

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 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

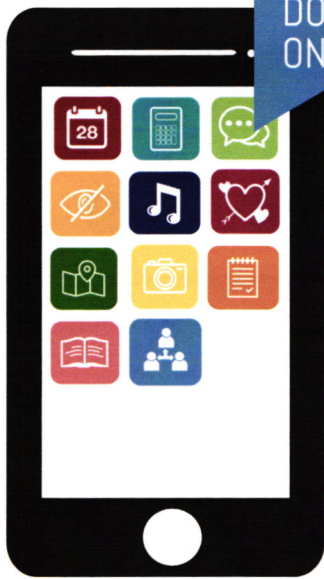
Resource: Family Online Safety Institute



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)*

DO YOU KNOW WHAT'S ON YOUR CHILDS PHONE?



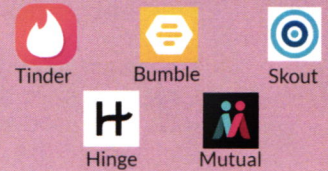
MESSAGING APPS

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.



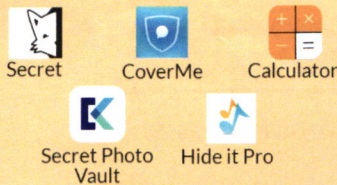
DATING APPS

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 in-person. 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.

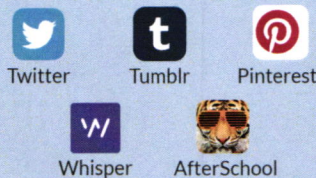
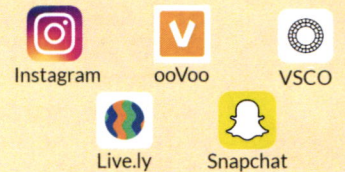


PHOTO & VIDEO APPS

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
🙊👨👩 = 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

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

RESOURCES



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



Net Smartz
Provides age-appropriate resources to help teach kids how to be safer online.



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



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



Connect Safely
Educates users of connected technology (social media, mobile, etc.) about safety, privacy and security.