



LORI GETZ

CYBER SAFETY EXPERT

"We can't really parent technology but we can parent the behavior."

THE ABC RULES OF TECHNOLOGY

- Ask- Your child needs to ask for permission to use his or her electronic device.
- Bring- Have your child bring you along and show you what he or she will be doing.
- Check before change- Your child should always check before changing activities.

HOW MUCH TIME IS APPROPRIATE SCREEN TIME?

- Does your child have time to use a device or should he or she be doing something else? ie: homework, sleeping, eating dinner with family.
- How is your child's physical health? Did your child move more than he or she sat?
- Does your child's behavior work for the family? Is your child able to turn it off without a fight?

PERSONAL SAFETY

How we keep our body, information and emotions safe.

- Don't give out information that people don't need. (name, address, favorite color, sports teams)
- Don't hide friendships no matter where you meet them. If someone is important to your child, they should be important to you too.
- Technology leaves a shadow even if you delete it. Someone can copy to desktop or take a screenshot.

WHEN SHOULD MY CHILD HAVE A PERSONAL DEVICE?

- Life Event: Reason in life that would warrant use of device. ie: multiple households, walks home from school, late practice.
- Accountability: Able to understand the rules of technology and able to show responsibility for the device. ie: keeping it charged, not losing it.

HELPFUL TIPS

- Keep all family devices in common space or on a multi-device charging station.
- Don't tell your child they have your 100% trust, because your child will fear losing love and support when he or she messes up.
- Do not rely solely on monitoring software to protect your child. The best parental controls are your eyes and ears.
- When explaining the rules of technology draw parallels between the real world and the electronic world. "If I take you to Starbucks, you can't leave without telling me. If you're on YouTube, you can't go browse the internet without telling me."

ADDITIONAL RESOURCES

- Commonsensemedia.org
- The Tech Savvy User's Guide to the Digital World by Lori Getz (Suggested ages 9-13)
- Popular by Mitch Prinstein