

PARENTING In the DIGITAL AGE

Clovis Unified School
District



What is DIGITAL CITIZENSHIP?

Digital Citizenship is the way a person behaves while using technology. Being **SAFE, RESPECTFUL**, and **RESPONSIBLE** while online is important!

How can you encourage healthy and safe online habits at home? Below are some resources!



Did You Know?

Parents of older children are far less likely to monitor screen usage than children ages 6 to 9, but up to 7 in 10 young people report having been cyberbullied online. What can you do as a parent?

- Keep device use in the main living space of the home.
- Look for changes in behavior.
- Create a safe environment for your child to share with you. Overreacting may cause a child to be more secretive, but underreacting might allow bullying to continue.

Parenting Tips

TALK WITH YOUR KIDS

- Stay calm, talk early and often, be open and direct.

EDUCATE YOURSELF

- Search online for anything you don't understand.
- If your child tries new technology, TRY IT WITH THEM.

USE PARENTAL CONTROLS

- Use parental controls on your children's phones, tablets, and game consoles.
- Keep track of your child's screen time and how it is being used.

SET GROUND RULES

- Create a Family Media Agreement.
- Set time and place limits for tech usage.
- Be consistent about enforcing expectations you have set.

SEEK BALANCE

- Friend your kids on social media, but don't stalk them!
- Balance respecting your child's online space and not overdoing it with preparing them on how to be safe and how to behave online.
- Instill in them your values and the importance of a good online reputation.

BE A GOOD DIGITAL ROLE MODEL

- Know when to unplug.
- Model for your kids positive online behavior.
- Balance online communication with face to face time.

Resources

[PBS: Our Kids' Connected Culture](#)

[APA: Promoting Healthy Technology Use for Our Children](#)

[DHS: Parent and Educator Tip Card](#)

Common Sense Media Video: [5 Ways to Stop Cyberbullies](#)

Common Sense Media: [A Parent's Ultimate Guide to YouTube](#)

[10 Surprising Ways to Spot a Great Video Game](#)

Mobile App: [Our Pact](#): Help your child manage screen time!