## 8 Steps to Good Digital Parenting

### 1. 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

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

### 3. 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

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

### 5. 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

### 6. 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

### 7. 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

### 8. 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

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**Digital Citizenship**

Digital Citizenship = empowering your children with skills to think critically, behave safely, and participate responsibly online, allowing them to connect and collaborate in meaningful ways. (Common Sense Media)

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Resource: Family Online Safety Institute

Cache County School District
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 in person. Some applications have specifically been designed to match users for casual sexual encounters.

**MESSAGING APPS**

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**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?

MOS or POS = Mom/Parents over shoulder 😢 = 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/qTMUTv

**EMOJIS:**

emojipedia.org

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