



Parents' Guide to Student Use of Technology

Cyber safety is an important parent-child discussion to revisit frequently, from elementary school through high school. Experts warn that children are most vulnerable to online dangers while in their own home. The following suggestions are drawn from a wide variety of professional sources that may aid you in effectively guiding your child's use of the iPad and other technology devices.

In accordance with the District's Internet Acceptable Use Policy (#524), outside of school, parents bear responsibility for the same guidance of Internet use as they exercise with information sources such as television, telephones, radio, movies and other possibly offensive media. Parents are responsible for monitoring their student's use of the District's educational technologies, including school-issued email accounts and the Internet if the student is accessing the District's electronic technologies from home or through other remote location(s).

Filter Access

Filtering software is not built into the iPad. While many potential dangers are filtered and blocked on the school's wireless network so students can't access them, children often have complete, unrestricted access to inappropriate sites at home. Experts strongly suggest installing software to filter and block inappropriate content on your wireless home network. Some possible filters to consider include OpenDNS (free version available), SafeEyes, and NetNanny. Some of these products offer additional protection features such as cell phone filtering, text message and photo screening tools, and digital footprint/reputation monitoring. Directions on how to install OpenDNS will be available upon request.

Set Expectations

Regularly share your expectations with your child about accessing only appropriate sites and content, as well as being a good person when online, even when parents aren't watching. One of the purposes of this project is to help students learn good digital

citizenship that results in ethical use of technology. The district has policies and practices in place to protect students in school from harmful and inappropriate material, but students also need to be protected outside of school. Your child's use of technologies like iPods, video game systems, and cell phones already give your child the ability to connect to unfiltered public wireless networks like those in a library or coffee shop, by picking up a neighbor's wireless signal, or connecting to the Internet through a cell service. Because of the access your child already has, it is possible that your child has already been confronted with multiple opportunities to access content that parents wouldn't approve of, such as pornography, hate sites, celebrity gossip, reality tv personal blogs and more, all of which may influence your teen's beliefs, values and behavior. Therefore, it is important to maintain regular, open dialog about Internet use and access. Discuss your expectation for appropriate use and behavior. For resources to help guide these discussions, you can visit the sites under helpful links on the bottom of this page.

Monitor & Limit Screen Time

Experts suggest having teens surf the Internet in a central place at home, such as the kitchen or family room, rather than away from adult supervision or behind a closed door. Know what your child is doing with technology and how his or her time is being spent. Technology can be a great tool and resource, but also has the potential to be a big distractor. Help your child learn to focus on completing tasks or assignments first before spending time on games, shopping and social networking. Teaching today's children how to manage multiple sources of information and potential distractions is a critical life skill, one best learned before heading off to college or the workplace.

Put the iPad to bed, but not in the bedroom

Parenting experts suggest parking all technology devices from cell phones to iPads in a common family room overnight to discourage late night, unmonitored use and sleep disruption. Don't allow your teen to sleep with the iPad, laptop or cell phone. Remember to model appropriate use and balance of technology in your own life, too!

ten things to review with your child:

1. Anything they do or post online creates a digital record, often called a "Cyber Footprint." Nothing online is totally private, even if it is intended to be. Once digitized, it can be saved, sent and reposted elsewhere.
2. A good rule of thumb: If you don't want a parent, teacher, principal, future employer or college admissions office to know something, don't post it online.

3. Set up some sort of test question to frequently ask your child, such as “Would Grandma approve?”
4. Friends aren’t always who they say they are; undercover police and pedophiles pretend to be kids online.
5. Encourage your teen to only be friends online with friends they know in person.
6. Never give access to personal information, such as a Facebook profile, to people met online.
7. Never post personally identifiable information online. This includes: full name, address, phone number, email, where you are meeting friends or where you hang out.
8. Discuss with your teen how easy it is for someone to find you based on what you post online.
9. Regularly check your teen's privacy settings on all commonly used sites and networks. Ignoring privacy settings on sites like Facebook means your teen's photos, contact information, interests, and possibly even cell phone GPS location could be shared with more than a half-billion people.
10. Cyberbullying (threatening or harassing another individual through technology) is a growing concern for today’s youth. It takes many forms, such as forwarding a private email, photo, or text message for others to see, starting a rumor, or sending a threatening or aggressive message, often anonymously. Talk with your teen about not partaking in this behavior and encourage her/him to report incidents of cyberbullying to an adult.

helpful websites with Internet safety tips:

Common Sense Media: www.CommonSenseMedia.org

an amazing resource for parents and families making decisions about technology and media.

Net Cetera: Chatting with Kids About Being Online(FTC) Guide
<http://www.ftc.gov/bcp/edu/pubs/consumer/tech/tec04.pdf>

iKeepSafe.org

McGruff Online Safety for Kids

PBS Parenting in an Internet Age

Net Smartz

Teens and Technology from Parents: The Anti-Drug Great resources and an online
“Crash Course” for parents on technology.

Wired Safety Website – Parent Guide and contract

StopCyberbullying.org

Parry Aftab's Site

StopBullying.gov