FAMILY
Tech Talk NIGHT
Inspiring Digital Responsibility

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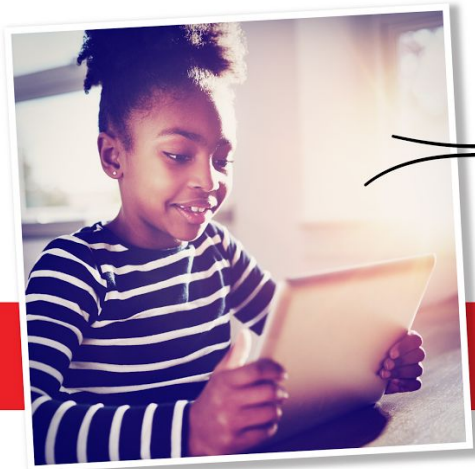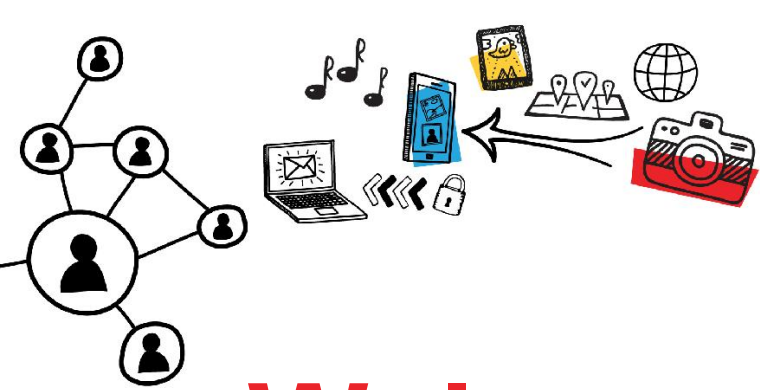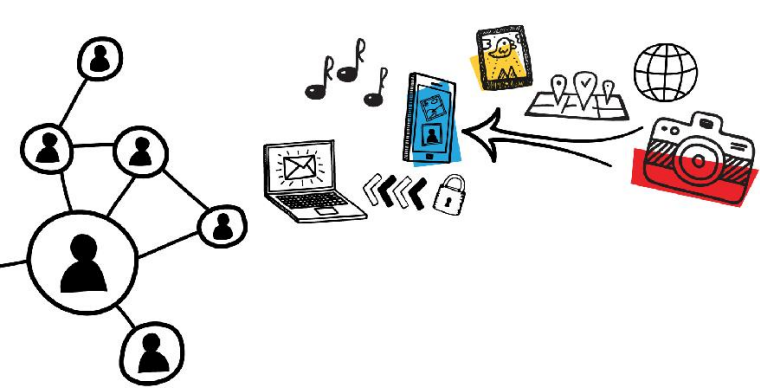
Welcome!

Goals for tonight:

- To help you understand how your children are using the Internet and personal technology (trends, apps, websites, etc.)

- To get to know the 4 pillars: Be Online, Be Safe, Be Kind, Be Savvy

- To empower yourself (and you in turn, your kids) to be mindful and responsible Internet users

- To help you stay up to date with new information and apps

- To have meaningful and ongoing conversations about Internet safety and technology with friends, family members, neighbors, and teachers

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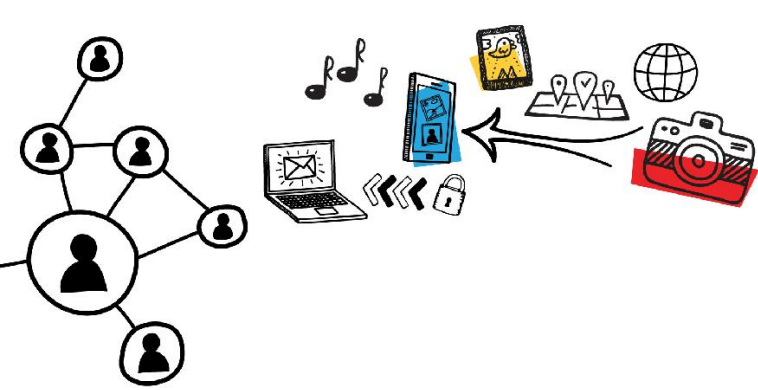
What Do You Know?

How much do you know about kids' Internet lives and what they do online? Let's start with this quiz, compiled by a teen. You might be surprised!

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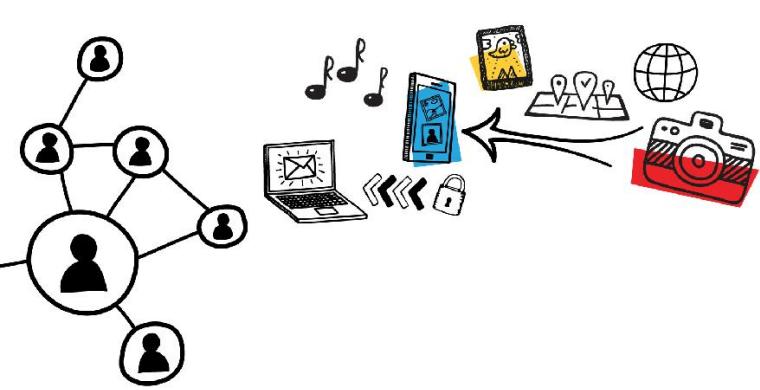
What Are Younger Kids Up To?

- **28%** of 2-year-olds can navigate a mobile device with no help

- **21%** of 4-year-olds own a gaming console

- **85%** of parents allow their children ages 6 and younger to use technology at home

- Popular apps: Minecraft, YouTube for Kids, Vine Kids

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What Are Tweens and Teens Up To?

- **95%** of teens report going online daily; **45%** of those go online "almost constantly" (almost double since 2014-15)

- You might have heard of Fortnite? Overall **84%** of teens have or have access to a gaming console, and **90%** play some form of video game (console, smartphone, computer)

- Facebook no longer the dominant social media platform for teens; now gravitate toward YouTube, Instagram, Snapchat

- Sites and apps being used change quickly

    - http://internetsafety.trendmicro.com

    - http://cyberbullying.org/blog

    - www.gaggle.net/top-social-networking-sites-and-apps-kids-use

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The Four Pillars of Good Internet Use

- Be Online
- Be Safe
- Be Kind
- Be Savvy

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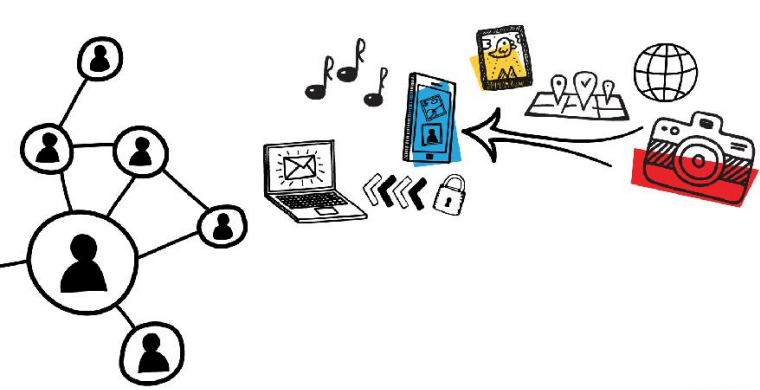
Be Online

- Have fun, learn, and make social connections

- Understand and respect safety, ethics, and privacy
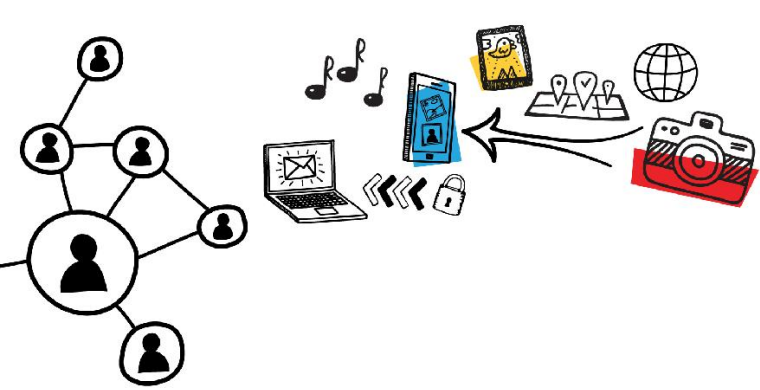
- Maintain balance with online and real-life activities

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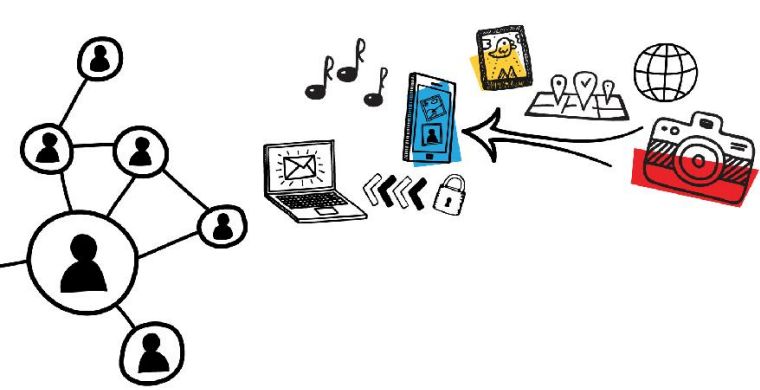
Be Online: Discussion Questions

How much time does your family spend online?

a. We're on our devices more than I think we should be.

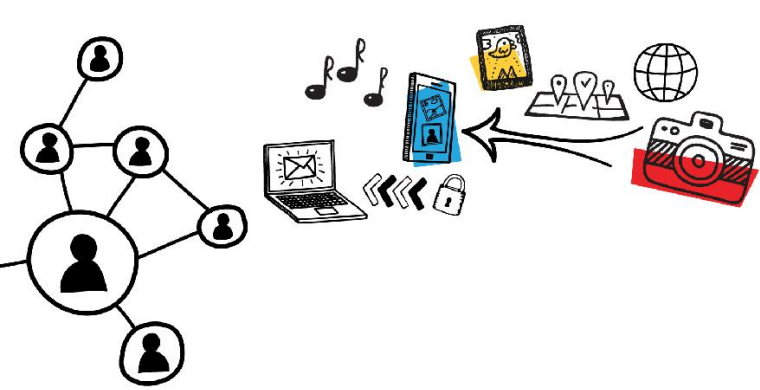b. We're online a moderate amount.

c. We aren't online all that much.

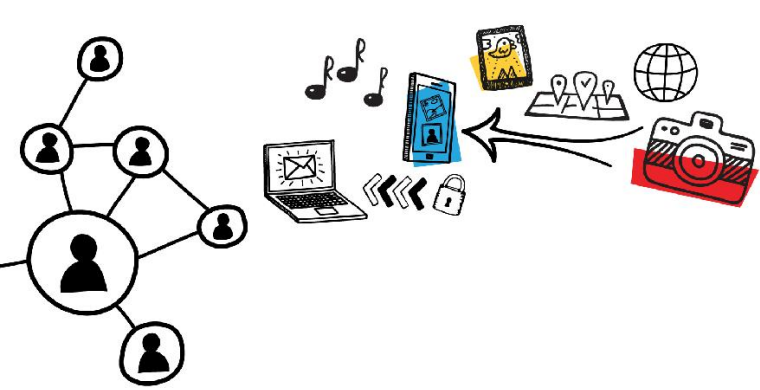**Is your child's online experience mostly positive, mostly concerning, or a mixed bag?**

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Be Safe

- Protect personal information

- Use security software

- Be mindful of potential for predators and scammers

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Be Safe: The Basics

- Put strong passwords on devices and change them often

- Don't share your passwords!

- Install Internet filters and parental control apps if needed

- Keep your security software up to date

- Make sure phones are charged outside of kids' bedrooms at night

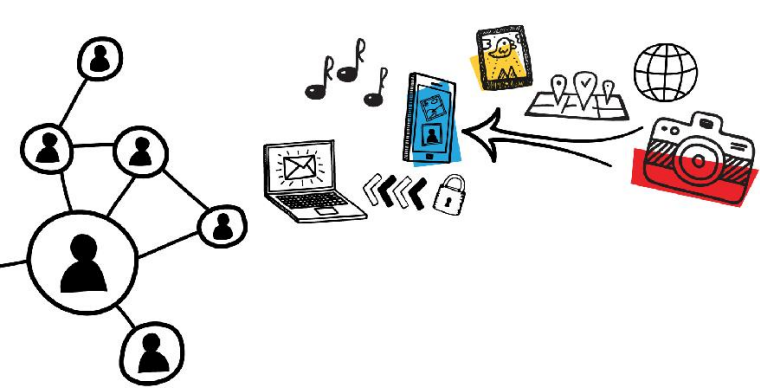- Set up nighttime shut-off through cell service provider

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Be Safe: Discussion Questions

What are some of your concerns about online safety?

a. Having personal information hacked

b. Online predators or scammers

c. both

d. something else

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Be Kind

- Being kind online is key to a positive experience

- Remind your child not to post (or participate in) messages or photos that criticize or make fun of others—especially cyberbullying

- Be kind online—**including to yourself**!

- Let your child see you modeling kind online behaviors, to others and to yourself
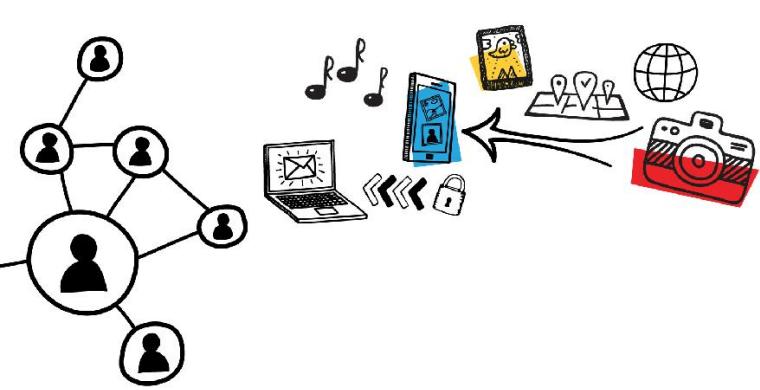
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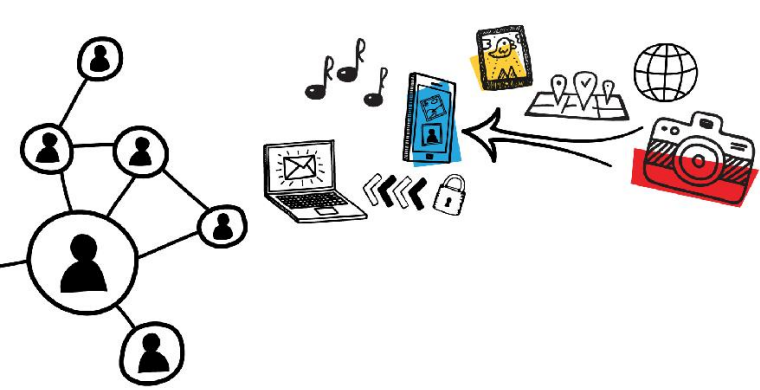
Be Kind: Dealing With Unkindness

Along with monitoring your child's social media and gaming profiles, tell him to:

- Resist responding to unkind remarks

- Block the unkind person

- Tell a trusted adult

- Save the posts and notify law enforcement or the school, if appropriate

- Consider deactivating his account if it continues to affect him negatively

- Report any negative behavior to you and site administrators

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Be Kind: Cyberbullying

- Using online technology to repeatedly act cruelly to someone

- Posting or forwarding a private text or embarrassing image to others

- In the gaming world, harassing messages, ganging up on opponents, and verbal abuse

Talk with your kids often about whether they've been cyberbullied or have witnessed bullying behavior online

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Be Kind: Discussion Questions

KIDS: What would you do if you witness online unkindness or bullying?

a. tell a parent or other authority figure

b. tell the person being unkind to stop

c. not sure what I would do

PARENTS: What would you do if your child tells you she witnessed an unkind, cruel, or bullying post?

a. encourage her to stand up to the poster

b. get involved (e.g., contact the parent or school authorities)

c. avoid involvement (you or your child) unless directly threatening

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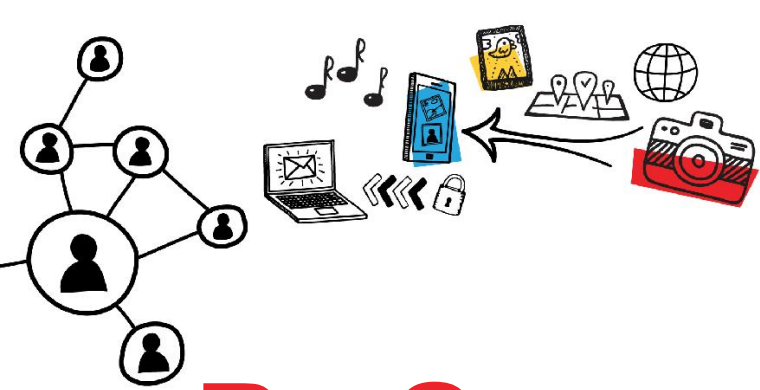
Be Savvy

- The goal: Good habits and good uses

- Limit "just because" or mindless online time; balance the amount of time spent online vs. with real-life activities, and watch for excessive Internet use

- Respect others' offline time

- Watch for misinformation (sometimes called "fake news"); practice media literacy skills

- Be familiar with the ways your own posts can be used and misused

- Practice and encourage positive Internet uses: research causes to support, ways to enhance learning, new interests to pursue, etc.

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Be Savvy: Managing Overuse

- Establish tech-free zones and times at home

- Help kids understand the effects of over-multitasking

- Emphasize balancing time spent online and time spent doing real-life activities

- Seek expert help (guidance counselor, tech expert) if needed

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Be Savvy: Real or Fake?

Be Savvy: The Parent's Role

- Know your child's online "friends"

- Keep talking about ways she's using digital technology and its effects

- Be selective about posting information or photos about your child

- Help your child manage his digital footprint

- Above all—**communicate!**

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What's Next?

Be Online Together

- Decide the basics

- Set the rules

- Teach them to be good digital citizens

- Model good digital/online behavior

- Let them try

- Keep the conversation going

- Share your own experiences

- Be online *with* them

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What's Next?

Create a Family Digital Code of Conduct

- Protect your personal information.

- Treat others online as you would treat them in person.

- Be kind to yourself.

- Balance your real and online lives and be respectful of others' offline time.

- Avoid plagiarism and copyright infringement.

- Tell your parents if something you read online makes you uncomfortable or if a stranger tries to contact you.

- Check with your parents before downloading anything.

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Be Online Together

Create a Family Digital
Code of Conduct

Help Manage Their
Digital Footprint

Keep the Conversation
Going

What's Next?

Help Manage Their Digital Footprint

- Use strong privacy settings on all social media accounts

- Don't overshare. Resist the temptation to share deeply personal information—that's what real-life friends are for.

- Be wary of information (contests, etc.) you submit online.

- Occasionally Google yourself to see what's out there about you.

- Remember—once you share something, it's always out there.

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What's Next?

Keep the Conversation Going

- Ask your child's teacher whether she talks to the class about being good digital citizens

- Talk to the parents of your kids' friends about keeping a collective eye on (and communicating about) the kids' Internet activities

- Remind your children about letting an adult know if they witness unkind behavior

- Educate other adults in your child's life (relatives, activity leaders, etc.) about the 4 pillars: be online, be safe, be kind, be savvy

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Resources

Trend Micro
http://internetsafety.trendmicro.com

Lots of information on Internet safety for families from Trend Micro, the sponsor of this Family Tech Talk Night presentation.

ConnectSafely
www.connectsafely.org/guides-3

A growing collection of short, clearly written, free downloadable guidebooks that demystify apps, services, and platforms popular with kids and teens, including Facebook, Instagram, and Snapchat.

Common Sense Media
www.commonsensemedia.org

Provides reviews and ratings for websites and other media for children according to age-appropriateness.

Cyberbullying Research Center
http://cyberbullying.org

Provides up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents.

Gaggle
www.gaggle.net

Provides safe online learning products and solutions to the K-12 market; the website also offers regular updates on social networks and apps that are used by children.

National Association for Media Literacy Education Parent Guide
https://namle.net/a-parents-guide

A comprehensive guidebook for parents and kids to become savvy media consumers, covering topics such as fake or misleading news reports, scams, copyright, and more.

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