

Parenting in a Digital Age



Child and adolescent development hasn't changed

- emerging identity
- risk-taking
- peer negotiation
- sexual development

Everything we do online is public and permanent!

- manage your child's public image
- understand social media terms of use agreements



Gaming—it's not all bad!

- understand and comply with game ratings
- help your child find pro-social games

Sexting & Pornography

- sexual images of anyone under the age of 18 are illegal
- talk to children about sexual images online at age 10-11



Be good role models—don't use technology as a babysitter, a soother or substitute for your attention

- unplug when you come home
- don't let your children think your phone is more important than they are
- no tech at meal times, in the car and 1 hour prior to bedtime

Be realistic about managing your children's online usage—be the parent and set meaningful limits

- have a Family Online Use Agreement



Know what your kids and their peers are doing online—keep the dialogue open and ongoing so you can check in regularly.

INTERNET SAFETY TIPS

Make Safe Online Choices

- Everything online is public and permanent
- Value your privacy and data
- Nurture offline relationships, activities and purpose
- Don't sleep with your device

Privacy Tips

- Don't share your usernames and passwords
- Pick smart passwords—make them different for each account
- If you login on a family, friends' or public device—sign out when you are done
- Don't provide ALL your private* information when signing up for online accounts (*Private = Legal name, full home address, S.I.N., Passport, ID #'s).
- Disable GeoTagging unless you specifically need it

Social Media Tips

- Check out your online presence and monitor it
- Be authentic to your offline self, when you're online
- Don't connect all your accounts

Gaming Tips

- Use in game reporting buttons to report Trolls
- Block players who harass you
- Play age appropriate game to avoid Adult Content
- Play just with your 'off line' friend in guilds or teams
- Game with positive, supportive people

Online Drama & Cyber Abuse Tips

- Show compassion: conduct yourself kindly and compassionately online —be 'real' and compassionate online
- Block and walk away from flame wars and trolling
- If you make a mistake: acknowledge it, take responsibility and make amends
- Document and report harassment and seek out support
- You have the right to feel safe online—seek out support for cyber abuse

Sexting Safety Tips

- Don't ever ask someone you love or care about for an intimate picture
- Don't take, or allow anyone to take, sexual pictures of you
- Don't allow online pornography to define you