

Kids, Families and the Digital Age

The Good...

- ◆ With access to over 700 million websites and more than two billion people online, students today live in a very different world than we grew up in.
- ◆ Social media with grandparents, friends and distant family
- ◆ Most children are using technology before they can even speak
- ◆ Most children have become extremely proficient with technology by first grade



The Bad ...

- ◆ Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. Cyberbullying can occur through texts, apps, social media, forums or gaming where people can view, participate in, or share content.
- ◆ Digital devices offer an ability to immediately and continuously communicate 24 hours a day, so it can be difficult for children experiencing cyberbullying to find relief.
- ◆ Most information communicated electronically is permanent and public, if not reported and removed. A negative online reputation, including those who bully, can impact college admissions, employment and other areas of life.
- ◆ Because teachers and parents may not overhear or see cyberbullying taking place, it is harder to recognize.

The Ugly ...

- ◆ One of the biggest fears that parents have when kids go online is online predators, especially since more than 40% of kids have computers in their bedrooms with webcams.
- ◆ The good news is that your child actually becoming the victim of an online predator is unlikely.
- ◆ The bad news is that according to the FBI, "online predators are everywhere online." They are working hard to engage children online.
- ◆ Predators aren't scary looking and don't stand out. They look like ordinary people
- ◆ Predators are "mostly male, although there is an alarming trend of female predators. Male predators are often married with children. A professional, upstanding in the community but leading a deviant lifestyle through the internet."

The Statistics parents should know...

- ◆ There are more than **500,000 predators** online everyday
- ◆ Kids **12 to 15** are susceptible to being groomed and manipulated by offenders online
- ◆ FBI stats show that more than **50%** of victims of online sexual exploitation are **12-15 years old**
- ◆ **89%** of all sexual advances toward our children take place in internet chat rooms and through instant messaging.
- ◆ **27%** of exploitation incidents, predators asked kids for sexual photographs of themselves.
- ◆ **4%** of kids get "aggressive" sexual solicitations that included attempts to contact kids offline.

10 Tips to Keep Your Kids Safe on the Internet

1. Talk to your kids — communicate the risks of unsafe practices on the internet

- ◆ Talk about **inappropriate conduct**. Kids sometimes forget that they are still accountable for their actions
- ◆ Talk about **inappropriate contact**. Talk frankly about people who may have bad intentions: bullies, predators, hackers and scammers
- ◆ Talk about **inappropriate content**. Remind them that they may find pornography, violence or hate speech online
- ◆ Teach your kids how to communicate online and off.



Talk early and often ✦ **Create an Honest and Open Environment**
Communicate Your Values ✦ **Be Patient**

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2. Create a Family Media Use Plan

- ◆ Work with your children to have a plan that will allow for a good balance of screen time, family time, school time, physical activity, etc.
- ◆ Write it down and be sure to stick with it. At times it may be challenging but the rewards are great.
- ◆ This strategy will help you have a child that is balanced, happy and well adjusted. Work at it together and it will change your family forever.

3. Set Limits

- ◆ Kids need them and expect them.
- ◆ Treat media like other environments in your child's life.
- ◆ The same parenting guidelines apply in both real and virtual environments.
- ◆ Know your children's friends, both online and off.
- ◆ Learn and know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.

4. Unplug

- ◆ Make unplugged playtime a daily priority... especially for young kids. Start the routine and limits now.
- ◆ A good balance: 1 hour of outdoor play for every one hour of video/PC time.
- ◆ Work together to look for and create other activities that they can do that are not tied to technology.



5. Supervise Technology Use in the Bedroom

- ◆ Especially when your kids are younger, set up all technology in public spaces.
- ◆ Communicate that the bedroom is for sleeping and that is not an appropriate place for technology.
- ◆ Create a parking lot in the main part of your house to "park" all technology before bed!

6. Spend Time with them Online

- ◆ Find ways to connect with your kids online in fun ways, educational ways, and use it as ways to get to know what they like and they can know what you like.
- ◆ Don't just monitor them online—interact with them, so that you can understand what they are doing and be a part of it.

7. Put controls in place

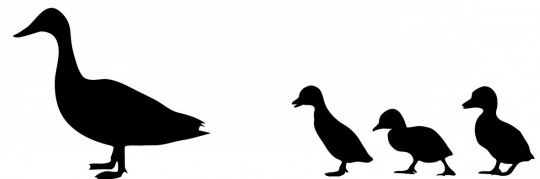
- ◆ Learn how to modify and control internet hours from your wireless devices. Put limits on when and how much time your children are spending time on their devices. Remember, limits are good!
- ◆ Use controls that are included in mobile devices, tablets and on your computer.

8. Place computers in a common area of the house

- ◆ Don't allow kids to have a computer in their room
- ◆ Just knowing that parents are nearby will help keep your kids in line
- ◆ Make sure the computer's screen is visible from other parts of the room, and it isn't turned toward a wall

9. Be a good role model

- ◆ Practice what you preach
- ◆ Studies show that if parents have trouble disconnecting, then kids will not see the need to disconnect either.
- ◆ Parents need to set the tone from the very beginning
- ◆ Children learn from their parents as if these are perfectly normal behaviors, and they emulate them, too.



10. Monitor: Trust buy Verify

- ◆ Bark — <https://www.bark.us/>
- ◆ Qustodio — <https://www.qustodio.com>
- ◆ WebWatcher — <https://www.webwatcher.com>
- ◆ NetNanny — <https://www.netnanny.com/>