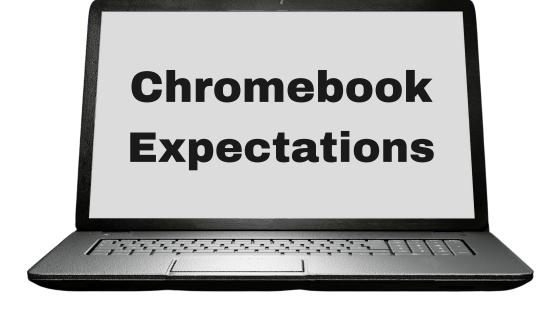


Tuesday September 23rd

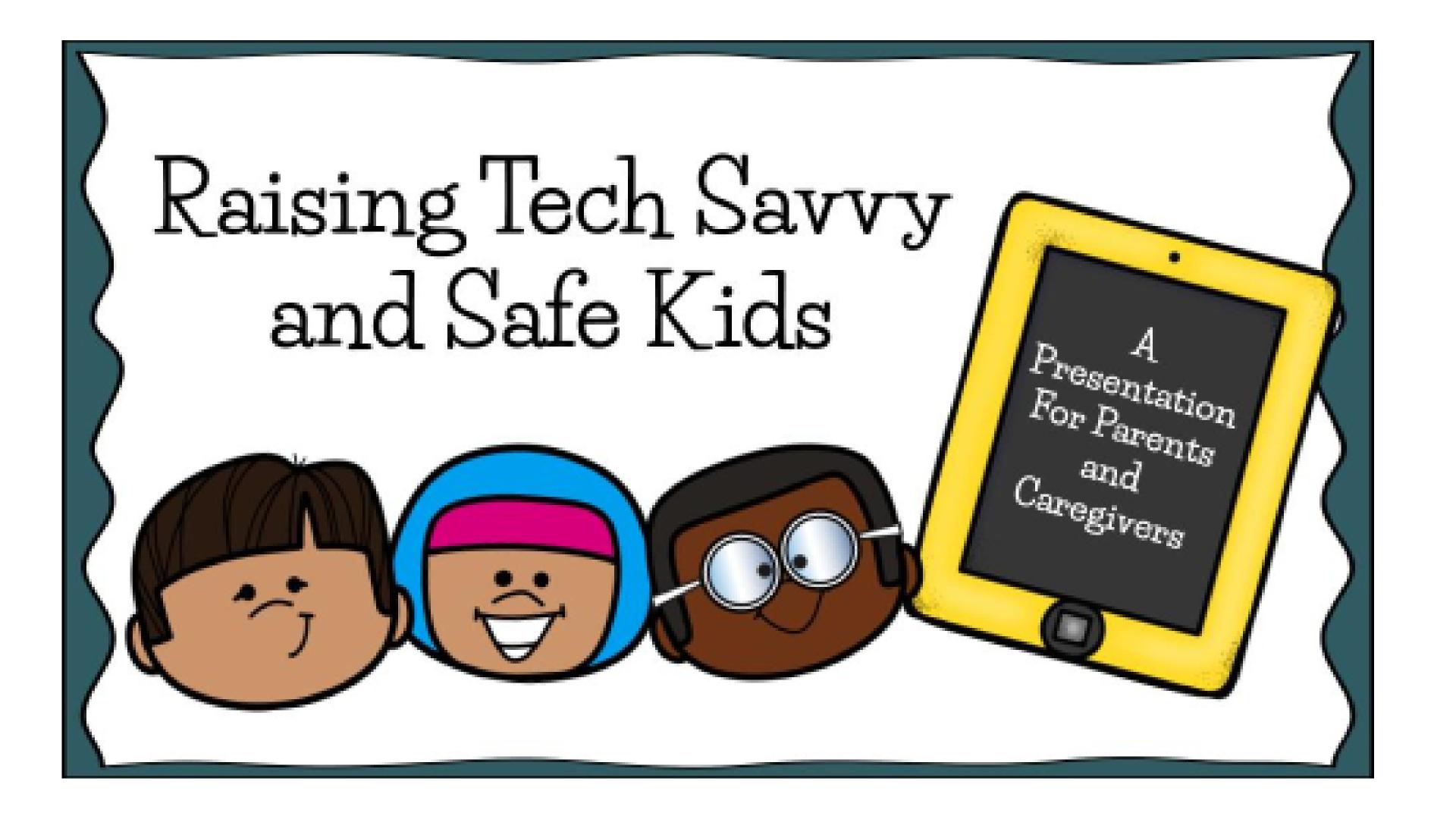
Tech Talk

5:30 - 6:30PM







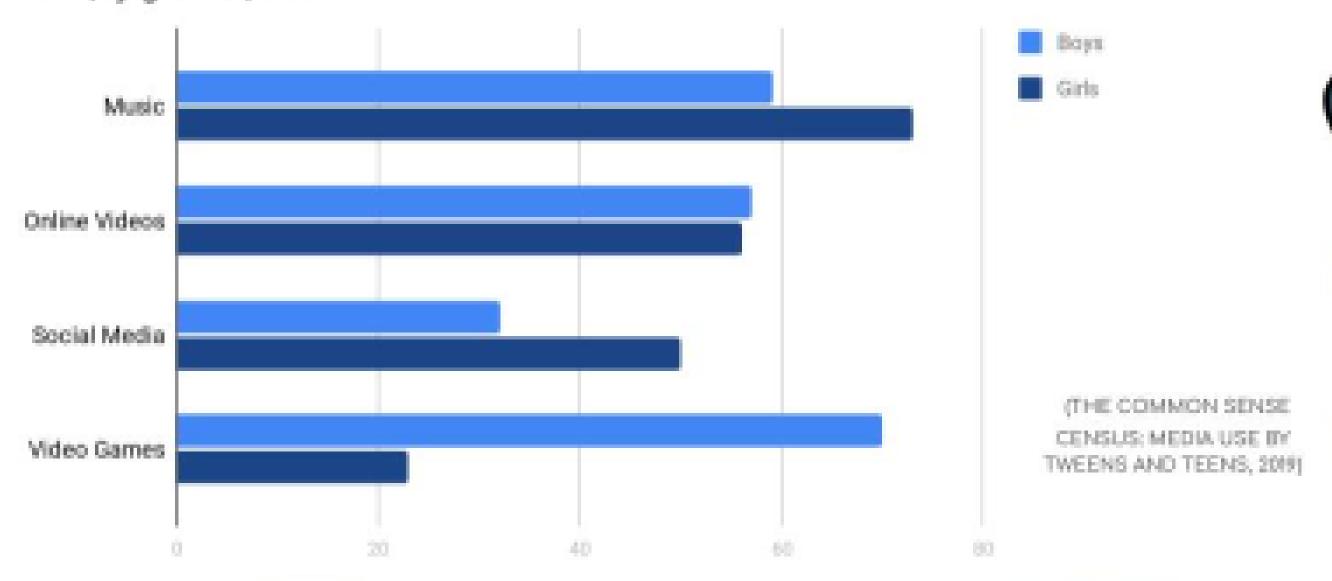


# Technology Use and Screen Time

"According to the Kaiser Family Foundation, kids ages 8-18 now spend, on average, a whopping 7.5 hours in front of a screen for entertainment each day, 4.5 of which are spent watching TV. Over a year, that adds up to 114 full days watching a screen for fun." (CDC, 2020.)

# What are they looking at? Different tastes for different genders

Common Sense Media Report: Favorite media activities, 8- to 18-yearolds,by gender, 2019



# Let's Unplug!

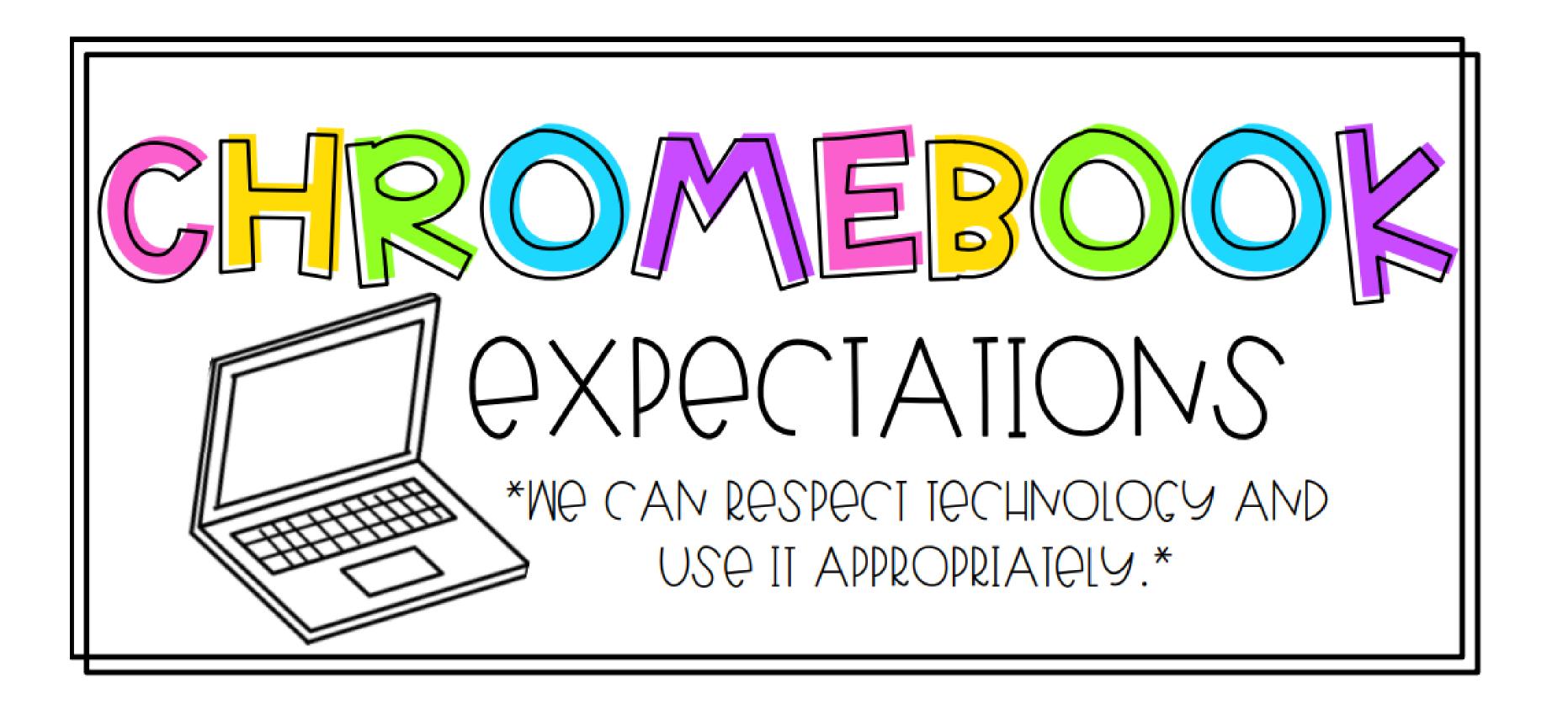
Too much or poor quality screen time has been linked to:

- Obesity
- Irregular sleep
- Behavior Problems
  - Violence

# Unplug as a family!

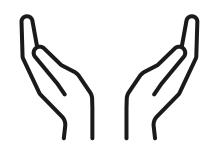
- Have a family board game night
  - Take a walk
  - Cook together
  - Read together



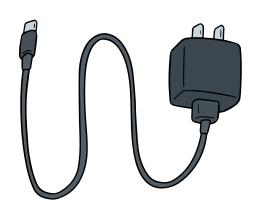


### Please take care of your school issued device!

Hold your devic with 2 hands.



Charge your device each night!



Do not add stickers or remove any labels.

Bring your device every day!

Keep device away from food and drinks.



Report any problems immediately.



### **SMARTECH**





Smart Tech Coverage

\$12

Coverage Expires 07/01/2025

**TEXT NOW TO ENROLL** 

TEXT <u>HOUSTON</u> TO 1-888-414-8007

#### Other Ways to Enroll Today!



Lake Mary, FL 32795



Enroll ONLINE

We Are a Leading Provider in School Device Coverage and Repairs! With 14 years of experience

and an A+ rating on the Better Business Bureau, Smart Tech has a proven record of quality

www.smarttechins.com/houston

#### igoremsizeParent Name: Student Name: Address: Phone: Email: Serial Number: Device Type: Mail a check or money RELIABLE QUICK EASY order ONLY with this form (1 per student) to: Smart Tech Insurance P.O Box 950095

# Smart Tech Protection Plan THE RIGHT COVERAGE FOR ALL YOUR DEVICES

#### Troubleshooting Steps for a Malfunctioning Chromebook



#### First, try restarting your Chromebook.

Like many other electronic devices, most Chromebook issues can be resolved with a simple restart. There are two methods to shutdown your Chromebook:

- 1) Click on the time in the bottom right corner of the screen and then click the shutdown button.
- Push and hold the physical power button on the device until the Chromebook shuts down.

Leave the Chromebook off for one minute. Then, push the power button to turn the device back on.

\*Note: If you only shut the lid, it is putting the device to sleep. Chromebooks run their updates when they restart. If you never shutdown, updates cannot run. Be sure to occasionally restart or shutdown.



#### Second, try Powerwashing your Chromebook.

- Step 1: Sign out of the Chromebook
- Step 2: Press and hold Ctrl + Alt + Shift + r
- Step 3: In the box that appears, click the Powerwash button, then click Continue or Next button
- Step 4: Give your device time to complete the powerwash
- Step 5: If you get a pop-up and hear a voice message, click on No, continue without ChromeVox (this will not appear for everyone)
- Step 6: Click the Get started button
- Step 7: Choose HCBE\_BYOD for your network, then click the Next button (if needed) in the bottom right corner
- Step 8: Click the Accept and continue button
- Step 9: Click the Done button when the Enterprise enrollment complete screen appears
- Step 10: The student can now login to the device

# Copyright Policies



#### Copyright

-a form of protection given to creators and authors of literary, dramatic, musical and artistic works. A copyright means that the author has the right to do or let other do any of the following things:

- Make copies
- Distribute copies
- Perform work publicly
- Display work publicly
- Make modifications or adaptations

Generally, it is illegal for anyone to do any of the things listed above without the creator's permission. However, there are some exceptions and limitations to this right. One major limitation is the Doctrine of Fair Use.

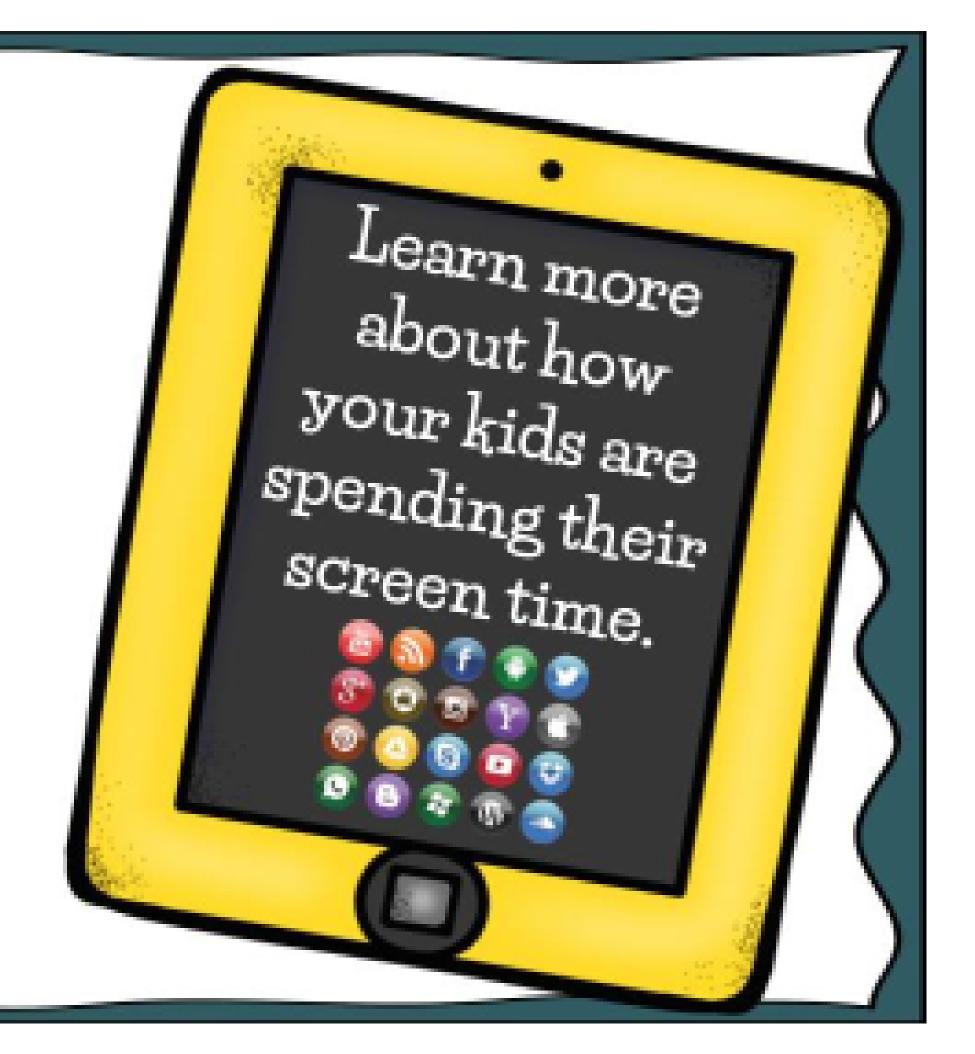
#### **Copyright Piracy**

-Unauthorized reproduction for sale or use of a copyrighted work such as a book, lyric or software.



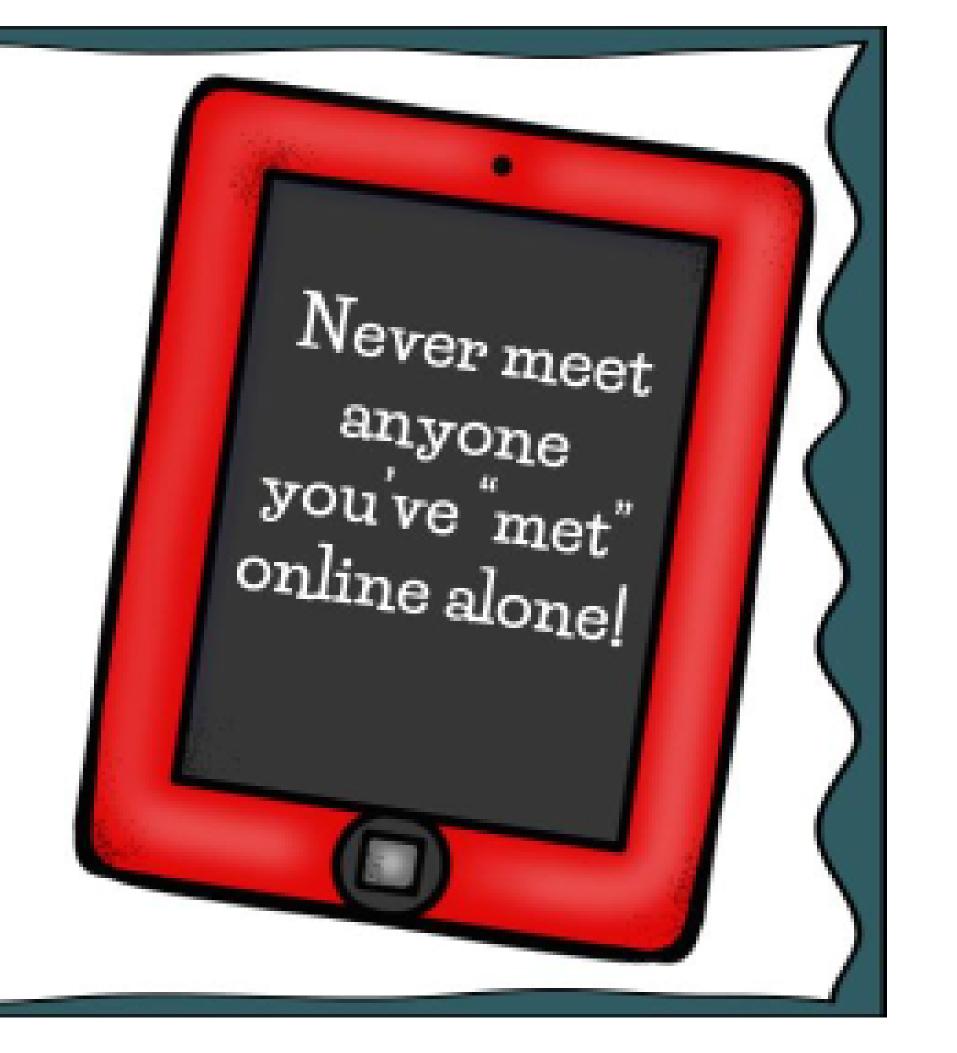
### Watch out for:

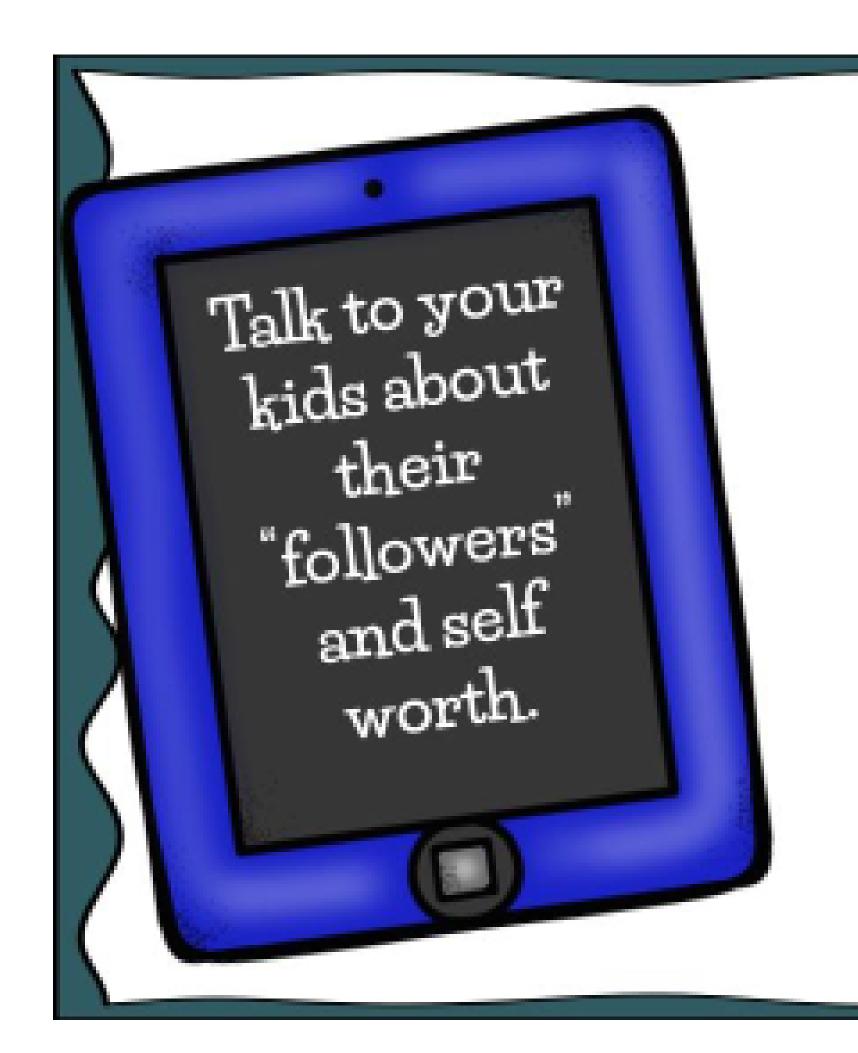
Yik Yak Meet Me Kik Yubo Calculator Photo Vault House Party Ask Fm





It is important to talk with your kids about not sharing personal information or going anywhere with someone they have met online.



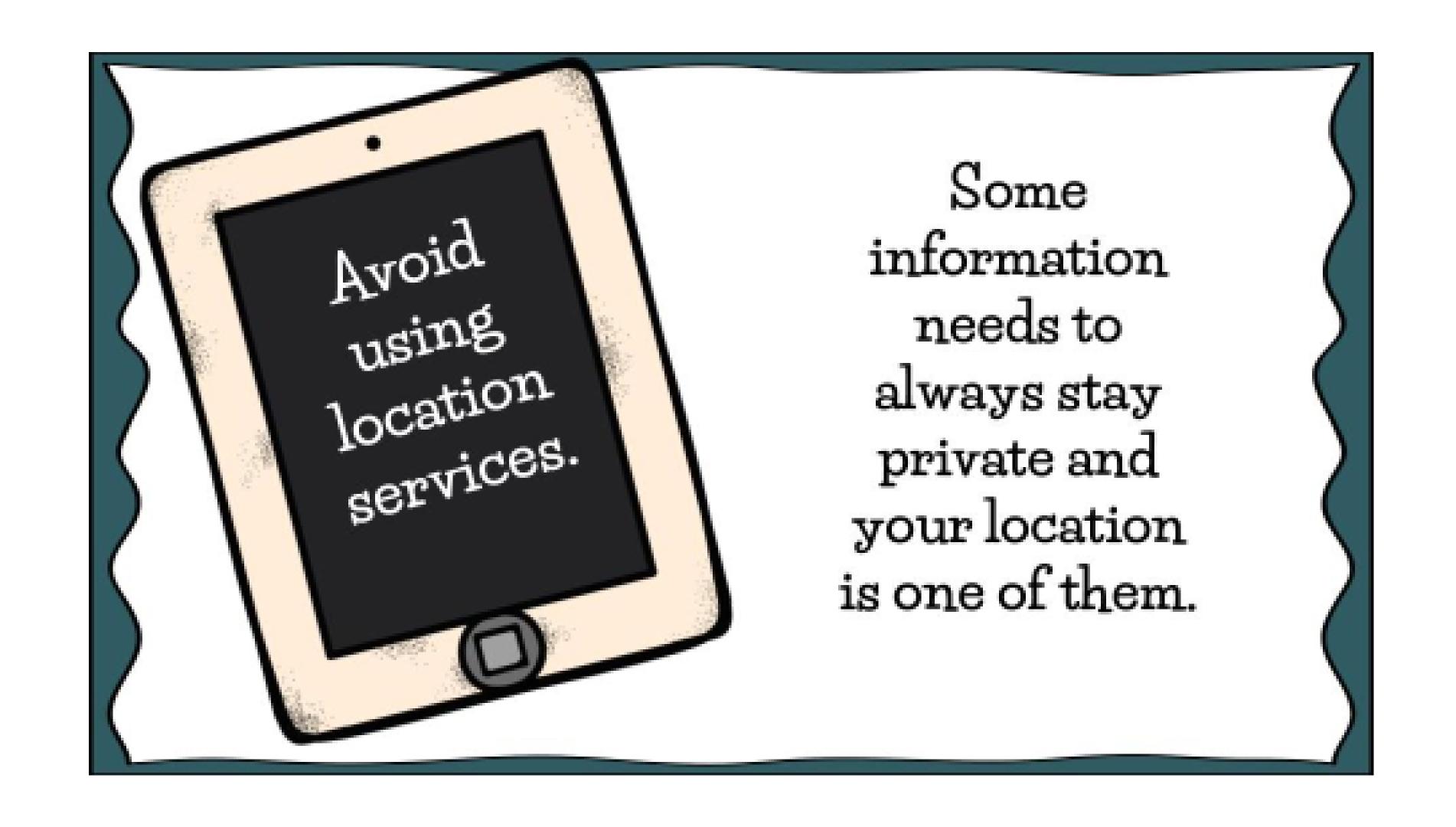


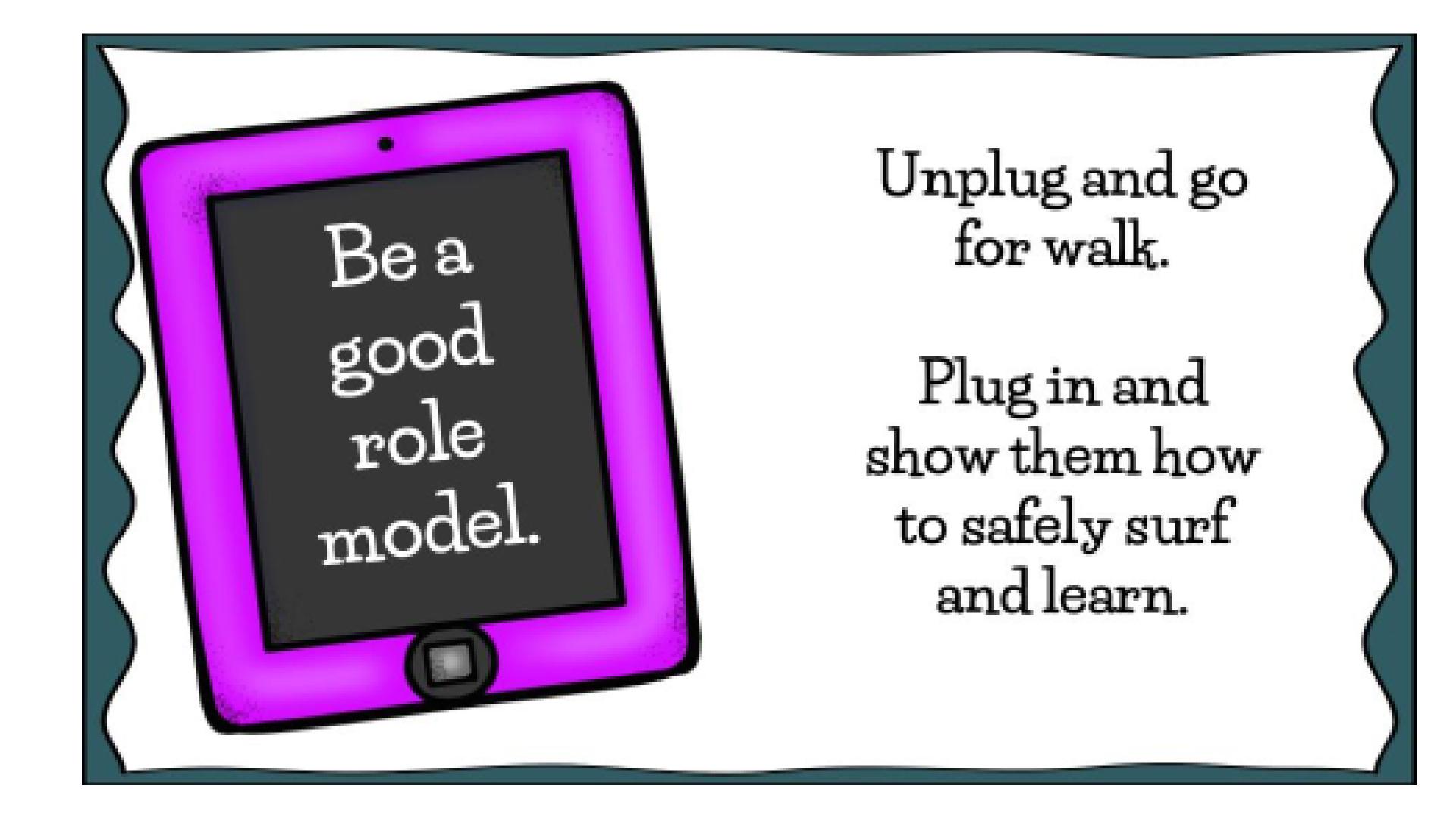
### Way to boost self esteem:

- Model positive self talk
- Acknowledge their efforts
- Read books about characters that persevere
- Allow them to face obstacles and then applaud their grit
- Don't expect perfection
- Embrace the "power of yet"
- Don't compare children
- Encourage them to explore, discover and wonder

T- Is it true?
H- Is it helpful?
I- Is it inspiring?
N- Is it necessary?
K- Is it kind?



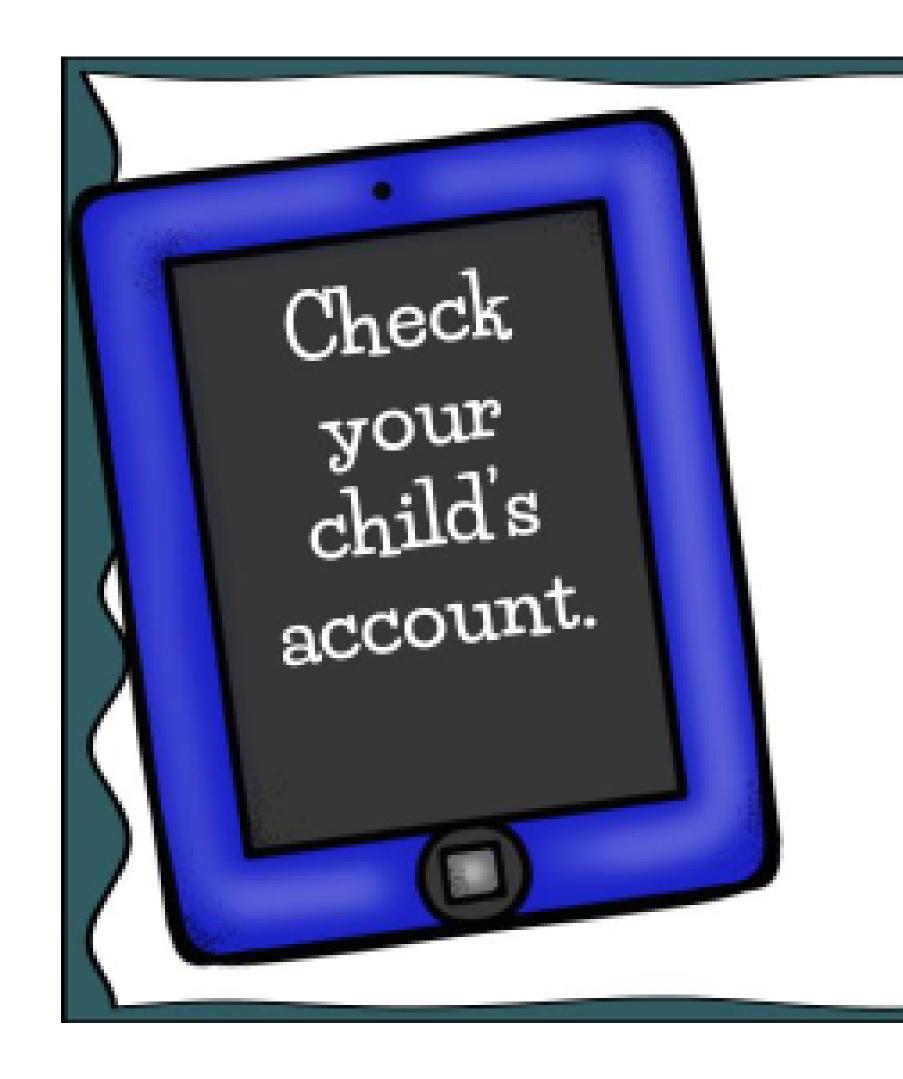




The Family Online Safety Institute has suggestions for cleaning up your passive digital footprint by: checking privacy settings, using strong passwords, updating software, and consistently maintaining your device!



www.fosi.org



### What to look for:

- Privacy settings
- Inappropriate pictures of self or others
- They are sharing too much personal information
- Group photos on field trips or in a class party
- Followers or "friends" they don't know or you don't know



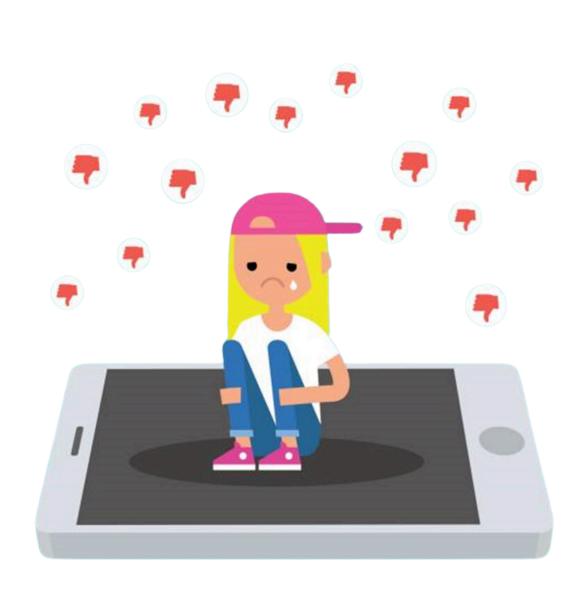
# Internet Safety at Home

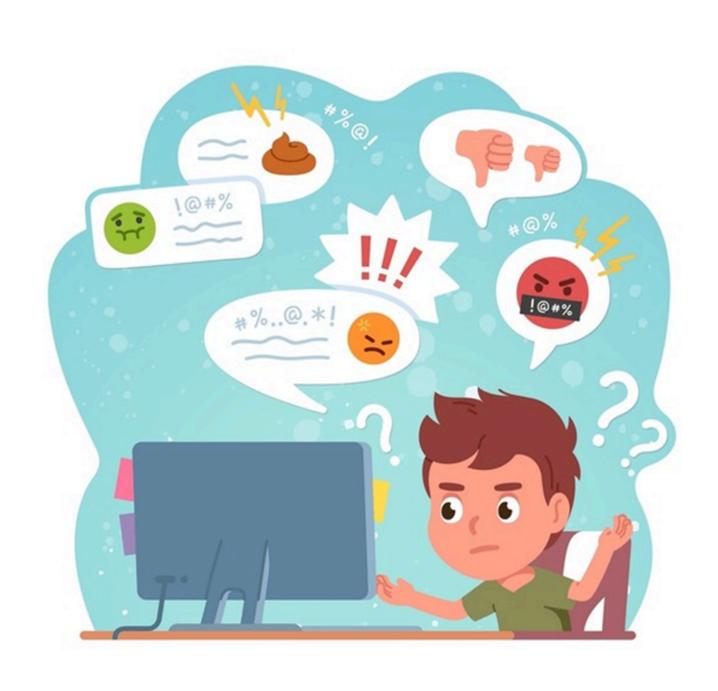
- Follow the family rules
- Never post or share pictures
- Never reveal personal information
- Don't share password with anyone except parents
- · Never agree to meet anyone without parental approval
- Never respond to a threating email, post, or text
- · Always tell a trusted adult about anything scary or hurtful

# Guidelines for Parental Supervision

- Teach children appropriate online behavior
- Keep the computer in a common area
- Bookmark favorite sites
- Check your credit card for unfamiliar charges
- Take your child seriously if they report an uncomfortable online exchange
- Use parental controls to limit what is available and to limit screentime.

# Cyberbullying

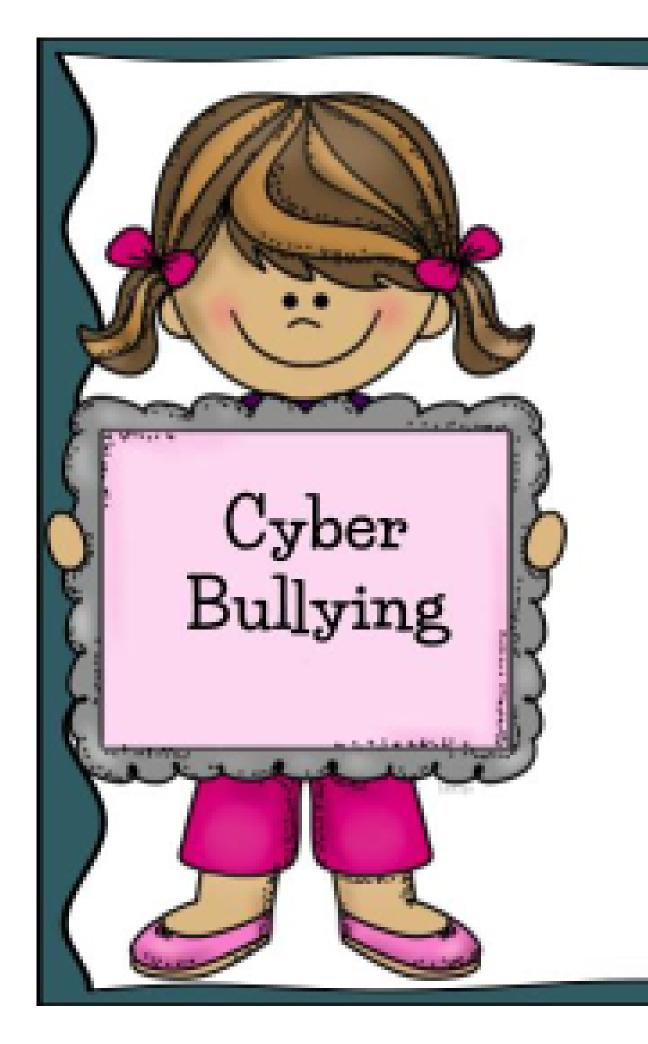




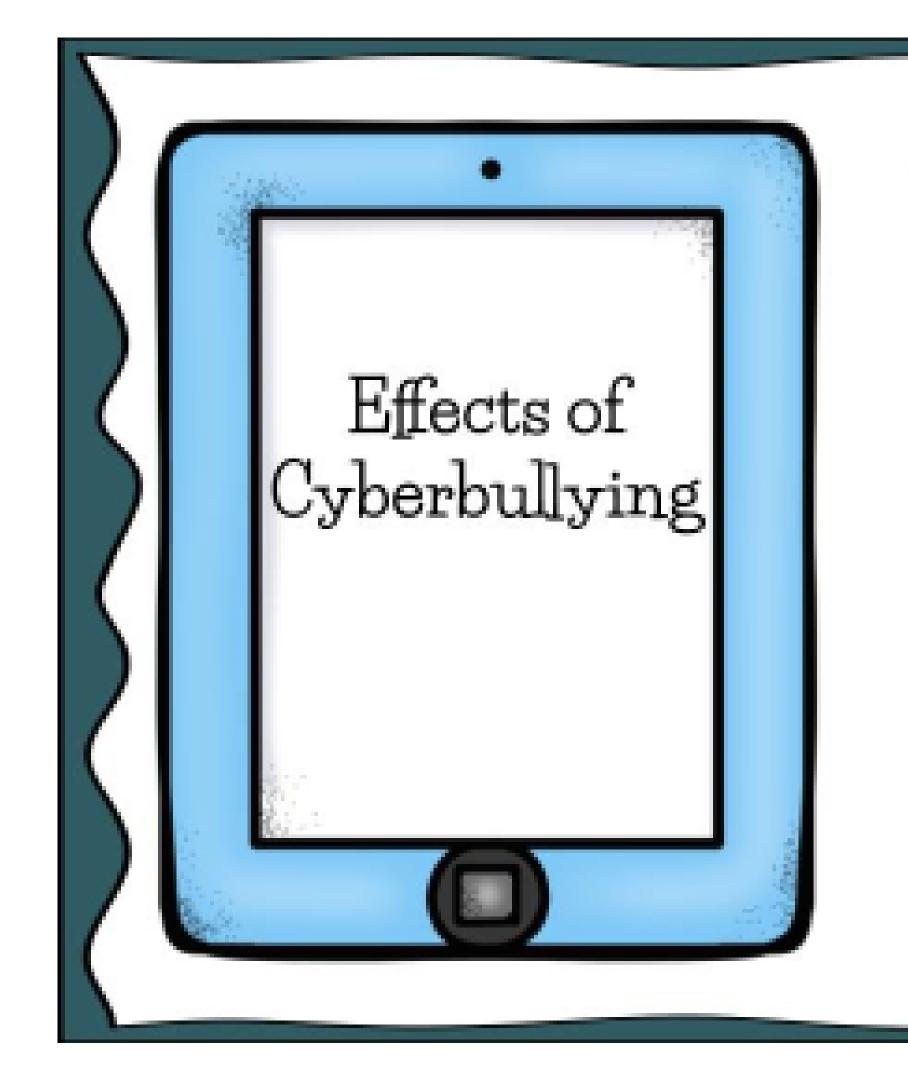
### What is cyberbullying?

Also called electronic or online bullying, cyberbullying includes a range of harmful words and actions that take place in the digital world. Some examples:

- sending mean messages to someone
- sharing embarrassing pictures of them
- making up and spreading untrue stories about them
- telling others to ignore someone or leave them out of activities
- Cyberbullying can take place through text messaging, on social media sites, apps, e-mail, web
  forums or multi-player online games.



Cyber bullying can take place over the internet, through text messages and messaging services, or through apps such as Instagram. It is important to stay vigilant about your student's online activities. Websites. such as Common Sense Media, can help you stay attune to new apps and protecting your child virtually.



The impacts of cyberbullying can impact many areas of a students life.

It can have an impact on:

- Physical health
  - Friendships
- Feelings about self
  - Schoolwork
    - Sleep



# If your child is bullied online

### Here are a few tips:

- The takeaway: Don't threaten to take away the device.
  - This seems like a punishment.
- Document: This will be helpful if you have to report the event.
- Support: Talk with your child about what happened.
- Report: Inform the social media platform, your child's school, and if necessary local authorities.
- Your support: Parents need someone to talk to as well.

## **Educational Websites**

Storyline Online



https://storylineonline.net https://www.fuelthebrain.com/?site=full



https://www.khanacademy.org



https://www.funbrain.com



https://pbskids.org



https://www.getepic.com

# Stay connected to Russell Elementary









Don't forget to fill out your exit survey. If you have any questions, you can reach me, Lisa Beers, at 478-929-7830 ext. 3232.