

Technology During Distance Learning



Presented by SCUSD Wellness
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Technology isn't all bad...



Stay connected to loved ones even when you can't physically be together



Helps build community



Easier to research different things or learn a new skill



Allows learning to continue during the pandemic



Share information across the world



Helps with social activism

Family Bonding Activities Using Technology

- Movie night with one screen
- Create a photo album
- Play a video game with your child
- Facetime with loved ones
- Create virtual greeting cards or videos for loved ones
- Do a virtual race together
- Find a cause together you want to support



Common Sense Media

✓ common sense media®

Find movies, books, and more...



Movies & TV

Books

Apps & Games

Parents Need to Know

Latino

Research

Abou

Reviews for what your kids want to watch (before they watch it)

Trusted ratings created with families in mind.



Movie

✓ age 13+ ★★★★★

TEENS



Movie

✓ age 13+ ★★★★★



TV

✓ age 14+ ★★★★★

Common Sense Media Family Agreement

COMMON SENSE MEDIA

Family Media Agreement



I, _____, will:

... take care.

- I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- _____

... stay safe.

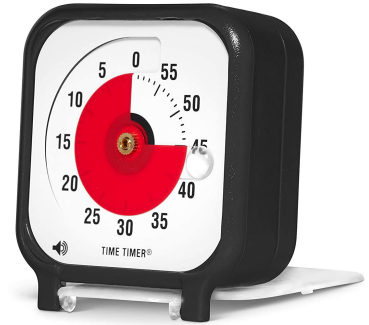
- I will not create accounts or give out any private information — such as my full name, date of birth, address, phone number, or photos of myself — without my family's permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.
- _____

... think first.

- I will not bully, humiliate, or upset anyone online — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will stand up to those who do.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.
- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- _____

Setting Boundaries with Technology

- No screens an hour before bed
- 1 hour of movement outside preferable
- All TVs and devices in a main living area
- Device basket for meal time
- Set a timer on apps, etc.
- Have the kids watch a movie in the main room versus playing video games or being on social media when you cannot monitor them
- Use it as a motivator/privilege versus something expected



Social Media: Wait Until 8th

According to a [New York Times piece](#), many technology executives wait until their child is 14 before they allow them to have a phone. While these teenagers can make calls and text, they are not given a data plan until 16. If leaders of digital giants like [Google](#), [eBay](#), [Apple](#) and [Yahoo](#) are delaying the [smartphone](#) then should this not give us pause?

Smartphones Increase the Risk For:

- Being cyberbullied
- Viewing inappropriate content
- Depression + anxiety
- Impaired sleep
- Academic distraction
- Less connected relationships

[Source: Wait Until 8th](#)

The New York Times

Steve Jobs Was a Low-Tech Parent



Social Media

- Sign up for the apps they have
- Follow [#SocialNetworkSavvy](#) to get more tips on Instagram
- [Wait for 8th](#) is a great resource



10 Apps Kids Use that Parents Need to Know

About

1. HIP

You know the old saying “don’t judge a book by its cover?” Well, that is the case for **Hide it Pro (HIP)**, an app disguised as a music manager, but really it’s meant for hiding anything from photos and videos to text messages and other apps. The name is pretty straightforward in the app store, but on your screen it simplifies to HIP to add to the clever mask. The user sets a pin code and can then move files to the app and remove them from the phone (i.e., photos, messages, etc.). This, and similar hidden “vault” apps, helps kids hide inappropriate material from their parents.



2. Calculator+

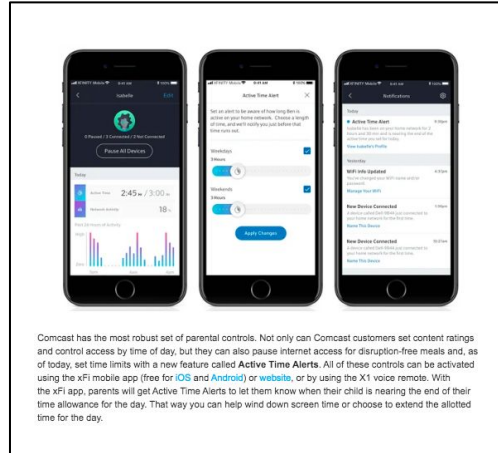
Same concept, but **this app** has a calculator icon posing as something it isn't. The calculator actually acts as the password input (PASSCODE followed by %), which reveals hidden photos, contacts, browser history, and passwords. Again, the name 'secret calculator' is straightforward in the app store, but the app appears as calculator+ once it's downloaded to the user's phone, to help minimize suspicion and hide the purpose from concerned parents.



Other apps that allow users to hide content include: **KeepSafe**, **HPS**, **SA**, and more.

Parental Controls

- [Family safe browser](#) ([video](#))
- Schedule [Wi-fi to shut off](#) at certain times ([Xfinity](#) video)
- [Do your parent controls research](#)
- [YouTube restriction mode](#)
- [View search history](#) (<chrome://history/>)



Set Up Safe Helping parents keep their children safe online. InternetMatters.org

We've designed a simple checklist to give you peace of mind regarding your child's safety on the Internet. Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.

Get started

- Set parental controls on your broadband to prevent your children seeing things they shouldn't.
- For smart phones check parental controls are also set up on the mobile network.

Set up the device safely

- Use the device setting so you can only download age appropriate apps and games.
- Disable location services so your child doesn't unintentionally share their location with others.
- Set up password control or disable in-app purchasing so big bills are not run up accidentally.
- Download age appropriate apps you're happy for your child to use.

Talk about staying safe

- If your children are 8-10 years old, download our parent / child Internet Matters app to help you talk about e-safety issues in an interactive way.
- Be aware of key issues and how to discuss them with your children so they know how to stay safe online.
- If your child is using social networking apps check their profile and privacy settings, making sure they are not sharing personal or private information with people they do not know.



**Thank You
So Much!**

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More Resources

[Digital Resilience Toolkit](#)

[Social Media Toolkit](#)

[Guide to Apps](#)

