PARENTING IN THE AGE OF TECHNOLOGY

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OUR FAMILY VALUES

- How our use of technology fits with our values
  - What is important to us?
    - balance between exercise/free play/technology/down time
    - fitting in with other kids
    - knowing their way around computers/websites
    - our ability to protect our child
  - How will this technology make my child's life better?
  - How could this technology negatively affect my child's life or add more drama?
  - What is our child's personality? How much can they handle?

- Technology devices and technology use are a privilege, not a right
  - whether they believe it not, not "everybody has one"
  - you don't earn it initially, but you can lose it
  - YOU are in charge of it
  - removing this privilege is a great discipline tool

- How should I be involved in my child's social media use?
  - talk to your child often about what's going on
  - take a look at what's going on
  - monitor, but **don't participate**

- How involved are YOU in social media?
  - don't overuse social media or gaming yourself
  - THIS IS THE #1 COMPLAINT KIDS HAVE ABOUT THEIR PARENTS TODAY

- Explain the "cost" of technology
  - financially
  - socially

Oversee your child's technology time, helping them to ultimately manage it themselves.

Online Activity in General

    A. Positive:
- a. information
- b. support systems/ chatrooms
- c. entertainment

    B. Negative:
- a. exposed to harmful information (eating disorders, cutting, pornography, some YouTube videos)
- b. unmonitored chatrooms
- c. cyberbullying
- d. counterculture: Bronies, Furries

Develop rules BEFORE your child accesses the technology:

1. *no technology until homework is done*
2. *no technology for anyone at the table*
3. *technology free days or times of day*
4. *keep computers in common room (living room, kitchen), but be aware of other online usage (ipad, smartphone)*
5. *no downloading apps without permission*
6. *turn phones in at night*
7. *talk to kids/play gaming with them*
8. *no longer than 90 minutes at a time onscreen due to how it affects the brain: the value of allowing your mind to wander*

Entertainment

    A. Gaming
- Do you want to expose your child to violence in the name of "fun" or "entertainment"?
- Handheld gaming devices: Are they more than a pacifier for kids?

    B. Movies
- preview movies and games
- look up reviews on apps/websites such as: commonsense media

Social Media (Twitter, Instagram, Facebook, Snapchat, Kik and Ask.fm)

A. Positive:
   a. connection with peers/friends
   b. self-expression
B. Negative:
   a. possibility of exposure to/involvement in sexting
   b. guidelines: Assume that your child *could* do it. Do everything you can to make that less possible.
      i. July 2012 study in Pediatrics & Adolescent Medicine found that 57% of teens had been asked to send a text; 28% followed through and sent naked picture of self through text or email
      ii. pandering obscenities to a minor is a felony—can be licensed as a sexual offender
      iii. parents have ultimate responsibility for electronic use within the household and can be charged for damages
      iv. can be in trouble for possession, distribution, promoting

C. **Suggested Social Media Rules:**

1. ***Help your child to "develop of digital footprint they can be proud of"***
2. ***Tell them OFTEN that things they put out on social media are permanent and can have longlasting effects!!!***
3. teach your child to fight the urge to post: this requires "delaying gratification" vs "instant gratification"
4. disable wi-fi every night if needed
5. be aware of apps like Poof that hide other apps on mobile devices
6. monitor your child's activity
7. go to the police if safety issues arise

Cell Phones
- At what age do we want our child to have a cellphone?
- Safety features to consider/use
   i. a GPS app to identify your child's location
   ii. you must have their password to view their activity: no password/no use
   iii. limit usage through the carrier—limits # of texts, # of hours, how much data can be used.
   iv. specify phone numbers that can be called or calls can be received from
   v. they must be accessible by that phone or lose privilege of use
   vi. use a feature that locks their phone if they don't respond?

OUR FAMILY TECHNOLOGY MANUAL:

Our family rules about technology

1.

2.

3.

4.

5.

At what age is our child ready for:

Gaming:

T(een)

M(ature)

Movies:

PG-13

R

Social Media:

Facebook

More "instant" Social Media

Cell Phone:

"dumb" phone

smartphone

Other Devices: (pads/tablets, handheld devices):