Welcome to

Be Internet Awesome, Glenallan!

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Online Safety and Citizenship for Families

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Silver Spring, MD

National **PTA**
everychild.onevoice.®

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Families, and family values, come in all shapes and sizes

Let's all take part in making technology helpful for everyone

National PTA
*every*child.*one*voice.®

Together with Google,
the National PTA is helping families
learn how they can achieve their own
sense of digital wellbeing.

This encompasses learning how to
confidently navigate the online world...
and balancing that activity with time
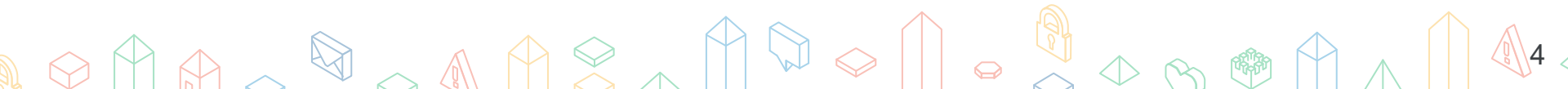spent in the offline world.

3

Raising families in a digital age

Digital environment

Digital safety and citizenship

Tips and tools

Digital environment

Raising families in a digital age

Kids are accessing technology at younger ages

84%

of 6-12 year olds are using
tablets on a weekly basis

77%

of 6-12 year olds are using
smartphones on a weekly basis

The internet opens the world for our kids...

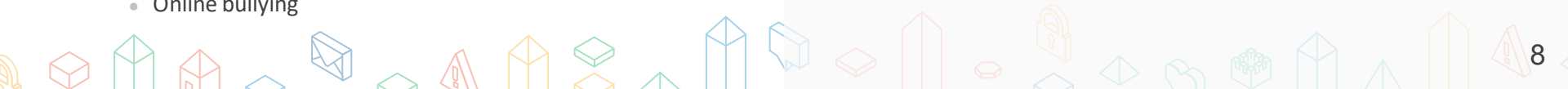… but sometimes that can mean parts of the world we don't want them to experience:

- Sharing too much information
- Inappropriate content
- Online bullying

Smartphones put information at our fingertips...

… but sometimes they can distract from real-world experiences. This is having an impact on:

- Personal relationships
- Physical health
- Ability to focus
- Quality of sleep

It's our responsibility to talk about **online safety** and **model positive behavior** with technology for our kids by bringing our own family values into how we interact with others online, and in the real world.
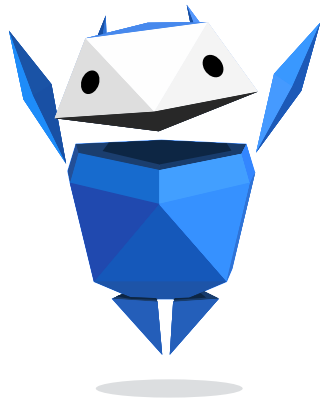
Digital citizenship & online safety for families

Parenting archetypes

Best Friend

Leader

Rule Setter

A deeper study of parenting archetypes was just released in Singapore:
https://www.betterinternet.sg/-/media/Resources/PDFs/Parents-Guides/Clique-Click.pdf

Be Internet Awesome teaches five topics of online safety and citizenship

(1) (2) (3) (4) (5)

Share With Care | **Be Internet Smart**

A really important skill for kids to have is knowing what is and isn't ok to share. It's a skill we all need to practice, and the best place to start practicing is
at home.

Whether it's a picture, a comment, a video, or a meme, what you post online can affect your reputation in the moment, or even later in life.

Don't Fall for Fake | **Be Internet Alert**

With all the information available online, it can be hard to understand what's real and fake online. You'll see tons of information, real or fake, across emails, pop-up windows online, in apps, or when you search for stuff.

Some of the stuff that you may see can be a scam, so you should stay alert and watch out for fake information.

Protect your Secrets | **Be Internet Strong**

Personal privacy and security are just as important online as they are offline.

Personal information is protected in accounts with passwords. Everyone uses passwords, but we have to learn to use them in the right way.

It's Cool to be Kind | **Be Internet Kind**

The Internet is Awesome.

However, just as it's used to spread inspiring and positive information, it can also spread shocking and hateful comments and opinions.

Families are powerful influencers of their kids, and they can help kids "take the high road" by teaching and showing them how to be kind in real life and online.

When in Doubt Talk it Out | **Be Internet Brave**

Kids may come across something questionable
or that makes them feel uncomfortable online.

Whether it's a comment, a message, a picture, or a video that they watched, if it doesn't feel right, they should feel comfortable talking to a trusted adult.

We will divide into five groups – You will have 10 Minutes to Discuss

Activity

Explore Be Internet Awesome

SMART

How do you talk to your kids about being smart online?

ALERT

How should you talk to your kids about being alert online?

STRONG

How should you talk to your kids about having strong passwords online?

KIND

How should you talk to your kids about being kind online?

BRAVE

How do you talk to your kids about being brave online?

Share With Care | **Be Internet Smart**

So, how do you talk to your kids about being smart online?

Communicate
responsibly

Understand
There are two different types of sharing families have: internal - stuff shared within the family; external - stuff shared outside of the family.

Encourage
Your kids to think about online communication like face-to-face communication; if it isn't right to say in real life, it isn't right to post online.

Create
Rules about what kind of communication is (and isn't) okay.

Keep
Personal details about family and friends private.

Don't Fall for Fake | **Be Internet Alert**

So, how should you talk to your kids about being alert online?

Know the signs of a potential scam

If statements about "winning" or getting something for "free" feel too good to be true, they most likely are.

Nothing real will ever ask for you to give away personal information online.

Pay attention to your online searches

Think critically about search results and about how search engines work.

Protect your Secrets | **Be Internet Strong**

So, how should you talk to your kids about having strong passwords online?

Create a
strong password

Make it memorable, but avoid using personal information like names or birthdays.

Use a mix of uppercase letters, lowercase letters, symbols, and numbers: R3pl@ce le++ers wit# sYmb0ls & n^mb3rs 1ike Thi$.

Switch it up

Do not use the same password for every website.

Create a few different versions of the same password for different accounts.

It's Cool to be Kind | **Be Internet Kind**

So, how should you talk to your kids about being kind online?

Spread positivity

Teach and show them how to "treat others as you would like to be treated" in the real world & online.

Set an example

Respect others' differences.

Take action

Block mean or inappropriate profiles or comments online.

Be a friend to someone being bullied.

When in Doubt Talk it Out | **Be Internet Brave**

So, how do you talk to your kids about being brave online?

Encourage
brave behavior

Be clear about family rules and expectations around Technology and the Internet, as well as consequences for bad behavior.

Keep the conversation going by checking in frequently and encouraging kids to ask questions.

Extend the conversation to other trusted adults like teachers, coaches, counselors, friends, and relatives.

Learn more at
g.co/beinternetawesome

Tools and tips for your family

Finding the right balance for your family

Things you can do

Talk with your kids often

Build strong relationships

Actively participate

Boundaries you can set

Set rules around tech use

Stay in the loop on how your kids use it

Use parental controls to help

Guide your kids to **good content**

So, how do you talk to your kids about the content they look at?

Engage on
their interests

Ask your kids about the apps they like, the games they play, and the videos they watch. Showing interest can go a long way when you need to have hard conversations about what's okay and what's not.

Talk about
your expectations

Not all screen time is created equal. Be upfront about the content you think is appropriate so your child isn't surprised when you don't allow them to view something on their device.

Keep an eye on **screen time**

So, how should you talk to your kids about how much time they spend on device?

Discuss how much

The appropriate amount of screentime is different for every kid. Talk about why you're setting time limits and what it enables them to do off device.

Agree on when screen time is ok

Make it clear when devices are and aren't okay. Don't surprise them by suddenly deciding certain times are "no-device" times, and help them understand why.

See **where your child is**

So, how should you talk to your kids about where they go?

Talk about
Why it's important

Your concern for your child's safety might make them feel like you don't trust them. If you choose to be able to view their location, talk to them about the reason.
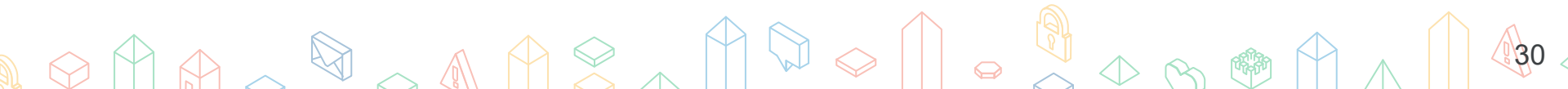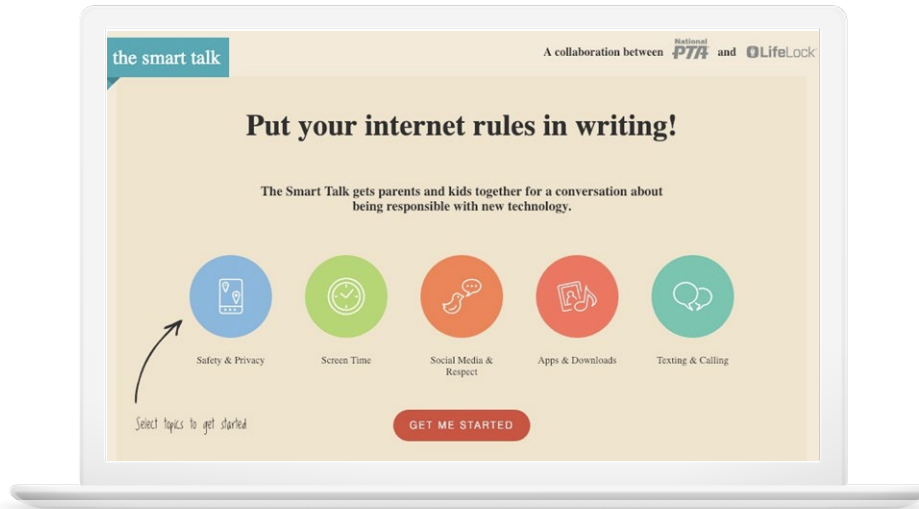
Setting rules and boundaries

Safety & privacy Screen time

Social media & respect

Apps & downloads

Texting & calling

thesmarttalk.org

Activity

Thumbs up-down-sideways

.

thumbs up: always good
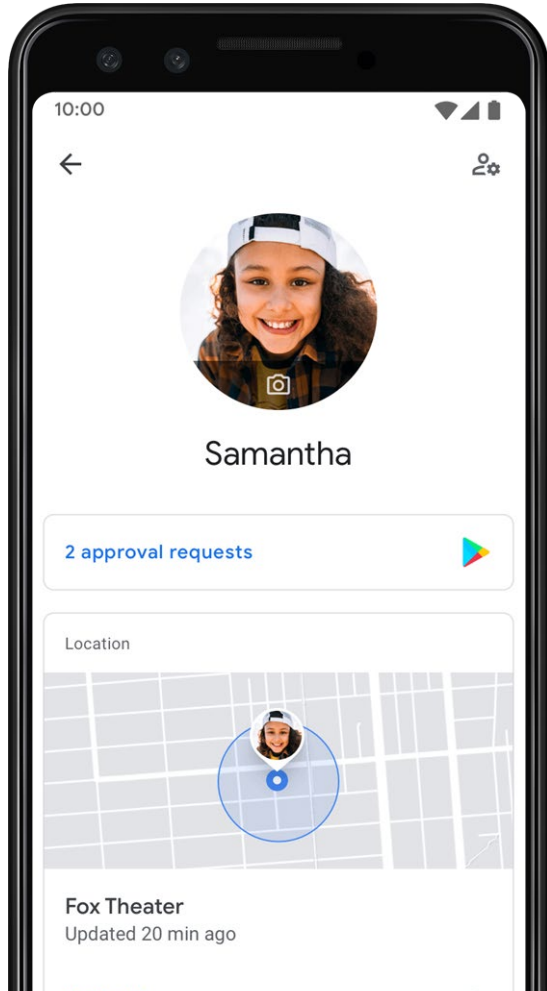
thumbs down: could get better

thumbs sideways: somewhere in the middle

Discuss together.

Family Link
Parental controls

A free Parental controls tool from Google for parents to manage their child's digital experiences

Tools that work on other devices

Learn more about how to supervise Apple devices at apple.com/families

Learn more about how to supervise a Kindle Fire at amazon.com/ftu/home

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Family Link

Learn more at
google.com/familylink

Tips for family entertainment
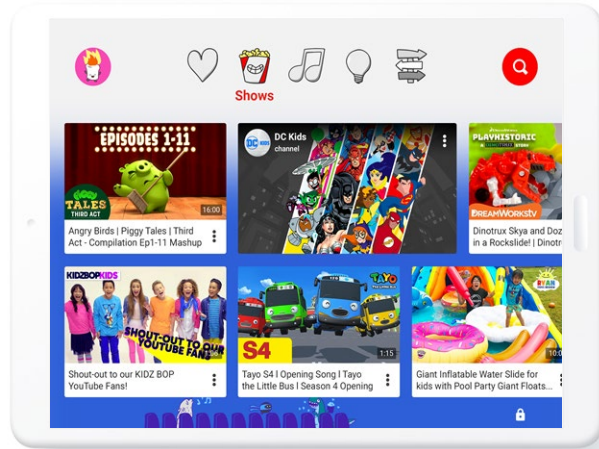
Choose subscriptions
together as a family

Watch in a central location

Learn about what your kids like

▶ YouTube Kids

YouTube Kids was created to give kids a more contained environment that makes it simpler and more fun for them to explore on their own.

As a designed-for-kids app, YouTube Kids on the web, and YouTube Kids on smart TVs, you can find family-friendly videos on all different topics on all your devices.

Learn more: **www.youtube.com/kids**

National PTA does not endorse any commercial entity, product, or service. No endorsement is implied.
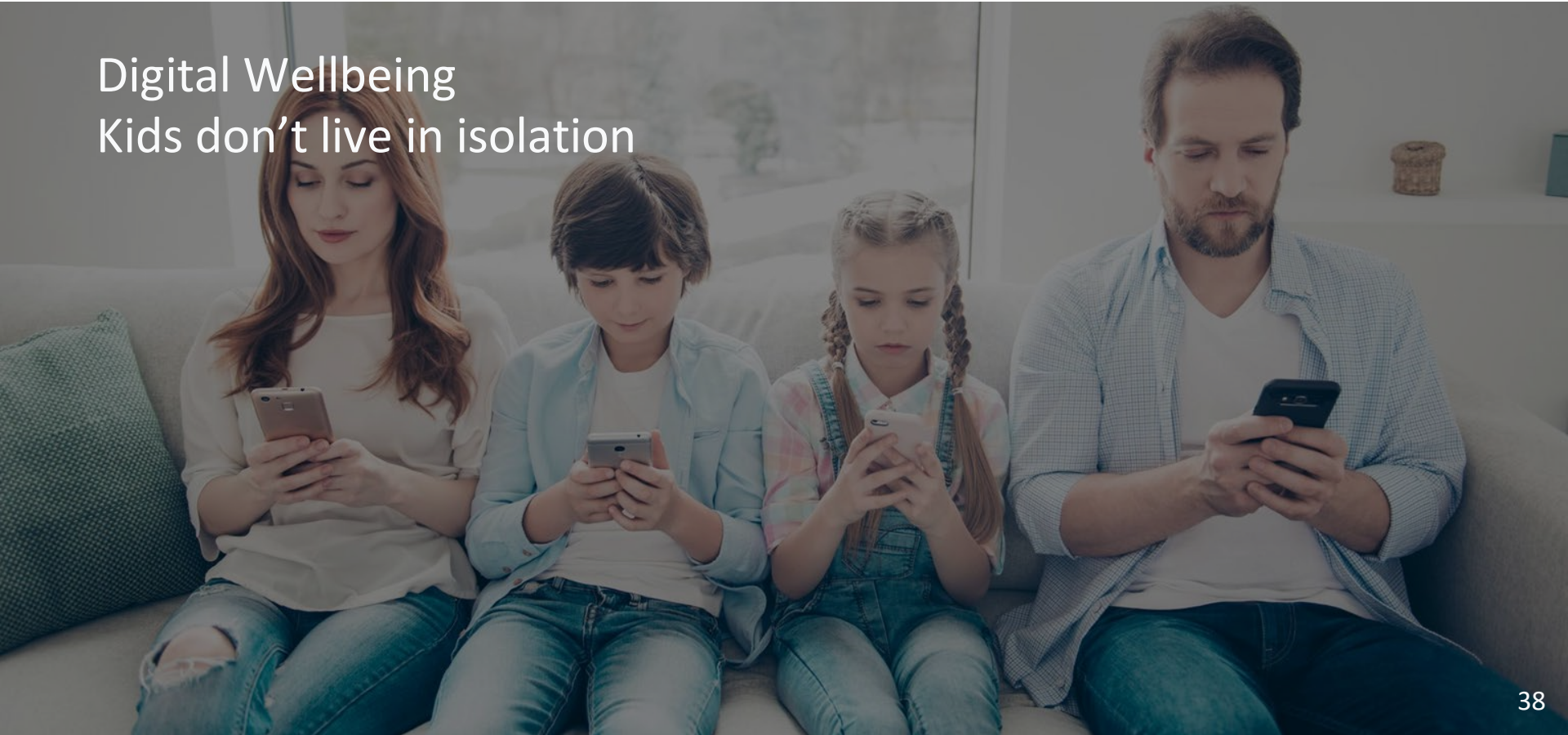
Learn more at youtube.com/kids

Digital Wellbeing

Digital Wellbeing
Kids don't live in isolation

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Digital Wellbeing for you

So, how can you think about your own use of technology?

Be intentional about your tech use

As technology becomes more and more integral to everything we do, it can sometimes distract us from
the things that matter most to us. Keep this in mind as you balance device time and family time.

Model good behavior

Talk to your kids about your tech use. Touch on times when you weren't fully "there" for a particular moment, and ask your kids if they've observed others (like friends or family) not being fully present with the people around them.

Learn more about Digital Wellbeing at:

wellbeing.google

https://www.commonsensemedia.org/privacy-and-internet-safety.

Spanish-speaking parents can find information about Privacy & Internet Safety at this link:

https://www.commonsensemedia.org/espanol/blog/privacy-and-internet-safety.

Commitments

Take the time to reflect and commit to what we all have learned during this session today.

Thank you & Good Evening!