A GUIDE FOR PARENTS TO KEEP KIDS OUT OF TECHNO TROUBLE

TEA AREA SCHOOL DISTRICT
THIS IS A RESOURCE TO PROVIDE FAMILIES WITH ADDITIONAL INFORMATION ABOUT TECHNOLOGY AND SOCIAL MEDIA.

FOR ADDITIONAL INFORMATION ABOUT THE RESOURCES INCLUDED IN THIS BOOK, PLEASE EMAIL WHITNEY.BURROUGHS@K12.SD.US OR FIND A COPY OF THIS RESOURCE ONLINE AT HTTPS://WWW.TEASCHOOLS.K12.SD.US/.

THANK YOU FOR ALL YOU DO FOR YOUR CHILDREN!
GUARDINGKIDS.COM

A WEB SITE THAT PROVIDES RESOURCES ON EDUCATING CHILDREN, PARENTS, EDUCATORS, AND OTHERS ABOUT THE RESPONSIBLE USE OF TECHNOLOGY.
GuardingKids.com

This website supports Dr. Russell Sabella’s work on educating children, parents, educators and other stakeholders about the responsible use of technology. Included in these pages you will find helpful resources, lesson plans, links, and more.

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**cyberbullying** (112) **safety** (88) **resources** (84) **social networking** (71) **reputation** (67) **support** (50) **reports** (42) **parents** (40) **Bullying** (33) **monitoring** (33) **sexting** (32) **privacy** (31) **facebook** (27) **research** (24) **training** (20) **events** (11) **texting** (11) **gaming** (10) **suicide** (10) **reporting** (7) **app** (2)

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Saturday, July 1, 2017

**Instagram Now Uses AI to Counter Spam and Offensive Comments**

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Parents

PDF of my Parenting with Technology Presentation (PDF). Click on the slides to go right to the websites.

GuardingKids.com: Negotiating Technology with your Child
http://guardingkids.blogspot.com/2013/03/negotiating-technology-with-your-child.html

Understanding Snapchat

Comcast: Growing Up Online
Free Online Security and Internet Safety eBook for Kids
http://www.themoreyouknow.com/ebooks/

Common Sense Media
Common Sense is dedicated to helping kids thrive in a world of media and technology. We empower parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids’ lives.
https://www.commonsensemedia.org/

Also from Common Sense Media:
15 Apps and Websites Kids Are Heading to After Facebook

Popular Posts

- Read this before giving kids an iPod touch
  Read this before giving kids an iPod touch 11/1/2008 The latest and greatest music players make great gifts. I’ve been getting...

- Negotiating Technology with your Child
  See updated entry: http://guardingkids.blogspot.com/2013/03/negotiating-technology-with-your-child.html

- ABC Family movie “Cyberbully” set to premiere July 17 as part of “Delete Digital Drama” campaign | Television Blog
  ABC Family movie “Cyberbully” set to premiere July 17 as part of “Delete Digital Drama” campaign | Television Blog

- ABC Family - Cyberbully - The Movie
  ABC Family - Cyberbully - The Movie
  Cyberbullying follows Taylor Hillridge (Emily Osment), a teenage girl who falls victim to online bullying....
COMMONSENSEMEDIA.ORG

COMMON SENSE MEDIA HELPS FAMILIES MAKE SMART MEDIA CHOICES. THEY OFFER A LIBRARY OF INDEPENDENT AGE-BASED AND EDUCATIONAL RATINGS AND REVIEWS FOR MOVIES, GAMES, APPS, TV SHOWS, WEBSITES, BOOKS, AND MUSIC. THEIR PARENT CONCERNS AND PARENT BLOG HELP FAMILIES UNDERSTAND AND NAVIGATE THE PROBLEMS AND POSSIBILITIES OF RAISING CHILDREN IN THE DIGITAL AGE.
Apps can turn your smartphone or tablet into a learning tool, an entertainment system, or a way to dig up almost anything you want to know. This guide makes finding the best apps for the task (and your kids’ needs) easy. Whether you want to learn the ABCs, edit a video, or stay organized, we’ve got top-rated apps for your iOS device, Android device, or Kindle. Just look up your platform and your kid’s age group; you can even click to download. Many have been rated for learning potential, giving your device -- and your kid’s screen time -- an extra dose of enrichment.

How to Choose Great Apps for Your Kids

A step-by-step guide to selecting apps you and your kids will love. Read more
Setting screen-time limits -- and helping kids moderate their own habits -- are all about finding the right balance for your family’s needs and lifestyle. We offer advice for creating a realistic schedule, setting age-appropriate guidelines on TV time, finding the first websites for young kids to use, handling violent media, and managing kids’ cell phone use.

FAQs 32 | Articles 167 | Videos 19

Screen Time Videos | See All Videos
About FOSI

Online safety is everyone's concern - from preschoolers to grandparents. The Family Online Safety Institute brings a unique, international perspective to the potential risks, harms as well as the rewards of our online lives. FOSI's 30+ members, from Amazon to Yahoo! represent the leading Internet and communications companies in the world. And our work encompasses public policy, industry best practice as well as good digital parenting.

https://www.fosi.org/good-digital-parenting/
What is Good Digital Parenting?

FOSI's Good Digital Parenting initiative empowers parents to confidently navigate the online world with their kids.

https://www.fosi.org/good-digital-parenting/
7 STEPS TO GOOD DIGITAL PARENTING

1) TALK WITH YOUR KIDS
   • Stay calm
   • Talk early and often
   • Be open and direct

2) EDUCATE YOURSELF
   • Search online for anything you don’t understand
   • Try out the apps, games, and sites yourself
   • Explore the GPD tips and resources

3) USE PARENTAL CONTROLS
   • Activate the safety settings in your operating system, search engine, and games
   • Use the parental controls on your children’s phones, tablets, and game consoles
   • Monitor your kids’ use and their screen time

4) SET GROUND RULES AND APPLY SANCTIONS
   • Agree and sign a family safety contract
   • Set time and place limits for their tech use
   • Enforce sanctions when necessary

5) FRIEND AND FOLLOW BUT DON’T STALK
   • Friend your kids on social media
   • Respect their online space and don’t over do it
   • Encourage your kids to create a good digital reputation

6) 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

7) BE A GOOD DIGITAL ROLE MODEL
   • Curb your own bad digital habits
   • Know when to unplug
   • Show your kids how to collaborate and create online

www.fosi.org/good-digital-parenting
Online Safety Cards For Kids' Technology Gifts

Don't give your child a new piece of technology without establishing some rules. Get started with these DIY device contracts for families:

I AM EXCITED TO GIVE YOU THIS TABLET

But there are some rules that go along with it...

WEB BROWSING:
You are able to use the following websites and software.

SOCIAL MEDIA:
Using social media is important and we need to establish some house rules for sharing information and enabling privacy settings. I want to start with.

TIME LIMITS:
You are allowed to use this tablet ______ hours per week for non-school-related activities.

IF YOU AGREE TO FOLLOW THESE RULES, I PROMISE TO...

NOT OVERREACT:
If you come across something that makes you feel uncomfortable, I want to know about it so I can help you. And I promise, if that situation ever comes up, I will not overreact.

LEARN NEW THINGS:
I want to know about the cool things you do on your tablet so we can talk about them. I promise to try and learn new and different things about technology so we can try them out together.

BE RESPONSIBLE:
It is important that I set a good example when using my tablet too. So, I promise to make sure I read information before I purchase apps and make safe decisions online.
I AM EXCITED TO GIVE YOU THIS
SMARTPHONE
BUT THERE ARE SOME RULES THAT GO ALONG WITH IT...

PHONE-FREE TIME:
Always want to be able to reach you but there are some occasions
where I would like you to put your phone away first.

APPS:
You are allowed to download & warn of apps a month and I would
appreciate if you check them with me before purchasing them.

WEB BROWSING:
This phone has an internet connection and location services.
You are allowed to search:

CALLS:
You are allowed to make
hour of calls per month. Please do
not spend any amount without prior consent (or except to be emergency.

TEXTING:
You are allowed to send
texts per month. But, you are not
allowed to text while...
USEFUL TIPS FOR UNDERSTANDING

STUDENT DATA PRIVACY

You can feel more confident in your child’s use of technology in the classroom and at home by taking the time to understand the services they are using and how their personal data is being handled. Below we have three steps that can help you think about what is happening to your child’s information:

**Talk to Your Child’s School to Find Out What Apps or Services They are Using**

Ask your child’s teacher what online education services are being used in the classroom and by the school administration. Educational apps and services can transform the way that your child learns and develops, but it is important that you have an understanding of the way your child’s information may be used and stored. You should talk to your child’s school about how they safeguard information and learn about the procedures and practices they have in place.

Don’t be afraid to ask questions of the school about the reason for using the service, as well as the ways in which the children’s information is being protected.

**Learn About the Safety, Privacy and Security of Apps or Services and How They Handle Your Child’s Personal Information**

After you find out what services and apps are being used, visit the company’s website and check out the terms of use, privacy policy and general site information. Look for answers to these three key questions:

- How is the data being collected being used?
- How is the data being shared?
- How is the data protected?

For added peace of mind, check to see if the company has committed to signing the Student Data Privacy Pledge. The Future of Privacy Forum and the Software & Information Industry Association created a pledge where companies publicly commit to the responsible collection and use of student data. Almost 300 companies have already signed this pledge.

**Remember You Have Control**

As a parent remember that you have the control. If you still do not feel comfortable with the services and apps being used, voice your concerns to your child’s school. Remember you can always opt your child out of using the programs or apps.
5 Parenting Tips for Playing the Digital Heavy

By Fred Lane | Jan. 13, 2015

Technology provides many great opportunities for young adults. But sometimes, mistakes are made and kids misbehave. Here are tips on how to handle those situations.
Minecraft

What is it?
Minecraft is an engaging, educational, and creative game. Think of it as Legos without the mess in your living room. Players place and break blocks in a 3D environment. They must “mine” for all the materials they need for their character to live, including the building blocks needed to create their virtual spaces.

What is the age requirement?
Minecraft is for children ages four and older.

Where can I learn more?
www.minecraft.net

3 Things Parents Should Know

1. There are several modes of play, but the two main modes are Survival and Creative. In Survival mode, a player faces zombies and must acquire the resources needed to build shelter, get food, and light fires. In Creative mode, players have unlimited resources to mine from in order to build houses, towns, cities, or whole worlds. Kids can be invited to join other’s worlds, so be sure your kids are playing with friends or people you approve.

2. One issue to watch out for with this game is that it can lead to lots of screen time. There are endless possibilities, levels, and creations for users to work through. Ultimately, it can be difficult for parents to pull their kids away from the screen. Establish time limits for gaming before your child starts to play.

3. There are a huge number of fan-made Minecraft videos on YouTube. Kids can learn new tricks and get ideas for construction, or simply watch others take them to new creative heights. However, parents need to be aware that not all of these videos are appropriate for little ones due to a bad language.
YouTube

What is it?
YouTube is a video-sharing website where users can upload and view video content.

What is the age requirement?
To create an account on YouTube, users must be 13 years of age or older.

Where can I learn more?
www.youtube.com

3 Things Parents Should Know

1. YouTube has a Safety Mode that helps screen potentially inappropriate content that you may not want your children to come across. This can be turned on at the bottom of any page on YouTube.

2. When videos are uploaded to YouTube, they are made public by default. Users have to select either making their video private or unlisted. Private videos can only be seen by the person that uploaded them and by the users they select. Unlisted videos are only viewable to people who have the link. These privacy settings can be altered either before or after uploading a video.

3. YouTube also has its own Parent Resources that cover online harassment, helping parents manage what their children are watching, removing personal information from your child’s profile, and more.
Snapchat

What is it?
Snapchat is a mobile app that allows users to share photos, videos, or messages known as "snaps" with a list of contacts.

What is the age requirement?
To sign up for Snapchat, users must be 13 years of age or older.

Where can I learn more?
www.snapchat.com

3 Things Parents Should Know

1. You can set time limits (1 to 10 seconds) for how long recipients can view your snaps. After the specified time range expires, the snap disappears from the recipient's phone. However, it's important to note that the recipient can take a screenshot of the snap, which saves it to their phone.

2. Even though senders are notified when recipients take a screenshot of their snap, there are apps available that allow users to secretly save snaps. With this in mind, it's important to reinforce the idea that material posted or shared online have the potential to be seen by unintended audiences.

3. For children under the age of 13 who are interested in using Snapchat, Snapchat has developed an app called SnapKidz. SnapKidz offers many of the same features as Snapchat, but does not allow them to share their photos or videos with others. Learn more about using Snapchat in their Guide for Parents.
Facebook

What is it?
Facebook is an online social networking service that allows people to create profiles, post pictures and videos, and to connect with friends and family.

What is the age requirement?
To sign up for Facebook, users must be at least 13 years old.

Where can I learn more?
www.facebook.com

3 Things Parents Should Know

1. Just because you’re friends with your child on Facebook, doesn’t mean you’re able to see everything they post. Users have control over who can see the content they share. If you’re worried about what your child may be posting, talk to them about what it means to build a healthy digital reputation.

2. Keep up with privacy settings on Facebook with Privacy Checkup. This is a helpful refresher to see what apps are connected to your account, what personal information you have visible, and more.

3. Facebook has a Bully Prevention Hub with resources for parents, teachers, and educators. It covers how to take action if you or someone you know is being bullied online, how to talk with them about the problem, and how to use the tools available on Facebook to find a solution.
**Instagram**

**What is it?**
Instagram is a mobile app that allows users to take pictures and videos and to share them online with followers. Users can also post their Instagram photos on Facebook, Twitter, Tumblr, and Flickr with the option of adding a location tag.

**What is the age requirement?**
To sign up for Instagram, users must be 13 years of age or older.

**Where can I learn more?**
www.instagram.com

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**3 Things Parents Should Know**

1. When you make an account on Instagram, your photos and videos are shared publicly by default. Make your account private if you want to prevent people you or your kids don’t know from seeing what you post.

2. In addition to the photos you can share publicly with all of your followers, you can also share photos privately with a limited number of people via Instagram Direct.

3. You can add location tags to your photos or videos on Instagram with the ‘Add to Photo Map’ feature. This is turned off by default, but is easily added when posting new content. Please consider whether or not you want people to know where your photos or videos were taken.
Report Cyberbullying

This is a constantly updated list of contact information for social media apps, gaming networks, and related companies – so you know where to get help for bullying, harassment, threats, and other forms of misuse.

Feel free to share it widely, as many targets do not know where to turn.

Please email us if you would like to suggest any additions or corrections to the information below so that we can keep it current for those who need it. Also, always remember that you can text START to 741741 to chat 24/7 with a live, trained counselor at Crisis Text Line.

Activision (makers of Call of Duty, Destiny, and other popular games)

- Email: report@infinityward.com
- Twitter: @IWEnforcers

To report a player online, contact on Twitter or email.

After School
Negotiating Technology with your Child

Adapted from GuardingKids.com: A Practical Guide to Keeping Kids Out of High-Tech Trouble
by Russell A. Sabella, Ph.D.
http://www.guardingkids.com/

Some things are simply not negotiable, such as letting a child cross a busy street by herself at the age of, let’s say, 5. And, even though she may already be a good driver as evidenced by her high scores on the Crazy Taxi™ video game, you would probably just have to say “No” to letting your 9 year old take the family van out for a spin. What about getting a Facebook or Instagram account? How about watching a movie rated “R” or chatting online? Should she really own her own cell phone at this age? These questions are not as clear cut as the risk may not be as apparent. Yet, your child may have some logical and compelling arguments for doing these things which may be tough to debate. So when and how much do you give in?

Before we go further with some possible answers to these questions, we should remind ourselves of a few things:

- Technology (including social networking) has become highly integrated into our society and world. These are 21st century tools that all kids should know how to use as part of their ongoing career, personal, social, and academic development.
- Technology is not inherently evil. What a person does with these powerful tools is what gives them their value.
- Most kids use technology responsibly. Don’t let anyone convince you that anyone under the age of 19 who is looking down at their mobile phone is probably up to no good. Like just about anything else, when it comes to cyberbullying or online harassment, a relatively small number of children are doing the majority of the damage. At the same time, technology can ‘fuel a fire’ much more quickly and intensely than is possible without technology.
WHAT YOU CAN DO:

• Supervise when the child is online
• Use parental controls and security settings
• Dock all gadgets before bed in open area
WHAT YOU CAN DO:

• Provide structure and rules about being online:
  • All homework must get completed in a quality way;
  • For the very young, all web sites must be parent approved before visiting;
  • Limit screen time.
SCREEN TIME: HOW MUCH IS TOO MUCH?

The American Academy of Pediatrics (AAP) Recommendations for Children’s Media Use

Among the AAP recommendations:

- For children younger than 18 months, avoid use of screen media other than video-chatting. Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they’re seeing.

- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

For more information:

HEALTHYCHILDREN.ORG

A parenting website backed by pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

- **Create a Personalized Family Media Use Plan** to be aware of the media that your family uses. It requires parents & users to think about what they want those purposes to be. This tool will help you to think about media & create goals & rules that are in line with your family’s values.
Family Media Plan

Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family’s values.

To make YOUR family’s Media Use Plan, start by entering your family’s information. This information will remain private and confidential.

Get Started

Create Your Family Media Plan

Media Time Calculator
KNOW

THE COMPUTER LINGO!
Internet & Text Slang Dictionary

The Internet slang dictionary is sorted by letter. Click on a letter above to see the corresponding slang terms and definitions.

Internet slang consists of slang and acronyms that users have created as an effort to save keystrokes. Terms have originated from various sources including Bulletin Boards, AIM, Yahoo, IRC, Chat Rooms, Email, Cell Phone Text Messaging, and some even as far back as World War II.

Internet Slang is also sometimes called AOL speak, AOLese, AOLbanics, netspeak, or leetspeak (although leetspeak traditionally involves replacing letters with numbers and is reserved for games). While it does save keystrokes, netspeak can prove very hard to read.

Are we missing slang? Add it to our dictionary. Need More Terms? Try our rejected slang list.

HTTPS://WWW.NOSLANG.COM/DICTIONARY/
If you have any questions or want additional resources about the information in this PowerPoint, please email: Whitney.Burroughs@k12.sd.us or find a copy of this resource online at https://www.teaschools.k12.sd.us/.
REFERENCES


