

Family Resources and Conversations on Technology

How do I keep up with what my child is experiencing? Here are some online resources for parents:

- Common Sense Media: A comprehensive website for families' healthy technology use, topics for parents include such issues as mental health, character development, screen time guidelines, cell phone parenting, and safety.
- Screenagers: The documentary "Screenagers" is a deep dive into the digital social lives of adolescents and has led to multiple documentaries and extensive online resources.
- <https://www.missingkids.org/netsmartz/home> - This site offers content for youth of all ages and their parents on technology use. They have great information on preventing sextortion and sexting, as well as the entire process of reporting it and getting help.
- <https://report.cybertip.org/> - Tipline for reporting sextortion or sexual exploitation, run by the National Center for Missing and Exploited Children. Have your child bookmark it on their devices and teach them to report. Site includes the "Take It Down" service that removes sexually explicit photos of minors from the internet.

Reflection Questions for Parents:

What are some of the positive ways your child uses technology?

Which family values currently are supported by the way you and your family members use technology?

What are your goals for your child(ren)'s technology use in terms of safety? Connection? Edification?

Prompts for conversation with your child may include:

- What are your favorite apps? Sites? Games?
- When you have 5 minutes of downtime and you go on your phone, where do you go first?
- What rules for yourself do you use in order to stay safe online? Connect to others in a healthy way?
- Where do you go online to learn something new?
- What have you seen online lately that inspires you? Upsets you? Shocks you?
- What are examples of respecting boundaries online? Not respecting boundaries?

- What can you do if someone is mean to you online? What can you do if someone is mean to another person online? (See if they understand how to block and report.)
- What is private information vs. public information?
- Can you show me what _____(app, site, etc.) looks like or how it works? I heard about it, but I haven't seen what it's like.
- Let me show you my apps/phone. What would you say about me if you just saw my phone but didn't know me? What's important to me?