



HOW TO BE A GOOD DIGITAL PARENT



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

TEENS' USE OF TECHNOLOGY

Percentage of teens 13 to 17 who use...

YouTube	85%
Instagram	72%
Snapchat	69%
Facebook	51%
Twitter	32%
Tumblr	9%
Reddit	7%
None of the above	3%

Age 11

Those whose child has a social networking account first allowed it at an average age of 11.

FOSI 2018 Research



ACKNOWLEDGING RISKS

CONTENT

What they view

What they post

CONTACT

Who they contact

Who they allow to contact them

CONDUCT

Behavior online



72%

Of parents believe their child age 13 to 17 fully understands the need to be safe & guard personal information online

FOSI 2018 Research



MITIGATING HARMS

INAPPROPRIATE CONTENT

SCREEN TIME

OVERSHARING

DAMAGE TO REPUTATION

IDENTITY THEFT



64%

Of parents say they are more concerned about the content consumed by their child than the amount of time spent online.

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REAPING THE REWARDS

EDUCATION

COMMUNICATION

POSITIVE REPUTATION

LIFE SKILLS

CREATIVITY

57%

Of parents believe that technology use *has a positive effect* on their child's future, career, and life skills.

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PRACTICE THE SEVEN STEPS TO GOOD DIGITAL PARENTING



7 Steps to Good Digital Parenting

Seven simple, but still challenging steps to become a good digital parent. It is definitely a journey, like parenting itself. There is no such thing as perfection. Just good enough.

- 1. Talk With Your Kids**
Talk early and often
Be open and direct
Stay calm
- 2. Educate Yourself**
Search online for anything you don't understand
Try out the apps, games, and sites yourself
Explore FOSI's parenting tips and resources
- 3. Use Parental Controls**
Set content and time limits on your kids' devices
Routinely check privacy settings on social media
Monitor your kids' use and their screen time
- 4. Set Ground Rules and Enforce Consequences**
Discuss and sign a family safety agreement
Restrict where and when devices can be used
Remove tech privileges when rules are broken
- 5. Friend and Follow But Don't Stalk**
Follow your kids on social media
Respect their online space and freedom
Don't flood their accounts with comments
- 6. Explore, Share, and Celebrate**
Go online with your kids and explore their digital world
Share your own online experiences
Learn from each other and have fun
- 7. Be a Good Digital Role Model**
Curb your own bad digital habits
Know when and where to unplug
Show your kids how to collaborate and be kind online



For more information:
fosi.org/parenting





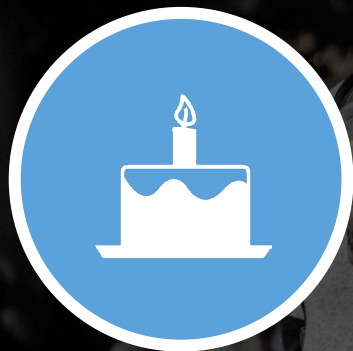
1) TALK WITH YOUR KIDS

TALK EARLY AND OFTEN

BE OPEN AND DIRECT

STAY CALM

DON'T MISS A TEACHABLE MOMENT



**TURNING
13**



**DRIVER'S
LICENSE**



**HIGH SCHOOL
GRADUATION**



2) EDUCATE YOURSELF

SEARCH ONLINE FOR ANYTHING
YOU DON'T UNDERSTAND

TRY OUT APPS, GAMES AND
SITES YOURSELF

EXPLORE FOSI'S PARENTING
TIPS AND RESOURCES



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Instagram What is it?

Instagram is a photo and video-sharing app that allows users to post content online to an audience of followers or a select group of close friends. Using hashtags and geotags, users can search posts by interests and follow a wide range of accounts that commonly include friends, family, businesses, and celebrities.



What is the age requirement?

Users must be at least 13 years of age to sign up for Instagram.

Where can I learn more?

help.instagram.com
wellbeing.instagram.com

Reporting/Blocking

Using privacy and security settings, your teen can control comments they receive on posts by blocking offensive words and deleting individual comments. Users can also report and block specific accounts or posts in their feed that they find to be spam or inappropriate. A comprehensive set of safety settings is available via the Instagram Help Center to address specific problems.

3 Things Parents Should Know

- 1) When your teen makes an Instagram account, their photos and videos are shared publicly by default. Users have the option of making an account private, to prevent people they don't know from seeing their posts. Users can also send pictures, videos, and text privately to their followers via the Direct Message feature. Messages can be received from accounts that users are not following, but Instagram sends a notification to approve the request.
- 2) Instagram has two features promoting temporary postings: Stories and Instagram Live. Stories are video or picture posts that delete automatically after 24 hours and can be shared with all followers, or a smaller list of close friends. Using Instagram Live, your teen can livestream for their followers to watch. Parents should talk to teens about the permanence of their posts— even those that are temporary— and the potential lasting impact on digital reputation.
- 3) Under the Activity Tab, Instagram provides a report of time spent on the app in daily or weekly views. Instagram can send your teen a reminder once they've reached an allocated amount of time for use each day, which helps parents balance screen use and teach the importance of digital wellbeing.

For more information:
fosi.org/parenting



3) USE PARENTAL CONTROLS

SET CONTENT AND TIME LIMITS ON YOUR KIDS' DEVICES

ROUTINELY CHECK PRIVACY SETTINGS ON SOCIAL MEDIA

MONITOR KIDS' USE AND THEIR SCREEN TIME

I AM EXCITED TO GIVE YOU THIS

TABLET


BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Time limits
You are allowed to use this tablet ____ hours per day for non-school-related activities.

Restrictions
You should not use your tablet in these situations or places without permission:

Apps
You are allowed to download \$ ____ worth of apps or in-game purchases a month and I would appreciate if you checked in with me before purchasing them.

Content
I want you to learn and have fun with technology, so it matters to me what you're doing. I reserve the right to ask where you're going and what you're doing on your tablet - what apps or sites do you visit most?

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4) SET GROUND RULES AND ENFORCE CONSEQUENCES

DISCUSS AND SIGN A FAMILY SAFETY AGREEMENT

RESTRICT WHERE AND WHEN DEVICES CAN BE USED

REMOVE TECH PRIVILEGES WHEN RULES ARE BROKEN



Family Online Safety Agreement For Teens

Online safety is a partnership. To make sure everyone stays safe and responsible on the Internet, it's important for everyone to agree on the ways that personal devices and technology will be used.

- 🗣️ Share with me/us what you're doing online
- 📄 Always be kind, polite, and respectful to others online
- 📱 Talk to me/us before downloading new social apps or opening gaming accounts
- 💬 Think critically about what you post, send, like, and forward
- 🕒 Understand that what you post today will still be there tomorrow and may be forever
- 🕒 Use your device at the times that we have agreed and respect limits
- 🚫 Don't access inappropriate content or apps
- 🔒 Protect your personal information by using security and privacy settings for each account
- 🌟 Be a responsible digital citizen - prioritize positive, safe, and creative use of technology
- ⚖️ Understand the importance of balance and non-tech activities in my life

What other rules are best for our family?

I agree to these rules.

Teen's signature _____ Date _____

I/we agree to support you with these guidelines fairly. I/we agree that the digital world offers plenty of opportunities that I/we would like you to experience, while there are a few risks that I/we must help you avoid. I/we may friend and follow, but not stalk or embarrass you online.

I/we also recognize that having access to the Internet is a right for all users today. However, using devices and social media is a privilege that we have decided on together as a family, and there will be consequences if you break the rules that we have established together.

Parent/Guardian Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

For more information:
fosi.org/parenting





5) FRIEND AND FOLLOW BUT DON'T STALK

**FOLLOW YOUR KIDS ON
SOCIAL MEDIA**

**RESPECT THEIR ONLINE
SPACE AND FREEDOMS**

**DON'T FLOOD THEIR
ACCOUNTS WITH
COMMENTS**



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6) EXPLORE, SHARE AND CELEBRATE

GO ONLINE WITH YOUR KIDS AND EXPLORE THEIR DIGITAL WORLD

SHARE YOUR OWN ONLINE EXPERIENCES

LEARN FROM THEM AND HAVE FUN



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7) BE A GOOD DIGITAL ROLE MODEL

CURB YOUR OWN BAD DIGITAL HABITS

KNOW WHEN AND WHERE TO UNPLUG

SHOW YOUR KIDS HOW TO COLLABORATE AND BE KIND ONLINE



ENCOURAGE YOUR KIDS TO CREATE A POSITIVE REPUTATION ONLINE



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Digital Reputation Checklist



- Search yourself online**
Type your name into multiple search engines. Don't forget to check images, videos, and other categories.
- Review your social media posts**
Remove and untag unwanted posts, photos, and videos.
- Review who you follow and who follows you**
Be selective. Unfollow or block people or groups you no longer want to associate with.
- Check your privacy settings**
Determine what you want to be public or private, whether that means individual posts or your whole account.
- Think before you post**
Is this something you really want others to see or know about you? Remember, one post can impact your job, school, or personal relationships.
- Accentuate the positive**
Interact with content that makes you feel good. Consider doing the same for others by posting uplifting stories, comments and videos.

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A group of people in a raft navigating white water rapids. The raft is blue and has "KERN RIVER OUTFITTERS" written on it. The people are wearing helmets and life jackets, and are holding paddles. The water is turbulent and white with foam.

SUCCESS!

**CONFIDENTLY NAVIGATE THE
ONLINE WORLD WITH YOUR KIDS**

**OVERCOME CHALLENGES LEADING
TO RESILIENCY**

**PROMOTE GOOD DIGITAL
CITIZENSHIP**

57%

Of parents believe that technology use *has a positive effect* on their child's future, career, and life skills.

FOSI 2018 RESEARCH



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QUESTIONS?



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