Parenting in a Digital Age

Kids & Technology: The Good, The Bad & The Ugly

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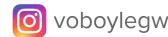
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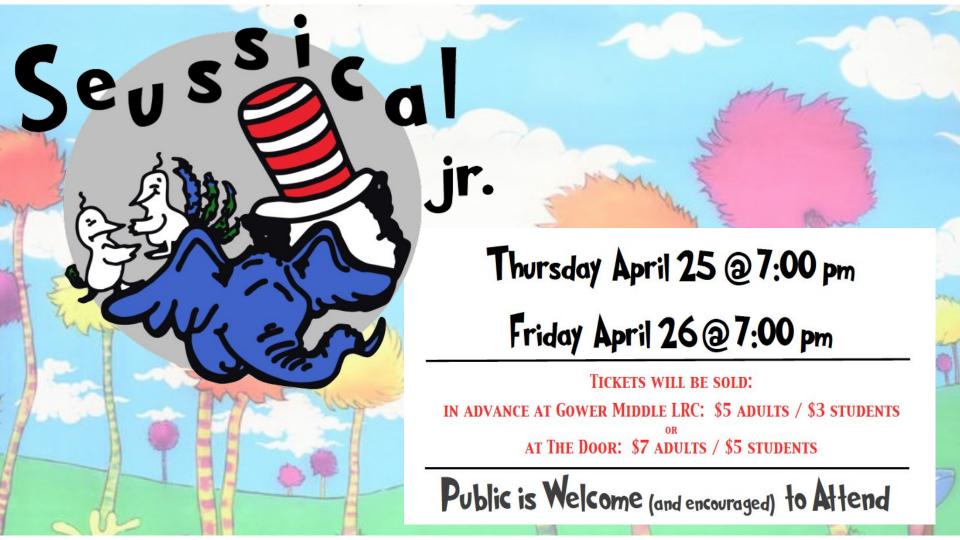
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Does it make you better?

Self-Regulation

80% Rule



Who is Vicky?

Morning

- □ Get dressed
- Eat breakfast
- Put lunch box and Brush your teeth snack container in Laundry into shoot Let Fancy out
- Place notes from your Put your lunchbox folder in basket and snack in your
 - Read 10 minutes (1 Raz Kids book & questions)
 - ☐ Math 10 minutes (2
 - ☐ Complete homework

Once completed, you Once completed, you earn one 15 minute earn one 15 minute technology ticket! technology ticket!

Afternoon

- ☐ Hang up coat and backpack Put shoes away
- □ Pack school bag ☐ Clean off kitchen
- ☐ Put on pajamas ☐ Put laundry in shoot

Evening

- ☐ Brush teeth
- ☐ Floss teeth
- □ Read 10 minutes

Once completed, you

earn one 15 minute

technology ticket!

TECHNOLOGY TICKET 15 MINUTES OF SCREEN TIME

TECHNOLOGY TICKET

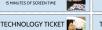
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TECHNOLOGY TICKET

15 MINUTES OF SCREEN TIME





Who is Vicky?

Year 1: Grades 2, 3, 4

Year 2: Grades K, 1, 2, 3, 4







Can make a good Impression online

I can earn online

I can Evaluate content online

I can be



ccountable for my behavior

I can be responsible for my



ata and Privacy

Who is Kevin?





Who is Kevin?







5th Grade Computers Curriculum

Keyboarding

Hacks & Phishing

Copyright Awareness

Becoming Good Digital Citizens Credible & Reliable Sources

Cybersafety

Google Apps & Searches

* Also... new 'i3 Essentials' Class for 5th Graders



Technology is omnipresent and integral... but it is, ultimately, a tool.



And the decision to use technology should be based on if it's the right tool for the job.

Assumptions About Kids & Technology

A child's Social Media account and online usage is none of my business.

Blue Light doesn't impact a child's sleep habits.

Children understand what is right and wrong with apps/games

All Screen Time is bad

"Technology isn't black and white, and no matter what we do, we can't slow down the reliance on technology—we can only control our own behavior. Technology in the future could be even more of an issue and challenge than it currently is... " Richard H. Thaler; Cass R. Sunstein. Nudge:

Improving Decisions About Health, Wealth, and Happiness. Kindle Edition.

"... Like most things in life, balance is key, and everyone's situations are different that there isn't a perfect, one-size-fits-all solution. There are a number of ways we can balance our use of technology and our wellbeing, and it can look different for everyone."

> Jacob Morgan. "Is It Possible to Balance Our Technology Consumption?" *Jacob Morgan*, 20 July 2017, thefutureorganization.com/possible-balance-technology-consumption/.

Who Are You?

- Briefly Describe your Kids& Family
- Talk about your Own Tech Use
- Discuss your thoughts on your Children's Tech Use
- Anything else you'd like to share?







The Ugly





The Good



"You can nudge your kids' relationship with digital technology in a more healthful direction, but warning: It's going to require parents to change, too."

Hobson, Katherine. "Trying To Get The Kids To Put Down Those Phones? Here's Help." *NPR*, NPR, 14 Sept. 2016, www.npr.org/sections/health-shots/2016/09/14/493919532/trying-to-get-the-kids-to-put-down-those-phones-heres-help.

Things to (possibly) Consider:

- Be aware that not all tech is the same.
- Think about the role tech plays in your family.
- Model good behavior, online or off.
- Have tech-free zones and times.
- Let them learn from themselves.
- Keep watch for signs of serious trouble.

Parent Resources







Parenting in a Digital Age

Further Discussion

What's On Your Mind?

In the News...

Texting and Emoji Slang
Thoughts on Blue Light
Children's Media and Advancement Act
Expansion of COPPA

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And Remember...

Do the best you can until you know better. Then when you know better, do better.

Maya Angelou

And Also Remember...



Voltaire



Spiderman

"With great power comes great responsibility."

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