

# Challenges for our Children and Our role as parents

- Relationships
- Privacy
- Safety
- Physical Health
- Cognitive Impacts

# Relationships / Privacy

- Unkindness versus bullying
- Mistaken intent
- Gossip
- Surface interactions
- Need for affirmation
- Broader and unintended sharing of personal information

# Safety

- Breaking the law
- Disturbing content
- Conversations with strangers
- Financial risk

# Health

- Prolonged sitting
- Visual impacts
- Less time outside
- Mood impacts

# Cognitive impacts

- Engaging procedural memory more frequently
- Reduced use of declarative memory
- Social media designed to appeal to attention instincts
- Reduction in ability to engage with extended texts

# Challenges for us as parents

- Peer norms for behavior, rules and hardware
- Our knowledge of how different it can be
- Our own behavior as models
- Magnified ability for us to know about what is going on
- External expectations for hardware use

# Top advice for parents

- **Regular conversation**

- **Consistency**

- Routines

- Resistance is highest when a routine is introduced but trails off

- Modelling

- Agreement between adults in the household



- Window of acceptable behavior

- **Expectation**

# Examples of Rules

## Example rules:

- Time of day limits;
- Total time limits;
- Types of activities allowed during the week;
- Location limits;
- Membership in social media apps need permission;
- Knowledge of child's passwords
- Parent member on child's social media apps;
- Must come out of groups where foul language is being used



# Recommended family milestones

- grade five as first year with e-mail and social media accounts
- grade six as first year of computer and smart phone
- School requires computer for grade seven
- Use before grade six: wide open with no expectation of privacy
- From grade six: privacy with expectation that parents can check

# Computer use

- Have a conversation with your child before purchase.
- Consider a home acceptable use contract e.g. the computer is for school work.
- The phone is for social media
- The TV is for movies and games (Netflix)
- Consider using an app to assist with controlling distractions
- Homework is in a central location
- No phone while doing homework

# Computer: for younger students

- Check your child's history often (suggestion 1 per month and random checks)
- Check all browsers downloaded on the child's computer.
- Examples: Safari, Chrome, Firefox
- Have the conversation with your child about what your expectations are for using technology and have them sign a agreement.

# Recommendations regarding the phone as a digital distraction

- Get some distance from the distraction
- Move the phone away from the work-space
- Turn the phone off
- Reconsider providing data plans on phones
- Have the password for the phone
- provide advanced warning that you will be accessing the phone
- Discuss allowed games
- Take tech breaks

- Recommended resource:
  - Common Sense Media web-site: offers parents tech in the home advice
- Recommended Ted Talk
  - Tristan Harris: Time Well Spent

# Useful web-sites

- [Internetmatters.org](http://Internetmatters.org)
- [Staysafeonline.org](http://Staysafeonline.org)
- [thinkuknow.co.uk](http://thinkuknow.co.uk)
- [childnet.com](http://childnet.com)
- [commonsensemedia.org](http://commonsensemedia.org)
- [netnanny.com](http://netnanny.com)
- [raisingdigitalnatives.com](http://raisingdigitalnatives.com)

# Helpful resources

This application allows students to block their own distracting websites.

<https://selfcontrolapp.com/>



**SelfControl**  
A free Mac application to help you avoid distracting websites.

[Download SelfControl](#)  
v2.1.1, for Mac OS X 10.7+

Users of older OS versions can download [SelfControl 1.5.1](#) for Mac OS X 10.5+.

This application allows parents to add a filter on their child's computer that will block certain websites.

<http://www1.k9webprotection.com/>



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**Internet Parenting**

*As if being a parent isn't hard enough...*

The Internet has made your job a whole lot tougher. As soon as your child is old enough to get online, you have to safely guide him through a whole new world: the virtual one. How can you encourage your child to explore wonderful new places that stimulate creativity and learning while ensuring he or she doesn't wander into dangerous territory?

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