

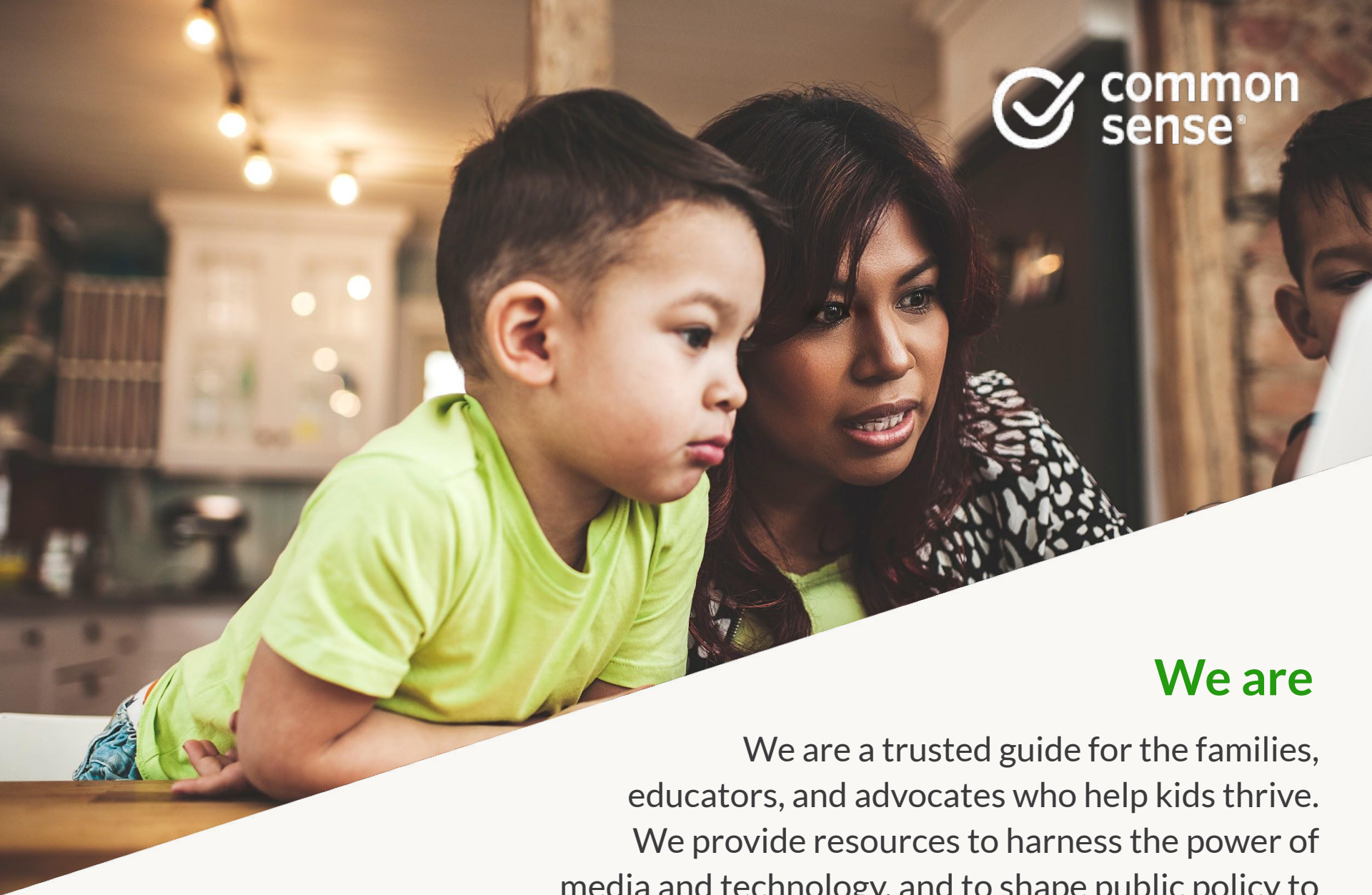


Internet Safety at Spring Hill

Staying Plugged In

Keeping kids safe, happy, and healthy in the digital age.

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We are

We are a trusted guide for the families, educators, and advocates who help kids thrive. We provide resources to harness the power of media and technology, and to shape public policy to improve the well-being of every child.

Digital Citizenship



Internet Safety



Privacy & Security



Relationships & Communication



Cyberbullying & Digital Drama



Digital Footprints & Reputation



Self-Image & Identity



Information Literacy



Creative Credit & Copyright

It's never too early to talk to your kid about digital citizenship, being kind online, and calling out cruelty.

This brave new world isn't easy for parents.



How do we use media in balance as a family, find quality content, set expectations around healthy use to prevent conflict, and raise media savvy consumers and creators?

All About That Balance

Ask yourself – is my child:

- ✓ Physically healthy and sleeping enough?
- ✓ Connecting socially with family and friends (in any form)?
- ✓ Engaged with and achieving in school?
- ✓ Pursuing interests and hobbies (in any form)?
- ✓ Having fun and learning in their use of digital media?

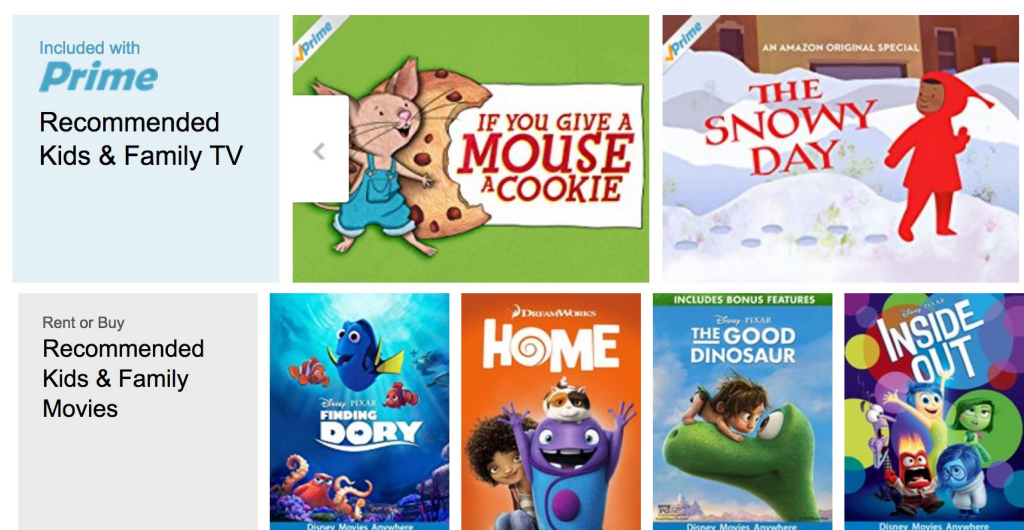
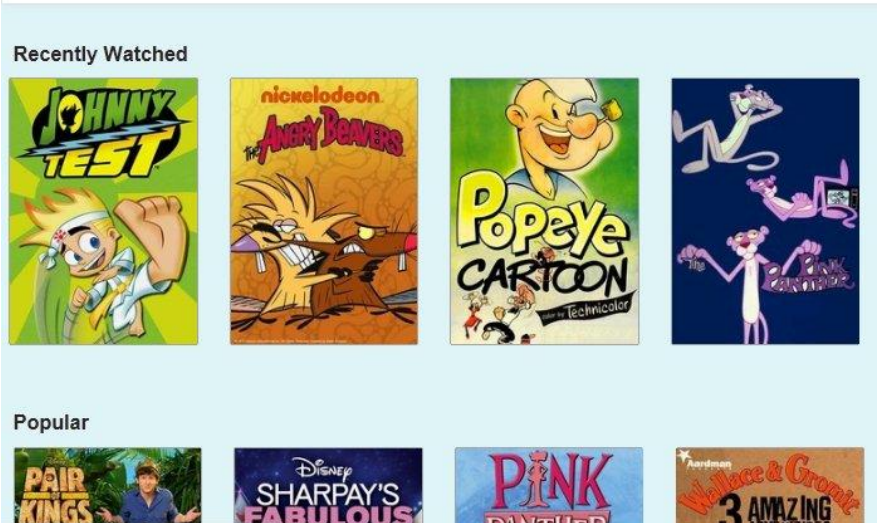
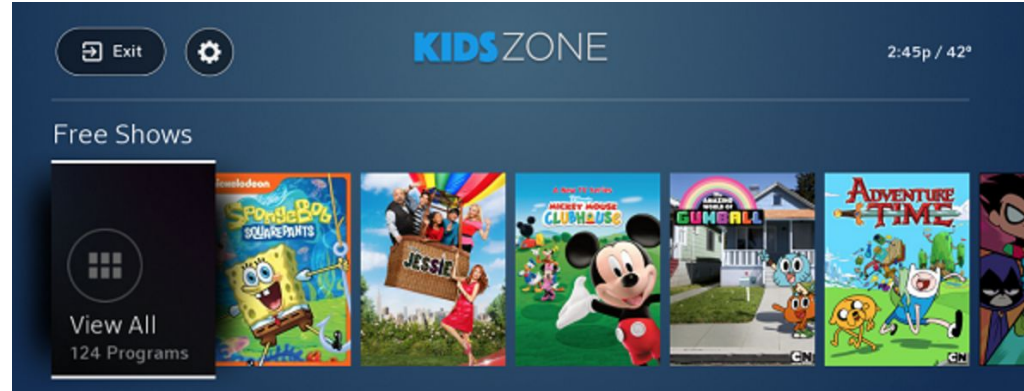
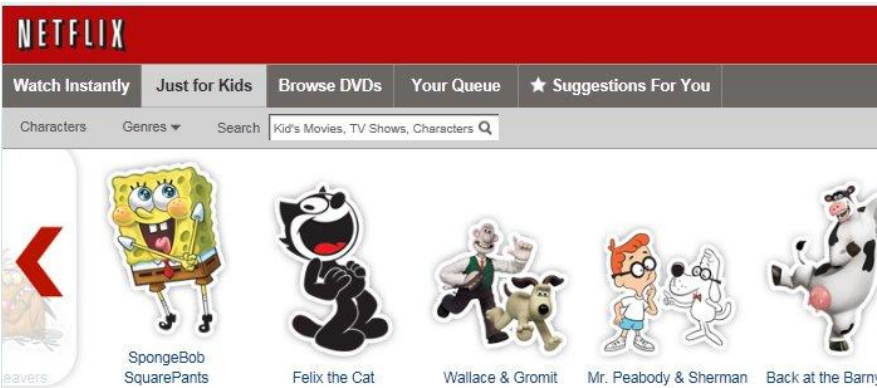
Source: "New screen time rules from the American Academy of Pediatrics," Sonia Livingstone

Set Yourself Up For Success

What are best practices around digital media and devices ?

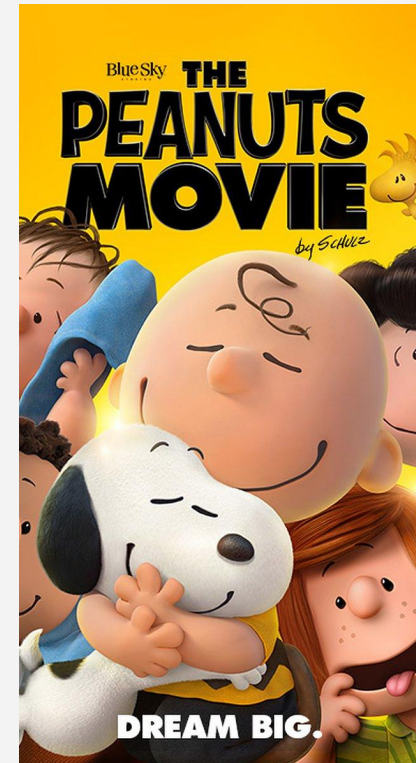
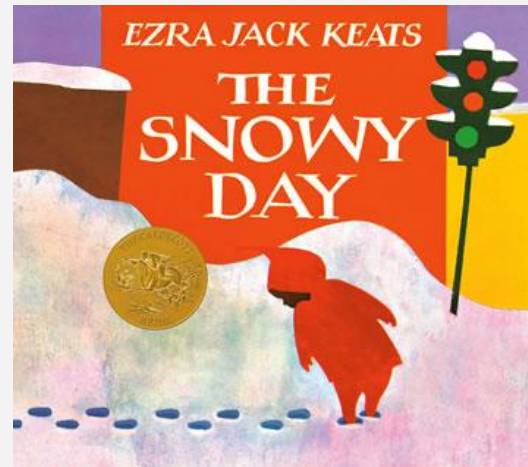
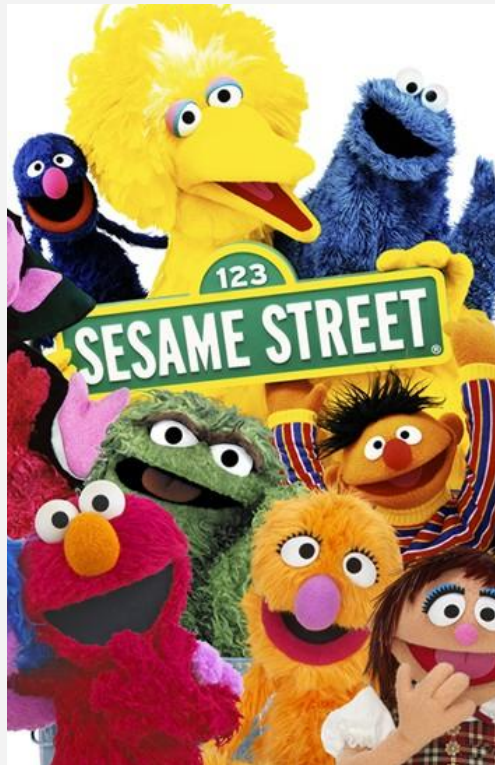
- Use media with your kid.
- Know your own rules.
- Set expectations and rehearse.
- Connect media to real life.
- Talk about commercials and other advertising.
- Encourage creation as well as consumption.
- Talk about digital citizenship.
- Model the media behavior you want to see in your kids.

Be Choosy



ABCs and 123s

Look for apps, TV shows, and movies with positive messages and educational value.



Declaring Independence

As kids get older, they go their own way



What was most important to you as a kid?

- A. Friends
- B. Family
- C. Fitting in
- D. Self-expression
- E. All of the above?

Same child development, more powerful tools.



“Adults don’t get it. They think I’m addicted to technology – but I’m not.

I’m addicted to my friends.”

Common Sense Media Focus Groups, 2014.

Myth or Truth ?

Social media alienates kids.

Myth!

57 percent of all teens have made new friends online

84 percent of boys who play networked games with friends feel more connected when they play online

68 percent of teen social media users have had online friends support them through tough or challenging times

Social Media Mashup

FACEBOOK TWITTER
TINDER MUSICALLY INSTAGRAM
GIFS LIVESTREAMING SNAPCHAT
EMOJIS GROUP VIDEO CHAT
LIVE.ME TEXTING

Social Media Red Flags

- ▶ Age-inappropriate content
- ▶ Public default settings
- ▶ Location tracking and sharing
- ▶ Real-time video streaming
- ▶ Ads and in-app purchases
- ▶ "Temporary" pics and videos
- ▶ Subpar reporting tools
- ▶ Cyberbullying/negative culture

Best Approach to Bullying

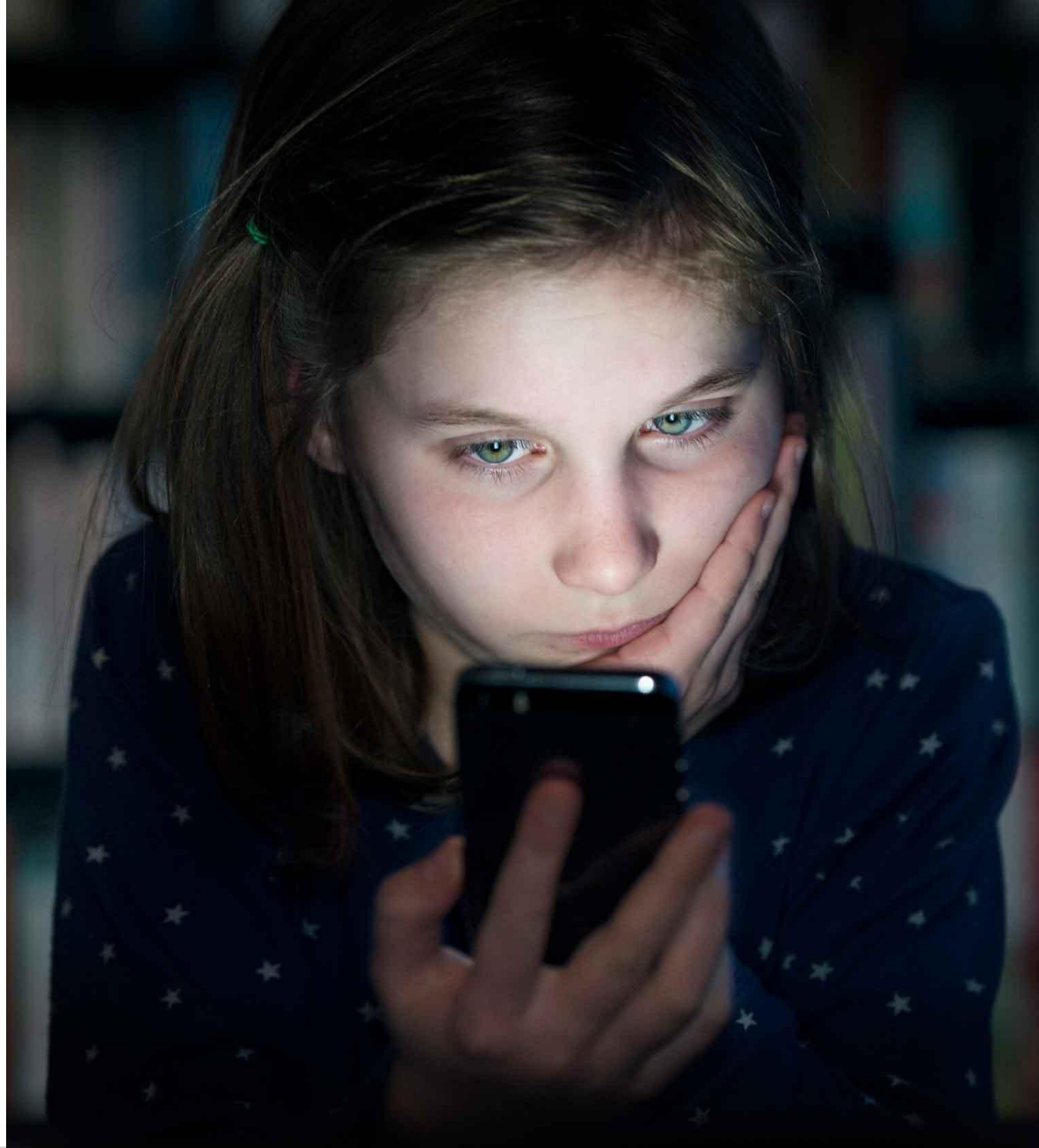
Report abuse

Encourage "upstanding"

Collect proof

Involve others

Limit online access



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Choose

Help kids make good choices.

Check

Check what they're doing.

Chat

Follow up with a chat.



We Can Help!

The screenshot shows the Common Sense Media website interface. At the top, there are navigation links for 'For Parents' (highlighted), 'For Educators', and 'For Advocates', along with 'Login' and 'Become a member'. The main header includes the Common Sense Media logo, a search bar with the text 'What are you looking for?', and a 'DONATE' button. A green navigation bar contains links for 'Reviews', 'Top Picks', 'Family Guides', 'Parent Concerns', 'Videos', 'Blogs', 'Latino', 'Research', and 'About Us'. The featured product is 'Brainfeed - Educational Videos for Kids', which has a red and white icon of a brain inside a lightbulb. It is marked as 'age 11+' and has a 5-star rating. A green 'Download' button is visible, along with 'Save' and 'Write a review' buttons. A hand cursor is pointing at the 'Download' button. Below the product title, there is a note: 'Curated learning videos still best after parental preview.' and device compatibility information: 'Devices: iPhone, iPod Touch, iPad | Price: Free | Category: Education'. A carousel of video thumbnails is shown below. The 'WHAT PARENTS NEED TO KNOW' section includes a table with icons for 'Educational value', 'Ease of play', 'Violence', and 'Sex', each with a set of five dots indicating a rating. A paragraph of text explains that the content is curated from various sources and may be inappropriate for younger children.

For Parents | For Educators | For Advocates | Login | Become a member

common sense media®

What are you looking for? | DONATE

Reviews | Top Picks | Family Guides | Parent Concerns | Videos | Blogs | Latino | Research | About Us

Download | Save | Write a review

Brainfeed - Educational Videos for Kids

age 11+ ★★★★★

Curated learning videos still best after parental preview.

Devices: iPhone, iPod Touch, iPad | Price: Free | Category: Education

WHAT PARENTS NEED TO KNOW

Educational value	● ● ● ● ●
Ease of play	● ● ● ● ●
Violence	● ● ● ● ●
Sex	● ● ● ● ●

Parents need to know that Brainfeed - Educational Videos for Kids is a curated collection of educational videos from sources like TED-Ed, Cloud Biography, YouTube, and Bio.com. Most, if not all, of the videos are available elsewhere for free, so parents will need to decide if it's worth paying to have someone curate the content. While the publisher claims that the content is appropriate for age 7 and up, most of the videos are too advanced for that age, and many families will find some of it to be inappropriate for kids that young. Sensitive older kids

Use Media: Don't Let It Use You

50 %

of teens feel addicted to technology.

59%

of parents feel teens are addicted.

Over 1/2

of teens multitask while doing homework, and most believe it doesn't hurt the quality of their work.

Social media anxiety is very real for our students.

Myth or Truth ?

Parents spend less time on devices than kids/teens

Myth!

Parents spend 9:22 with screen media daily, including for personal and work use. 7:43 of that time is devoted to personal screen time. Tweens spend an average of 6 hours/day and Teens an average of about 9 hours/day on screens.

Model

Be a media mentor and set the standard.

Monitor

Use limits, not lectures, and be up front about checking their media use.

Mediate

Be ready to step in if necessary, but let teens make some choices on their own.



COMMON SENSE



Family Media Agreement: 6-8

I, _____, will:

... stay safe.

- I will not create accounts or give out any private information — such as my full name, date of birth, address, phone number, or photos — without my family’s permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I will stop talking to that person and tell a friend or family member I trust about it.

... think first.

- I know that whatever I share online or with a phone can spread fast and far. I will not post anything online that could harm my reputation.
- I will not bully, humiliate, or intentionally upset anyone online or with a phone — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will try to stand up to those who do.
- If I use, reference, or share someone else’s creative work online, I will give proper credit to the author or artist.

... stay balanced.

- I will pay attention to how much time I spend in front of screens, and I will continue to enjoy the other activities — and people — in my life.

Resources

Common Sense Media Resources

[Parent Videos](#) and [Guides](#)

[Recommendations](#) and [Tech Planners](#)

[Parent Tips and FAQs](#)

FCPS Resources

[Media Balance and Wellbeing Toolkit](#)

[FCPS Digital Citizenship Features](#)

[FCPS Digital Citizenship Website](#)

- [Free online course](#) for parents to work on along with their child
- [Establishing Expectations at Home and Parental Controls](#)
- [Choosing Media Wisely](#)
- [Recorded Webinars and Tip Sheets](#)
- [Device Contracts and Media Agreements\(with translations\)](#)
- [Advice Videos](#)
- [Reputable Non-FCPS resources](#)

Instead of shutting it all down, build it up!



Thank You



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