

PARENT'S GUIDE TO RAISING SAVVY CYBER KIDS

VOLUME 2



SAVVYCYBERKIDS.ORG



A SAVVY CYBER HOME



HOME TECHNOLOGY RULES:

USE ONLY ONE SCREEN AT A TIME.

Research shows using more than one screen actually slows down brain development in children, impacting their ability to take-in and process information.

SET TECHNOLOGY LIMITS.

Devices need to go to bed at night in the family charging area—not in children’s bedrooms. Access to technology at night not only disrupts sleep patterns and builds poor sleep habits but it also creates an opportunity for unsupervised and dangerous online interactions.

Put all technology, when friends come over, in the family charging area. Encourage kids to socialize, play and interact with one another instead of immediately focusing on technology. This doesn’t mean technology can’t be used on play dates, however the technology itself should not be the focus of the playdate. And yes, there are always exceptions...especially for those epic battles in the world of eSports.

Make it a habit to have NO technology at meal time. Family gatherings are a time to build social habits and the art of conversation. Make this time with kids count!

GET YOUR KIDS TO ALWAYS ASK BEFORE DOWNLOADING APPS AND GAMES.

Use this as an opportunity to digitally parent, immersing yourself in their virtual worlds and pausing to research the safety and appropriateness of their online behaviors. And teach the value of money by discussing (and/or enforcing) NO in-app or in-game purchasing.

EMPHASIZE THE IMPORTANCE OF NO CHATTING, TALKING, VIDEO CHATTING, SENDING PICTURES TO PEOPLE YOU DO NOT KNOW IN REAL* LIFE.

A stranger is always a stranger. When your kids are using an app or gaming system connected to internet, make sure they don’t talk to strangers, only with real life friends. Remember, STRANGERS ARE FOREVER.



ENFORCE A 30-MINUTE TECHNOLOGY LIMIT

(Exceptions—movies, school work, etc.). Transitions happen easily after half an hour, especially when discussed beforehand, but become harder to make as time expands.

RESPECT PRIVACY.

User names must NOT have any personal information. Even on private accounts, profile settings are always public. Teach your children not to reveal personal or family private information (even for friends) online, in apps or games. The public sharing of any personal information online is a bad idea. Personal details like where your child goes to school, his favorite sport and where she hangs out is the type of information an online predator will use in the grooming process.

USE CYBER ETHICS TO TEACH APPROPRIATE ONLINE DECISION-MAKING.

Tell your kids to NEVER take pictures or videos of private parts, no matter who asks and despite that they may see celebrities behaving differently. Help them to understand that they should ALWAYS ask before taking someone else's picture or video, respecting privacy and preferences. Reinforce that they should ALWAYS ask if they can share pictures or videos of someone else with others before doing it. Remind your kids to NOT overshare! People (even friends) do not need to know everything that you are doing. Emphasize the importance of empathy and encourage your kids to only post and share nice things.

OPEN—THEN MAINTAIN—THE LINES OF COMMUNICATION WITH THE “TECH TALK.”

Most children report experiencing negative online interactions from bullying and exposure to pornography to grooming by an online predator. Your children need to see you as a resource for their online safety. Let them know that Mom and Dad will ALWAYS know all of their passwords and regularly check on what they are doing to make sure they are safe. Above all, remind your kids that if they make a mistake or see something that seems strange or weird, that you want to help them and they should come to you before the problem worsens. When it comes to digital parenting, remember that today's kids don't know how to make smart decisions unless someone discusses cyber ethics topics with them.





ABOUT SAVVY CYBER KIDS

Savvy Cyber Kids (SCK), a 501(c)(3) nonprofit organization whose mission is to enable youth, families, and school communities to be empowered by technology, recognizes that children may be Digital Natives but are also “Digital Naïves”, who, without intervention, completely lack understanding of the implications of their digital actions. Founded in 2007 by Internet security expert, noted speaker and author Ben Halpert, Savvy Cyber Kids provides resources for parents and teachers to educate children as they grow up in a world surrounded by technology by teaching numerous cyber ethics concepts such as personal Internet safety, bully response, technology balance, digital reputation, privacy, and more. Savvy Cyber Kids is grateful for the ongoing support of its presenting sponsors, Digital Guardian and Ionic Security and for the support of its education series partner, Earthlink.

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4780 Ashford Dunwoody Rd
Suite A-312
Atlanta, GA 30338

SavvyCyberKids.org