

The Essential 8 for Parents of Elementary Students with Electronic Devices

- 1. Electronic devices (iPads, tablets, phones, etc.) should NOT BE LEFT IN children's rooms OVERNIGHT. Instead, gather and charge devices in parents' bedroom nightly.**
- 2. CHECK INTERNET HISTORY DAILY. You might be surprised at what you find, good or bad.**
- 3. LIMIT SCREEN TIME - no more than 20-30 minutes a day, including weekends.**
- 4. BE AWARE of YouTube: how videos load one after another and are not always appropriate (language, content, tone, graphic/sexual images).**
- 5. Always MONITOR SCREEN TIME. Children should never be left alone in a room with a device or computer.**
- 6. Talk with your child about what is PRIVATE/PERSONAL INFORMATION (name, address, birthday, phone number, picture, school) and to never share that information with strangers.**
- 7. Have a discussion with your child about NETIQUETTE and being PRINCIPLED (DO NOT: make fun of people, use bad language, say hurtful/derogatory things about or to a person). It's easy to write something that is hurtful or inappropriate when no one is watching, but that doesn't make it ok. If you can't say something nice, don't say anything at all.**
- 8. Teach your child that if they ever encounter something inappropriate (message from a stranger, graphic image, call from an unknown number, etc.) to TELL YOU IMMEDIATELY.**