A Media Guide

August 10, 2017

Test: Am I addicted to internet use?

- Are you preoccupied with the Internet (think about previous online activity or anticipate next online session)?
- Have you repeatedly made unsuccessful efforts to control, cut back, or stop Internet use?
- Do you feel restless, moody, depressed, or irritable when attempting to cut down or stop Internet use?
- Do you stay online longer than originally intended?
- Have you lied to people to conceal the extent of your involvement with the Internet?
- Do you use the Internet as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, and depression)?
- Help for internet addictions:
  - https://www.helpguide.org/articles/addictions/smartphone-addiction.htm

Questions:
1. When is my child ready for a smartphone? No child should have a smart phone before the age of 16.
2. When should I allow my child to go on social media? Most social media websites and apps require that kids be 13 to sign up.

Websites on how to protect your family online
www.facebook.com/OvernightGeekUniversity
fightthenewdrug.org – *Get the facts on Porn.*
www.enough.org – *Get the facts on Porn.*
www.covenanteyes.com – *A great place for resources*
www.theporntalk.com – *how to talk to your kids about porn*
www.protectkids.com – *how to protect kids*
www.mobicip.com – *app browser*
meetcircle.com – *Home filter*
nofap.com – Help for people who struggle with porn

<u>Your Child is a TARGET:</u> According to the FBI, while electronic chat can be a great place for children to make new friends and discuss various topics of interest, it is also prowled by computer-sex offenders. Use of chat rooms, in particular, should be heavily monitored. While parents should use parental controls provided by their service provider or blocking software, they should not totally rely on them. Other elements equally as important are communication, observation and accountability

Home Filters
- Circle by Disney cost $99 and well worth it.
- Each person has individual access with individual controls
    - Set up time controls
    - Set up app controls
    - Give permission for guest

Iphone, Ipad, Ipod (If the device leaves your home ever, it needs a filter)
- There are many Family Friendly browsers, but there is nothing available for IOS that monitors all search engines or apps. I recommend the full version of *Mobicip.* Remember, unfiltered browsers are often only one click away through another app.

- No matter what browser you use, you MUST setup restrictions with Ipod, Iphone, and Ipad. Disable Safari, depending on the age of the child disable adding apps, disable deleting.

- If you have a Circle Home Filter by Disney there is Circle Go. Circle Go is improving for IOS products. When working correctly, Circle Go will monitor devices on any Wi-Fi or mobile service.

Android Phones and Devices

- If you use Disney Circle, I recommend Circle Go. Circle Go works great to monitor devices on any Wi-Fi or mobile service.

- If you do not use Disney Circle at home, I recommend the full version of Mobicip for all android devices.

Game Consoles

Set up parental restrictions in your game consoles. Most game consoles have a browser that can be blocked. Many children's games have chat rooms that are a hangout for sexual predators – stay alert, stay involved.

Safe Practices for Children Online

1. Set up house rules that adults and children agree to.

2. Talk openly with your child about the potential dangers online.

3. Help your child understand what sexual victimization is and do not be afraid to use specific examples.

4. Surf with your child and find out what type of websites they enjoy visiting.

5. Avoid having the computer or <u>any media</u> that has access to the web in a private place. If your child is in a common room in the house when online, the ability to engage in undesirable activity is reduced since the screen can be viewed by anyone in the house.

6. If your child uses internet outside the house, ie., school, library, friend's house, relative, neighbor, etc…, find out what type of controls and safeguards are used in that home. YES, BE THAT PARENT - ASK THE DIFFICULT QUESTIONS.

7. Teach your child the responsible use of the resources on-line. There is much more to the on-line experience than chat rooms.

8. Keep an accountability rule in the home: If a child is on an electronic device a parent has the right to view it on the spot.

9. When you have guests who are children at your home, be aware of who has a smart phone. If children are spending the night, collect ALL electronic devices that have mobile service.

Instruct your children

1. Not to meet anyone face-to-face whom they have met online without parental involvement.

2. Not to upload or post pictures of themselves on the Internet to people who they do not personally know.

3. Not to post or give out personal information which could identify them to a stranger such as their name, home address, school name, or telephone number.

4. Not to download pictures from an unknown source.

5. Not to respond to messages or bulletin board postings that are suggestive, obscene, belligerent, or harassing.

6. Not to believe everything they are told online.

Sample Internet agreement

It is important that your internet agreement reflect the age of your children. Never forget that proper communication in your home is more imperative than a list of rules (Rules without relationship = rebellion).

1. No computer/internet/games/phone, etc… until all homework is done and it is after 3:30 pm.

2. Phone stays home when?

3. All email accounts, social networks, groups, etc… will be made known and a list of current passwords will be given.

4. We will look at the electronic device together at any time.

5. I will keep my parents as "friends" on all social networks (it is up to you to tell us).

6. I will not friend/follow people I don't know.

7. I will not give my address or where about to anyone on any social media.

8. I will not post/ send pictures that I would not want my grandma to see.

9. I will not spend more than 2hrs on the my device a day.

10. All internet use will be in a public space.

11. No computer/internet after 9 pm on school nights or 10 pm on weekends. Electronic devices will be turned in every night.

I have read these rules and I understand them and agree to follow them.

Name:_____ Date: _____