



5 TIPS FOR DIGITAL PARENTS

KNOW WHAT APPS YOUR TEENS ARE USING

Snapchat, YouTube, Instagram, Fortnite, HouseParty and TikTok are really popular. Know what your kids use and learn about the app, how connections work, how your child uses it and what the dangers are. Make certain your child knows and uses the available privacy settings, reporting and blocking mechanisms. Apps without functional safety settings are off limits.

USE PRIVACY & SAFETY SETTINGS

Understand the content restrictions and privacy settings on devices (phones, tablets, laptops, gaming systems) your kids use. Use the appropriate setting for your child. Remove geotags from camera and photos, especially if sharing on social media. Limit location sharing and other tracking on mobile devices, except for family sharing. Use safe search filters on Google and other browsers.

DISCUSS STANDARDS FOR ONLINE BEHAVIOR

Remind your kids: Do not over share. Think before you post. Stay positive online, create a supportive community. Do not post personally identifiable information i.e. address or school. Do not connect or engage with strangers or bullies. Block unwanted attention. Keep passwords private! No sexting! Be kind online.

REVIEW TECH ETIQUETTE

Teach kids to be cyber civil: Do not share news or photos of others without permission. Do not allow tech to distract from in-person interactions. Limit notification sounds in public. Adjust distracting tech notices while studying. Don't say anything online you would not say in person. Use the best medium for a message.

MODEL GOOD DIGITAL HABITS

Be an example for your child. Balance tech use at home. Use screen time digital health tools. Know when to unplug! Do not over share about your child online! Do not text and drive. Do not allow tech to distract from family time. Shut off devices at night.

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