

Tips for Monitoring Kids' Tech Time

1. Create ground rules - use a contract
2. Get to know your child's habits
3. Keep the computer in a central location
4. Familiarize yourself with the technology
5. Teach kids about a online risks & reputation
6. Keep Tech out of the bedrooms
7. Monitor all pictures your child posts online
8. Be a Good Example of how to use technology
9. Warn your kids to avoid questionnaires, free giveaways, and contests
10. Limit cell phone use
11. Check privacy settings
12. Use filtering software



Teach Your Kids Online Safety

S Keep personal information **safe**.

M Never **meet** anyone from the internet without a trusted adult.

A Never **accept** messages, emails, or requests from unknown people.

R Remember **reality**- not everyone tells the truth online! Some people lie about who they are.

T If anything or anyone online is worrying you, **tell** a trusted adult.

Think B4 U Post

Follow these five simple rules when you're publishing anything, anywhere.

1. Would your grandma want to see that?
Is that photo / video / comment appropriate for a wide public audience, your future husband, your future child, your future employer?
Remember, what goes online can stay online forever.

2. Do you really think that's private?
Don't publish personal information (last names, birthdays, phone numbers, etc.)
Just because it says it's private, doesn't mean it can't be republished by someone else.

3. Would you say that to someone's face?
If you don't have something nice to say, don't say anything at all.
Portray yourself, your peers and your community in a positive light.

4. Is that your work to publish?
How would you feel if someone stole your work and said it was theirs?
Have you credited the original owner?
Have you licenced it so someone else can use it?

5. What if someone published a photo like that of you?
Don't publish media of others in a light you wouldn't want published of yourself.
If you're not sure, don't post.



Ask yourself

T Is it truthful?

H Is it helpful?

I Is it inspiring?

N Is it necessary?

K Is it kind?