



Technology Tips

Cyberbullying

Cyberbullying is using technology to harass or taunt another person online.

Children often don't tell their parents they're being harassed or bullied because they are embarrassed, worried their parents will over-react, or afraid the bully will retaliate.

If you see any of the following signs, ask your child if someone is causing problems for them online or at school:

- ▶ quieter, more anxious, or more insecure
- ▶ drop in grades/not wanting to go to school

If your child is the target of cyberbullying, support your child, and work with the school until the problem is addressed and resolved.

Be a good role model

You give up the right to lecture if you don't exhibit the self-discipline you're expecting of your child. If you're always on your devices rather than interacting with your friends and family, then you have no credibility.

As much as possible, reserve your online use to when you're not with your children.

Technology Tips

- ▶ Know which videos and TV shows your child is watching. Also be aware of what kinds of music your child is listening to.
- ▶ Make sure your child understands that using technology is a privilege, not a right. When children use technology inappropriately, there should be consequences.
- ▶ During dinner, turn off the TV and require that all phones be put away. Use this time to talk about your day.
- ▶ To help your child get a good night's sleep, have your child "power down" (turn off the music, TV, computer) an hour before bedtime.
- ▶ Require that all phones be plugged in for recharging in a central location (such as your bedroom) at a certain time each night.
- ▶ Be on guard for excessive computer use and secretive behavior. Also watch for any emotional upset after spending time on a computer.
- ▶ Praise your child for positive online activities, just as you would for other positive activities.

For information on internet safety, go to
commonsensemedia.org
connectsafely.org
internetsafety101.org

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Be a Great Parent! Today's Technology

Most young people are very tech savvy. Children, however, need their parents to provide guidelines to help ensure that they use technology safely and responsibly.

By doing the following, you can help your child enjoy the benefits of technology, while minimizing the risks.

- ▶ Educate yourself about the technology young people are using today.
- ▶ Have an open dialogue with your child about technology.
- ▶ Be aware of how, and for what purposes, your child is using technology.
- ▶ Have rules and set limits.

Teach Internet Safety

Use these tips to teach your child how to use the internet safely.



- ▶ Spend time with your child online. Navigate websites, perform searches, and bookmark web pages. If your child is good at using the internet, let your child do the navigating.
- ▶ Find some appropriate sites to visit, and go through these sites together. Help your child find sites that relate to their interests and hobbies.
- ▶ Have your child show you a favorite website. Ask your child, "Why do you like this site?" This is a good way to keep the lines of communication open, and to see where your child is going online.
- ▶ Remind your child that anything that's sent or posted online is permanent. You can't get it back.
- ▶ Discuss the benefits and dangers of the internet. Make sure your child knows that people online may not be who they say they are. Remind your child to never give out personal information, such as name, address, phone number, or school.

Monitor Internet Use

The internet is a powerful tool and parents need to monitor their child's internet use.

- ▶ Limit the amount of time your child spends online, monitor your child's online activities, and encourage your child to engage in a variety of "offline" activities.
- ▶ Take advantage of parental controls, but know that they're not completely effective. Supervision and monitoring are the best deterrents to inappropriate behavior.
- ▶ Keep your family computer in a common area of your home (kitchen or family room). Children should not have internet access in their bedroom or in areas that may be difficult to supervise.
- ▶ Monitor your child's online game playing. Some games contain explicit violence, mature language, and/or sexual content. For information on video games, go to commonsensemedia.org or esrb.org.
- ▶ Discuss what information is appropriate to share online. Access to any personal profile should be limited to those on your child's friends list.

