

Building Responsible Digital Citizens

Our children use electronic gadgets for EVERYTHING

- Communication and social life - Fb, Twitter, SnapChat, Instagram...and more
- Education - HW, News, Google (the 21st century encyclopedia) for any question
- Entertainment - games, memes, videos, movies and shows, clickbait
- Creativity - drawings, video, photo, music, etc.

How can we help them manage themselves online and on their devices independently in a safe and healthy manner?

Positive communication – keep the relationship strong, communication open, and trust in place

- Enter their world – Ask them to share what they are playing and their online social world
- Ask questions, and listen to their responses without judgment
- Recognize and validate their tastes – which might be different than our own

Supervision - Know What They Are Doing

- Be part of their online world
- Check their text conversation history, posts, and/or searches
- Remember who pays the bill (or who has the authority!)
- Establish and maintain clear limits & expectations (see next page)

Build Your Technical capacity – so you can be more successful in setting and holding limits

- Place limits on their devices (sites they can visit/not, apps or functions they can/not use; approvals for downloading apps). ScreenTime is useful for this; other apps are available.
- Turn on search filters on the device and/or the family network

Additional Resources

You can find information on anything on the internet. We offer some sites with great ideas and resources for families:

- <http://netsmartz.org/Parents> - offers video tutorials on online security and more
- <https://www.common sense media.org> - offers a variety of ideas, resources and information for parents and children
- <https://www.healthychildren.org> - From the American Academy of Pediatrics, this site has tools like an online use calculator and media consumption plan

Limits and expectations

- Be a good role model with use of your own devices
- Be clear about what they can do, where they can 'go' online, and with whom
- Create a contract, or plan, for use of devices. My best information came from the American Academy of Pediatricians, who built a website healthychildren.org. They have a pretty extensive online tool to create a family media plan.
 - <https://healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx>
 - <http://www.irules.co/>. This was suggested by the IT coordinator at Yorktown. I just did a sample (but haven't seen the product yet). I came across
- Assign times during the day, or places in the home where they can be on a device...or not. In our house, we've designated a few things
 - NO devices in bathrooms, at meals, in the car
 - Devices off, on the kitchen counter, and plugged in 30 minutes before bedtime
 - No device 30 minutes before and 30 minutes after a meal
 - Maximum device time (for non-school purposes) is 20-30 minutes (depending on age)
 - APS states that HW should not be more than 20-30 minutes/day. Plan for that and make that a limit for your child.
- Make them earn it!
 - Establish a set of expectations around the house, can be based on responsibilities, or routines. See Routine Builder.
 - They can earn X minutes based on what was accomplished (or not). Two options are possible
 - an 'all or nothing' arrangement – if the child completes the AM checklist, they earn 20 minutes. If they do not, no time.
 - A 'partial credit' arrangement – if the child completes some of the items, they earn some of the screen time (example: 4 of the 5 items were completed on the AM checklist, so they earned 16 minutes out of 20).
- Take it away if
 - limits are exceeded.
 - any rule is not followed
 - allow them to 'earn it back', or simply set it up as a loss for a period of time (until tomorrow, 24hrs, etc.)