Parenting in the Digital Age

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Digital Footprint/Tattoo

Safety, Privacy, and Security

Common Sense Education recommends <u>5 tips</u> for keeping your children's personal information safe online:

1. Discuss personal vs. private information.
2. Use privacy settings.
3. Avoid location tracking.
4. Power up passwords.
5. Skip quizzes.

Print more information to discuss with your child <u>here</u>.

1. Personal vs. Private Information

Research: Google your child's name for public websites with their name.

★ delete or request deletion
★ they are a minor - the parent/guardian role is key

Think: Remind children to think before they type.

★ Would this be ok on the cover of the newspaper?
★ Would this be ok if Grandma read it?

2. Use Privacy Settings: Gaming

Review the Rating:

> E = Everyone
>
> E 10+ = Everyone 10 and up
>
> T = Teen
>
> M = Mature 17+
>
> A = Adults Only, 18 and up
>
> RP = Rating Pending
>
> RP, Likely Mature 17 and up

Look for a chat feature - disable if needed.

Parental Controls:
https://www.esrb.org/tools-for-parents/parental-controls/

ESRB (Entertainment Software Rating Board), https://www.esrb.org/

Use Privacy Settings:
Apps & Accounts

In your apps and digital accounts:

- Use the apps/accounts your child uses.
- Look at ads that pop up.
- Report or block unkind users.
- Search inside the app/ website to understand its functions.
- Turn off location settings.
- Reinforce that "temporary" pictures or videos can be easily shared and stored by others.
- Look at who your child follows and who follows them.

Use Privacy Settings: Internet Content Filtering at Home

Internet provider or router device:

- Set up parental controls in settings.
- Set time limits.
- Manage websites and information accessible to children.
- See history of websites that children accessed.

Click here for setup with Cox or Frontier.

Use Privacy Settings: Internet Content Filtering at Home

Router Devices:

- Select specific apps, websites, games, and streaming services on each device.
- Add restrictions or limitations.
- Monitor usage.
- View detailed history reports.
- Add Internet shut off times.
- Manage from an app on your phone.

Click here for comparisons of devices, prices, and features in *PC Magazine*'s The Best Parental Control Software for 2024: https://www.pcmag.com/picks/the-best-parental-control-software .

3. Location Tracking

Research:
- Games
- Gaming devices
- Apps
- Websites
- Watches/Devices

Store devices in family areas, not in bedroom

Remind:
- Have your child come to you when prompted to share their location.

Smart Watches

School Mode

- Family setup has parent controls where you can set specific days and times to silence notifications, block access to other apps, and see if mode is turned off

  [Apple Watch Schooltime](#)

Silent Mode or **Do Not Disturb**

- Student controls from the Control Center

  [Apple Watch Silent Mode and Do Not Disturb](#)

4. Power Up Passwords

Secure: Make sure passwords are secure.

★ 1 uppercase
★ 1 lowercase
★ 1 number
★ 1 symbol

★ Remind your child to keep passwords private.

★ Change passwords regularly.

5. Skip Quizzes

Avoid:

★ Clickbait

★ Quizzes

★ Special/Free Offers

★ Anything asking for information

https://blog.tcea.org/clickbait/

6. Social Media

Ages 13 and up (COPPA)

- Account creation
- Age appropriate content
- Tracking and sharing
- Public profiles

Does your child:

- follow house rules and boundaries?
- understand privacy and sharing?
- handle negative experiences well?
- know when to report online abuse or contact from strangers?

Have concerns? Read *Common Sense Media*'s article, "11 Social Media Red Flags Parents Should Know About" by Christine Elgersma

7. Appropriate Use of District Devices

Appropriate Use:

- Review RHPS Student Device Handbook
- In-school use only (unless a special project)
- Only school approved websites and apps
- Email not enabled until 6th grade

Monitoring:

- Student *Chromebooks* are monitored 24 hours a day.
- If the device does come home, it is only to be used for school learning. Please do not use your child's district issued device for family business.

Digital Citizenship Grade 4

New & Reinforced Learning:

- **Making Media Choices**
- **Digital Footprint: Online tracks, Social Media**
- **Keep games fun and friendly**
- **A Creator's Rights and Responsibilities**

https://www.commonsense.org/education/digital-citizenship

Digital Citizenship Grade 5

New & Reinforced Learning:

- You Won't Believe This
- Digital Friendships
- Is it Cyberbullying?
- Reading News Online

https://www.commonsense.org/education/digital-citizenship

Be a Role Model
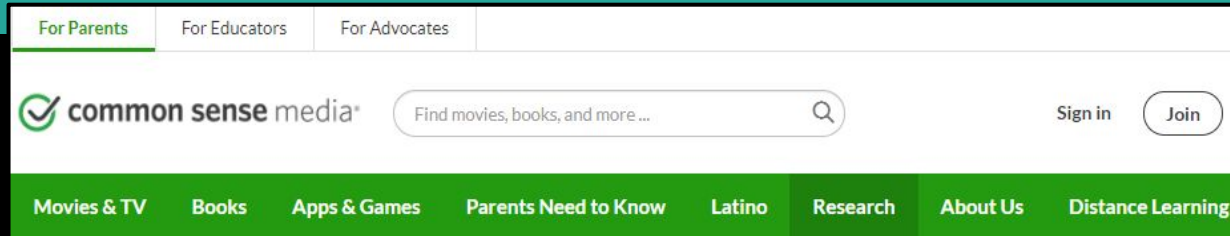

*Talk about where you are going online, share your interests, make positive connections.

*Post positive, encouraging comments.

*Take family photos of important events.

*Engage with children - set time aside each day to put phone away or turn it off (dinner time, bed time, etc.).

*Open communication is key.

Resources:
Common Sense Media

https://www.commonsensemedia.org/

Movies & TV: movie, TV and *YouTube* channel reviews
Books: book reviews and Best Book Lists
Apps & Games: app, game and websites reviews, best of lists, and special needs apps
Parents Need to Know: articles on recent technology filtered by ages 2-4, 5-7, 8-9, 10-12, and 13+
Latino: articles & videos in Spanish
Research: independent data on children's use of technology and media
About Us: learn more about the *Common Sense Media* Team
Distance Learning: Online Learning Support

Text and data rates apply according to your cell phone plan

*Free Text Messages About Healthy Media Habits at Home: Text the word "Kids" to 21555, for tips in Spanish, text "Familia."

Resources:
Family Online Safety Institute

- Blog
- Toolkit
- Series
- Platform
- Topic

Family Online Safety Institute

Resources:
Rocky Hill Public Schools

Instructional Technology Website
https://www.rockyhillps.com/curriculum#