with your kids online



EXPLORE, SHARE, AND CELEBRATE

- Go online with your kids and explore their online world
- Take advantage of new ways of communicating
- Learn from them and have fun



BE A GOOD DIGITAL ROLE MODEL

- Curb your own bad digital habits
- Know when to unplug
- Support critical thinking and civil behavior
- Promote physical activity and adequate sleep



DIGITAL CITIZENSHIP

Resource: Family Online Safety Institute



DO YOU KNOW WHAT'S ON YOUR CHILDS PHONE?



















MESSAGING APPS

There are several apps that act as free alternatives to text messaging and are sent over regular phone and data plans. These apps are typically seen on iPods, tablets, and smartphones. Compared to typical phone text messaging services, users feel a greater sense of privacy through these apps, making them a popular network for sexting.













DATING APPS

Dating apps typically allow users to create profiles, complete with personal information and photos. Users can then browse other user profiles. It is possible for users to create anonymous or misleading profiles. Private messaging features help users arrange to meet inperson. Some applications have specifically been designed to match users for casual sexual encounters.















APPS FOR HIDING THINGS

Many applications exist for the sole purpose of hiding things from plain sight. In many cases, these apps allow users to hide photos, messages, and even other apps the user may want to keep secret. Some of these apps have deceptive names or icons and are locked with a pin. Many apps provide platforms where users can post anonymously.













SOCIAL APPS

Social media and other interactive applications are commonplace among all smartphone users. Many of these networks contain adult material. Others are notorious for cyberbullying, or may allow private messaging and photo sharing between strangers.













PHOTO & VIDEO APPS

Apps for posting and sharing photos and videos have always been popular among teens and preteens. Many of these apps do not have content filters and privacy settings are sometimes nonexistent. Live-streaming apps are also popular among teens. These platforms allow users to connect via live video feed. Oversharing and chatting with strangers are common issues.













SLANG & EMOJIS

Have you seen 'MOS, POS, or @ # ' in your kids text messages?

Yeah, what do they mean?

MOS or POS = Mom/Parents over shoulder (a) # = Don't tell your parents

> No way! As a parent, there's a lot of slang and emojis I don't know the meaning of. Where can I find more information?

There's a lot of helpful information about slang, acronyms, and emoji meanings. Here are a couple of online resources:

SLANG & ACRONYMS goo.gl/gTMUYv

EMOJIS: emojipedia.org



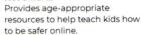
RESOURCES



No Smora Z

Family Online Safety Institute Educates and encourages users good digital citizenship across all media.

Net Smartz





Common Sense Media

Provides independent age based ratings and reviews for all types of media.





Provides parental control options and filtering services across all family devices.





These are great resources! Now I really know what's going on with my kids. Thanks!