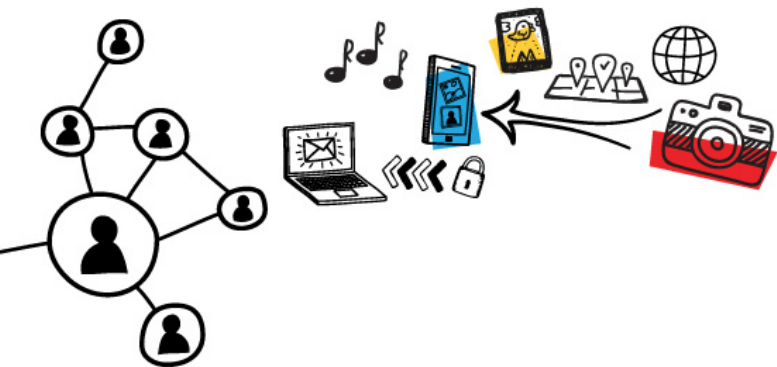# FAMILY Tech Talk NIGHT
Inspiring Digital Responsibility
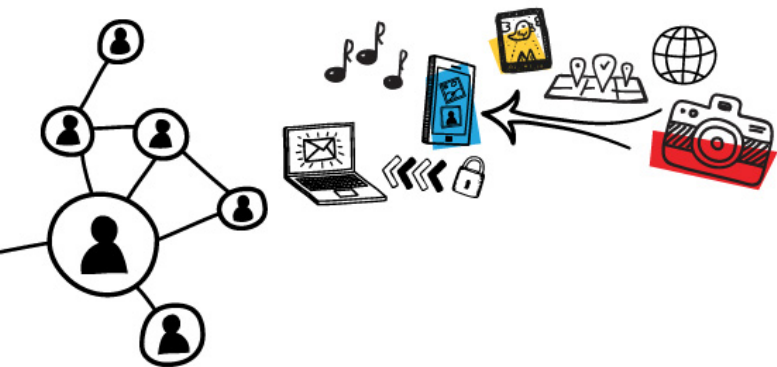
Goals for the Presentation

- 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 friends, family, neighbors, and teachers

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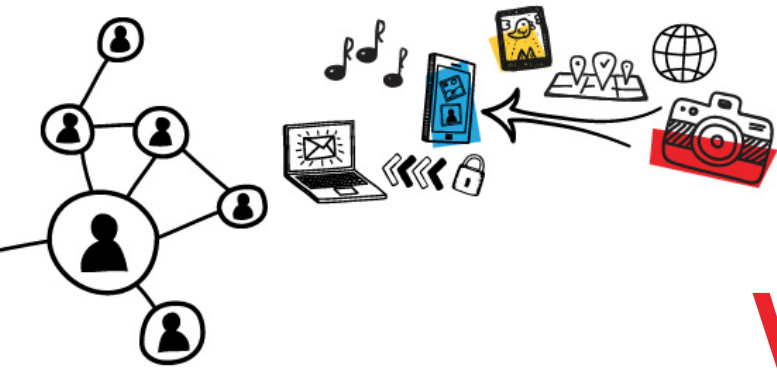
What Do Kids Do Online?

- Apps

- Websites

- other?

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Quiz! Some facts about kids' online life

- What percentage of 4 year olds use a mobile device?
- What percentage of 4 year olds own their own mobile device?
- By the time their teens how many kids experience some sort of cyber bullying
- What percentage of parents help their children set-up the privacy settings on social networking sites and apps?
- What percentage of teenagers say they know how to hide what they do online from their parents?

Source: Pediatrics, October 2015: Exposure and Use of Mobile Media Devices by Young Children
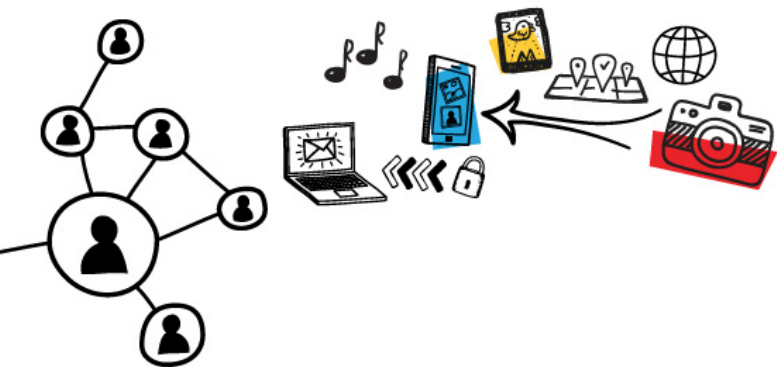
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Risks Associated with Kids' Internet Use

- Too much screen time
- Exposure to age-inappropriate/adult content
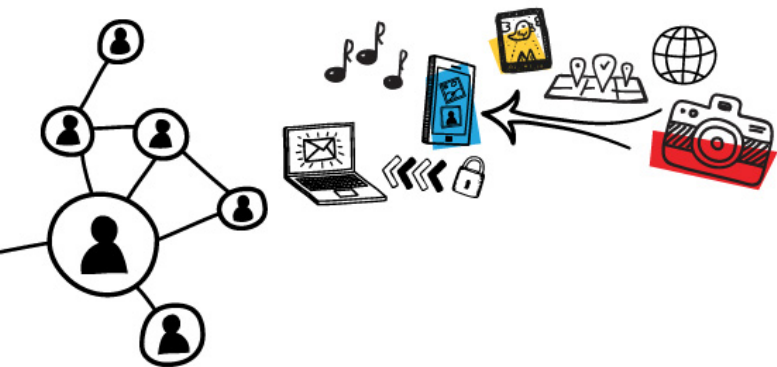- Unwanted marketing
- Unwanted interactions

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The Benefits of the Internet for Kids

- To learn

- To play

- To not fight with their siblings or give parents a moment of peace!

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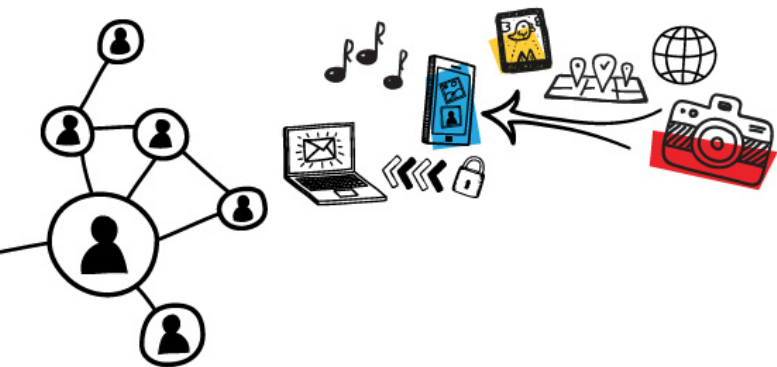# What Does It Mean To Be a Good Digital Citizen?

- 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!

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Balance Time Spent Online

- 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
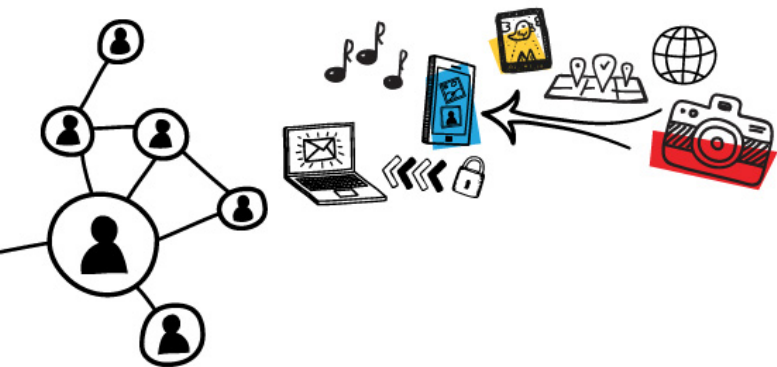
FAMILY
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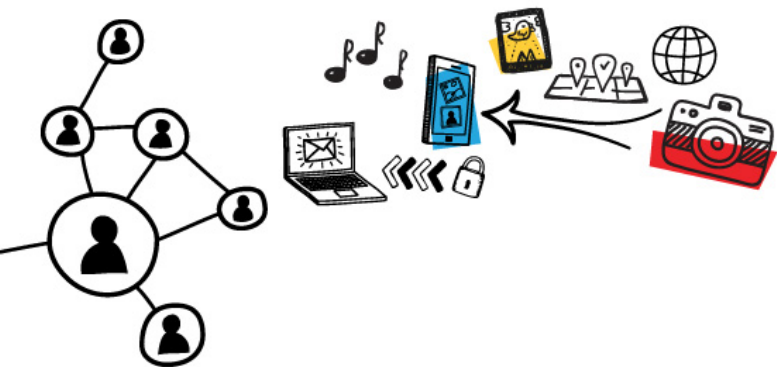# Getting Into Some Other Specifics

- Social media
- Cyberbullying
- Safety
- Privacy
- Digital footprint

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Social Media/Networking

- 76% of teens (81% of older teens) use a social network

- Their sites of choice include Facebook, Twitter, Tumblr, Vine, Instagram, and Snapchat.

- Younger kids like Minecraft, YouTube for Kids, Vine Ki
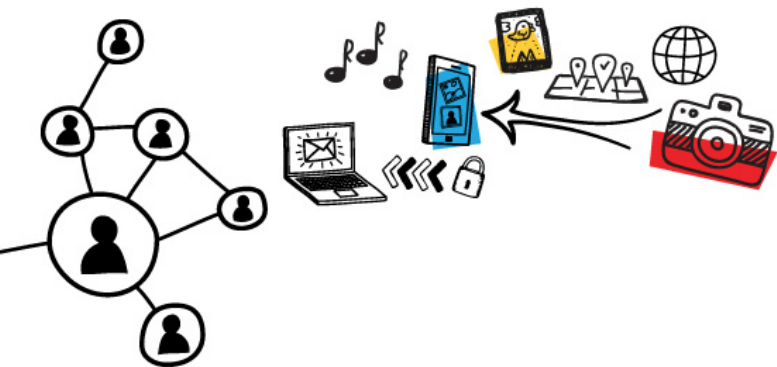
- The sites and apps being used change quickly

  - http://internetsafety.trendmicro.com

  - http://cyberbullying.org/blog

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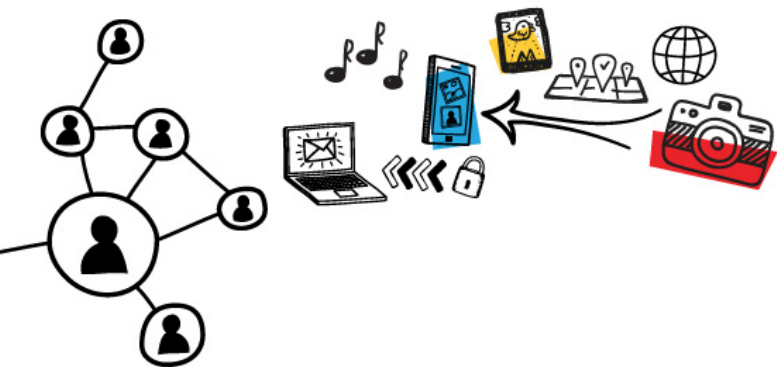
Potential Risks of Social Media

- Can be a big "time suck" and distraction from homework and other responsibilities

- Can foster tweens/teens' natural impulsivity and failure to consider consequences

- Can encourage predators and scammers

- Can lead to an unflattering digital footprint that may follow kids through college

- Can distract from overall balance and lead kids to be unkind

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Be Kind on Social Media

- Remind your child not to post messages or photos that criticize or make fun of others

- Stress the message that "likes" are not an indicator of someone's worth or likeability. A "like" is just the click of a button

- Let your child see you modeling kind online behaviors, to others and yourself

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Cyberbullying

- Using online technology to repeatedly act cruelly to someone

- Posting or forwarding a private text or embarrassing image to others

- Tricking someone into revealing embarrassing information and forwarding it

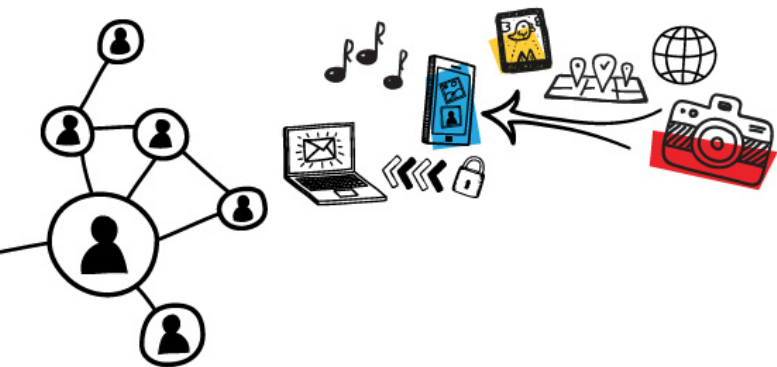- Spreading rumors

FAMILY
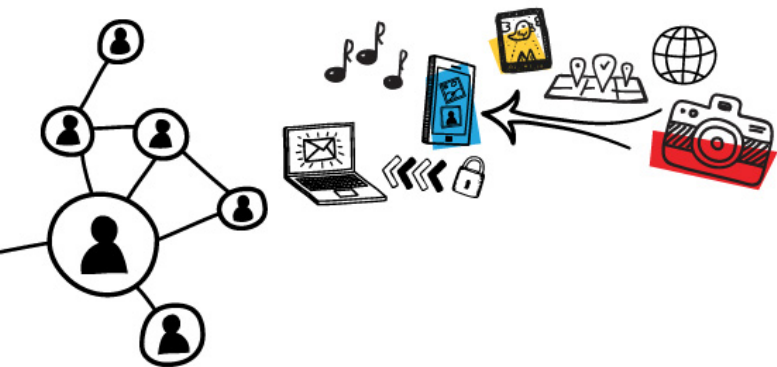*Tech Talk* NIGHT
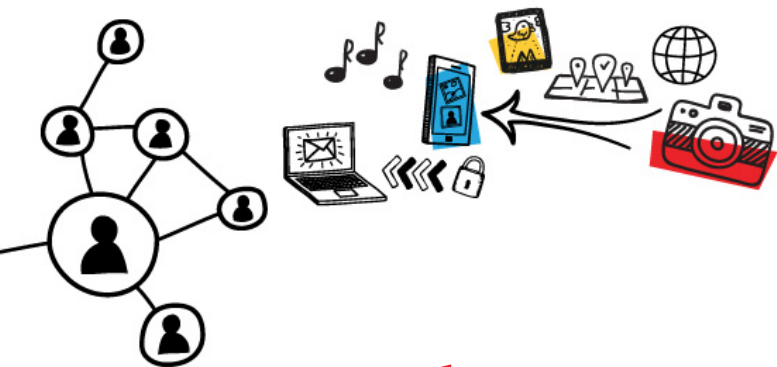
Dealing With Cyberbullying

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

- Resist responding to unkind remarks

- Block the cyberbully

- 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
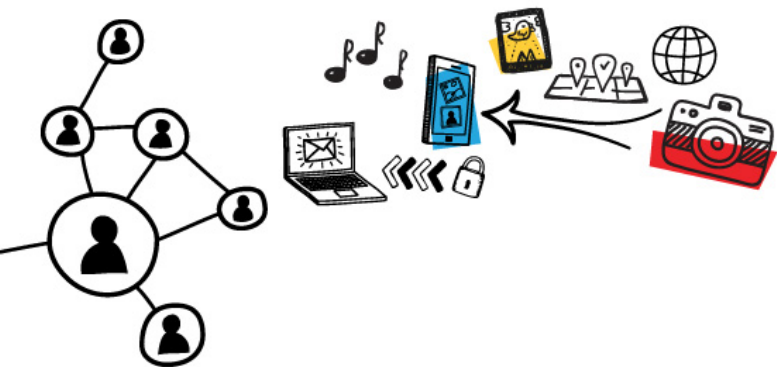
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Some Nuts and Bolts on Safety

- 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

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Other Safety 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

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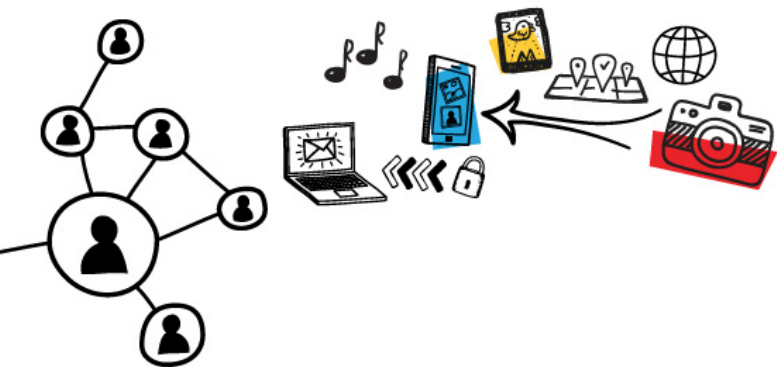*Tech Talk* NIGHT

Safeguard Against Scams

- 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

- Keep your security software up to date

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Protecting Against 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

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A Note About Privacy Settings

- 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

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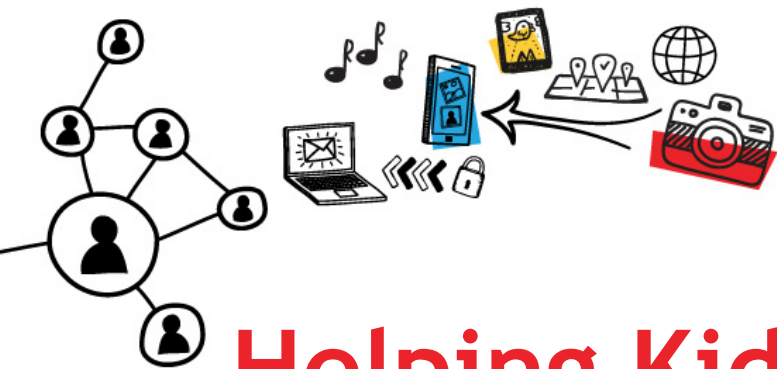
Helping Kids Manage Their Digital Footprint

- Everything I do reflects on me.

- Anything I post is there forever.

- Information I post can easily be copied.

- Things I post can quickly be sent to many.

- You're never sure who can see what you're posting, clicking on, downloading.

- It's not clear whether you're just sharing with a few.

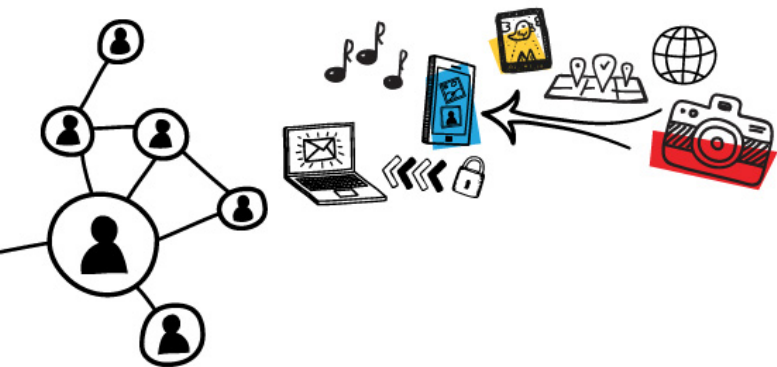- People behave differently when they can't see you.

(danah boyd, Taken Out of Context, 2008)

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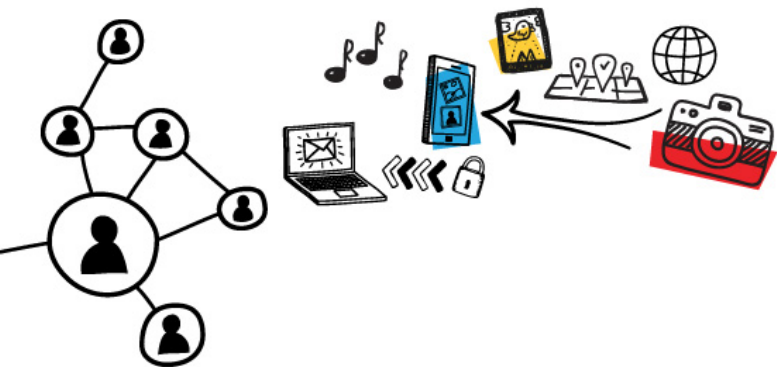
A Digital Code of Conduct

- Be online.

- 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 lives, and be respectful of others' balance.

- Stand up for others—don't tolerate cyberbullying.

- Avoid plagiarism and copyright infringement.

- Create secure passwords and keep them secret from your friends.

- Delete (and don't open) suspicious emails.

- Ignore contact from strangers online.

- Tell your parents if something you read online makes you uncomfortable.

- Check with your parent or other trusted adult before downloading any content.

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Key Takeaways

Remember, Online Life Is a Part of Life for Just About Everyone

- The Internet and digital technology enable kids to learn and communicate in a variety of helpful and interesting ways

- Parents can help make digital technology a positive experience for kids by helping their child find positive ways to use technology and be online
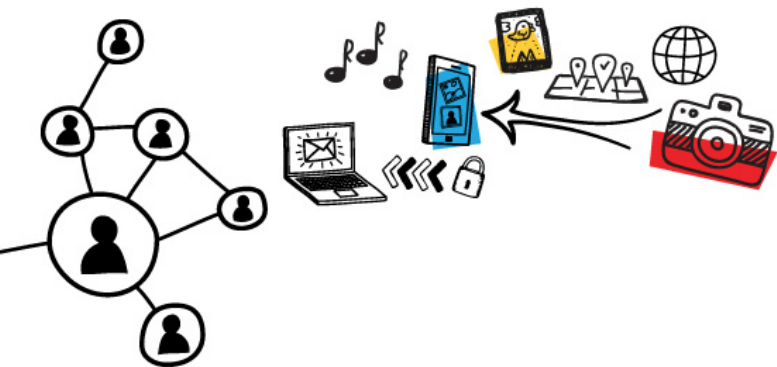
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Key Takeaways
Balance Online Life and Real Life

"If we always have our phones in our faces, we will never know what's in front of us."
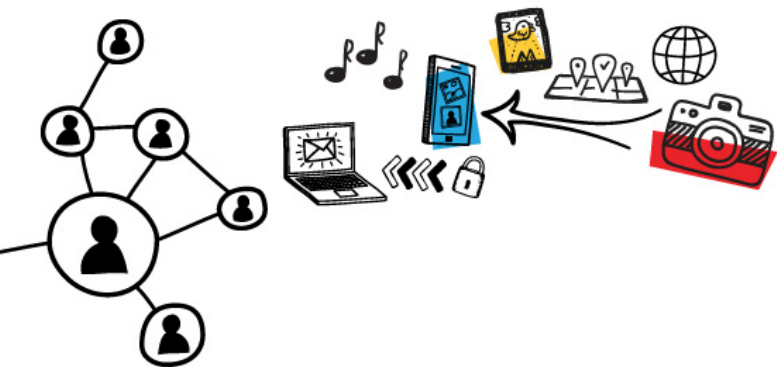– *Erik Hartman, 15*

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Key Takeaways
Your Part in Their Experience

- 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

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Your Next Step:
Keep the Conversation Going

- Ask your child's teacher whether she talks to the class about being a good digital citizen

- Talk to your child's friends' parents about keeping a collective eye on (and communicating about) your kids' Internet activities

- Remind your kids about letting an adult know if they witness unkind behavior

- Educate other adults in your child's life (relatives, activity leaders, etc.) about these topics

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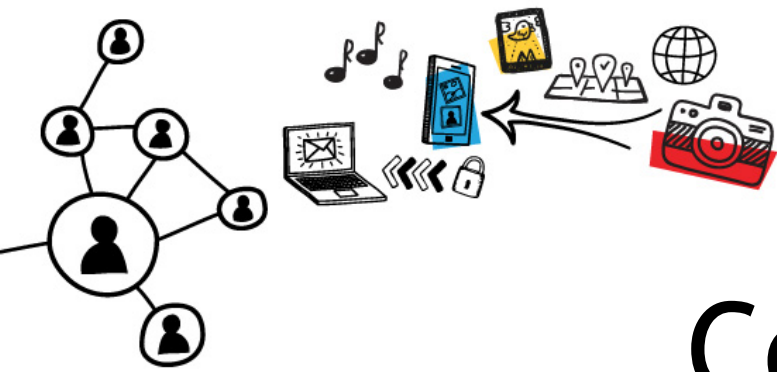
Contact Me

- Laura Pizmoht
- ltgpizmoht@gmail.com

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Sources

ConnectSafely

www.connectsafely.org/guides-2

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.

AllSafeSites

www.allsafesites.com

A child-safe Internet search engine.

Common Sense Media

www.commonsensemedia.org

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

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.

SchoolFamily.com

www.schoolfamily.com/internet-safety

Articles, downloadables, and other resources on Internet safety for parents.

Cyberbullying Research Center

http://cyberbullying.org

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

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