

FAMILY MEDIA KIT

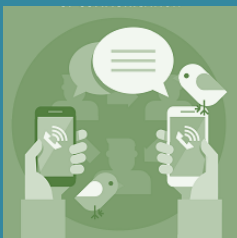
ParentingPathway.org



Family
Media



Cell
Phone

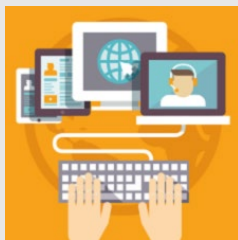


Social
Media

Family
Media
Kit

Family
Guidelines

Sample
Contracts



Family Media

Technology Timeline

Babies First Year

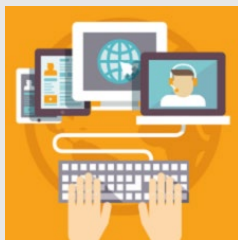
- Use technology to connect to other adults such as FaceTime, skype, etc. for grandparents and extended family.
- Use technology to take photos and share with family and friends (You can no take to many pictures of this phase – it is so short.)
- Use apps to help organize your schedule, track records, growth and developmental milestones.

Preschool Years

- Teach good technology habits i.e. No drinks by the computer, no tablets in the bathtub, lets turn the TV off now, etc.
- Talk openly about how you use technology (I am texting Grandma a question.)
- Establish Screen Free Zones – Keep activities in your car, diaper bag, kids backpack that are not technology related. (Coloring book, paper and crayons/markers, cookies sheet and magnetic letters, touch and feel board books, etc.)
- Use technology for teaching, introducing early reading skills, match concepts, counting and sorting. (ABCMouse.com, PBS Kids, Monkey Kids Lunchbox)

Early Elementary Age Kids (K-4)

- Establish internet safety guidelines for your family. (Never Google, Youtube, or talk to Siri without a parent. Never share your personal information, phone number, address online, etc.)
- Engage with technology and use it to enhance your conversations. ("I don't know but we can look that up together." Let me see what you are doing? Let's play that game together.)



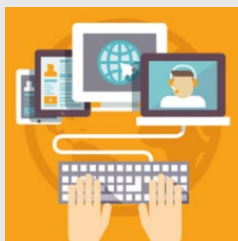
Family Media

Older Elementary/Preteen (grades 5-8)

- Your goal is not to take away privacy, but to work toward privacy. Focus on the shared goal of a healthy and positive relationship with technology.
- Collaborate on expectations, rules and consequences. (What do you think is a healthy amount of time online?)
- Let them become the expert and us that to expand your conversations. (Can you help me figure out how to...? I saw this video and I thought of you.)
- Know the age restrictions on Apps and social media platforms, and follow those guidelines.

High School (grades 9-12+)

- Know your child, not every child is ready for total online privacy in High School, but continue to test the boundaries allowing more freedom as it is earned.
- Communicate with your teen in their preferred format. Most teens would prefer to text than to talk on the phone.
- Share the THINK acronym when posting online, and remind them that even if they think it is private it is not.
 - T – True?
 - H – Helpful?
 - I – Inspiring?
 - N – Necessary?
 - K – Kind?
- Share your technology world with your kids. Show them how to pay bills, track finances, manage your calendar, etc.



Family Media

Communication:

- Establish an open environment with your family so they are comfortable talking about any and all exposure issues.
- Practice your responses!
- Be careful not to project shame regarding accidental exposure to explicit material.

Managing Family Media:

- Model good habits regarding your personal media usage.
- View media together as a family.
- Set reasonable limits for family media time.
- Establish media-free zones in your home that apply to every family member (including parents).

Internet Safety:

- Have your children ask you before they go online.
- For your younger children, do internet searches together, discussing safe practices for searches.
- Avoid letting your kids view internet devices in isolated places.
- Explain to your children that they should never give away personal or location information online.
- Put filters and time limits on all devices that connect to the internet.



Family Media Agreement

I, _____, will:

... take care.

____ I will take care of the device I'm using and tell my family if it is 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 the device with my own money or it was a gift, I understand that the device belongs to the family members 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 will 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.

____ I know that whatever I share online can spread fast and far, so 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, and see online is true. I will consider whether a source or author is credible.



Family Media Agreement

... stay balanced.

____ I will help my family set media limits according to the level of trust I have earned and my schedule. I will then follow those limits.

____ I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities and people in my life.

____ If using media or being online makes me unhappy or it's hard to stop, I will take a break and talk to a family member.

... communicate openly.

____ I will talk to my family about what media I use and what I do online and answer any questions they have openly and honestly.

____ I will tell my family if I am struggling with media use and have made a mistake online, or if I need help.

In exchange, my family agrees to:

____ Recognize that media is a big part of my life, even if they do not always understand why.

____ Talk to me about what worries them and why before saying "no."

____ Talk to me about my interests, embrace my world, and help me find media that is appropriate and fun.

Signed by:

Signed by Parent or Caregiver



Cell Phone

Communication:

- Take time to carefully consider at what age your child is ready for a phone. The decision is more related to their maturity than their age.
- Consider stair stepping phone technology by starting simple (voice and text only) and adding more features later.
- Be sure your child understands that because you are providing the phone and paying the bill, it is your phone. You are allowing them to use it as long as they follow the agreement.

Managing Media:

- Lock store apps so your child cannot download apps without your approval and private password.
- Be sure you have the username and password to ALL applications on their phone.

Phone Safety:

- Set time limits on the phone.
- Have filter and monitoring applications on the phone.
- Set a family charging station away from the kids' bedroom and somewhere it will not be easy to sneak away with the phone.
- Establish technology-free zones for everyone in your family and limit their ability to use their phone in isolated spaces.



Cell Phone Contract

... usage.

____ I will plug my cell phone in _____ by ____ p.m. on school nights and ____ p.m. on the weekend.

____ I will always have my cell phone turned on when I am out with friends.

____ I will always answer calls or texts from my parents.

... etiquette.

____ I will not use my cell phone during family meal times or other family times.

____ I will not text or use my cell phone in school unless allowed by the school and teacher of my class.

____ I will not look at my phone when I am talking to someone in person.

____ If I am asked to stop using my phone or give it to my parents, I will do so without drama.

... standard of behavior.

____ I will never delete or hide anyone's messages from my parents.

____ I will never share personal information such as name, address, phone number, school, etc.

____ I will never send, forward, or respond to mean or threatening messages.

____ I will never buy or download anything without my parents' permission.

____ I will never give my passwords to anyone but my parents; they will have access to all of my passwords.

____ I will never join social media networks without permission.

____ I will tell my parents immediately if something on my phone is inappropriate.



Cell Phone Contract

... consequences.

____ I understand that I risk the following consequences from violating any of the terms in this contract.

1. _____
 2. _____
 3. _____
 4. _____
- _____

... lost, broken, or stolen devices or accessories.

____ I understand that the following rules will apply if my phone or accessories are lost, broken, or stolen.

1. _____
 2. _____
 3. _____
- _____

In exchange, my family agrees to:

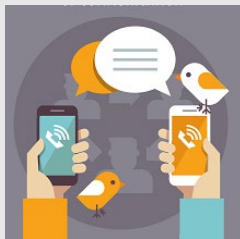
____ Recognize that social media is a big part of my life, even if they do not always understand why.

____ Talk to me about what worries them and why before saying "no."

____ Talk to me about my interests, embrace my world, and help me navigate social media that is appropriate and fun.

Signed by: _____

Signed by Parent or Caregiver _____



Social Media

Communication:

- Help your kids understand that people most often post what they want others to see about their lives. What they see is not always a true representation of life.
- Let your kids know that you will follow them and their friends on all their social media accounts (*limit your likes and comments*).
- Talk about what is appropriate to post and what is not.
- Regularly review their newsfeeds together, talking about who they follow, who are their influencers, and why.

Managing Social Media:

- Practice good boundaries for use and posting etiquette. Limit the amount of times each day you and your child spend on social media.
- Establish clear definitions for “appropriate” and “inappropriate,” and leave the door open for further discussion as your child gains more experience online.
- Be sure you have the username and password to ALL accounts and social media profiles.

Social Media Safety:

- Install monitoring apps that will tell you if your child is being bullied or is bullying, using inappropriate language, or talking about harming themselves or others.
- Turn privacy settings on and location settings off.
- Review with your child that you do not allow ghost accounts, anonymous profiles, or private accounts.



Social Media Contract

... setting up accounts.

____ I will ask my parents' permission before joining any social media network.

____ I will allow my parents to set my privacy and parental control settings on ALL of my accounts.

____ I will give my parents my passwords to all my social media accounts, and I will not share my passwords with anyone else.

... sharing.

____ I will not post or share my full name, age, address, school, interests, or other personal information without my parents' permission.

____ I will not post or share photos of myself without my parents' review prior to posting.

____ I will not post or share photos of my family or friends without their permission.

____ I will not post or share offensive or inappropriate images, language, video, or other content.

... standard of behavior.

____ I will not accept requests from people I do not personally know.

____ I will not meet anyone in person who I have met through social media.

____ I will not engage in online bullying, including making unkind comments.

____ I will let my parents know if I am being bullied online.

____ I will meet academic standards set by my parents or risk losing social media privileges.

____ I will follow my parents' rules regarding time limits for online use.



Social Media Contract

... consequences.

____ I understand that I risk the following consequences from violating any of the terms in this contract.

1. _____
2. _____
3. _____
4. _____
- _____

In exchange, my family agrees to:

____ Recognize that social media is a big part of my life, even if they do not always understand why.

____ Talk to me about what worries them and why before saying "no."

____ Talk to me about my interests, embrace my world, and help me navigate social media that is appropriate and fun.

Signed by:

Signed by Parent or Caregiver



Monitoring and Filtering

Following is a list of current parental control filtering and monitoring applications. They range in coverage, complexity and cost. It is ideal to test a few to find what works best for you and your family. Your needs will evolve as your family matures. Continue to share information with you parenting community and subscribe to any of the following tech newsletters to stay up to date.

Common Sense Media – They rate movies, TV shows, books, and more so parents can feel good about the entertainment choices they make for their kids. They have a huge library of content and a good weekly newsletter.

Screen Savers and TechtalkTuesday weekly email in the latest technology trends, risks and applications. It focuses a lot on teenager issues so probably better if your kids are a little older

Internetsafety101.org is a multi-media Internet safety resource designed to educate, equip and empower parents, educators and other adults with the knowledge and resources needed to protect children from Internet dangers including pornography, predators, cyberbullies and threats related to online gaming, social networking and mobile devices.



Monitoring and Filtering

BARK, covers text messaging, YouTube, email, and social media platforms and apps. You'll get automatic alerts to signs of cyberbullying, depression, online predators, adult content, and more.

Netnanny.com, Net Nanny boasts customizable web filters along with solid screen time and app blocking features, but it's a bit pricey and suffers from a sub-standard web interface.

Qustodio.com, Most parental control software is aimed at Windows users, but Qustodio (think 'custodian') is also available for Mac, Android, iOS, Kindle and Nook. The free version is one of the most comprehensive parental control apps around, enabling you to set rules and time schedules, block pornography and other unsuitable content. If you go for the paid-for version, you'll also get SMS monitoring, social media features and per-app controls. Its raft of features and support for a wide range of platforms make Qustodio the best free parental control software.

Kaspersky.com, Kaspersky Safe Kids is a full-featured, affordable parental monitoring system for desktop and mobile platforms that doesn't impose limits on the number of devices you can monitor.

K9 Web Protection, This is one of the best free parental control apps. If you want to monitor your kid's phone activities, then choose the K9 Web Protection parental control app. It is currently compatible with various OS such as Windows, Mac, Android, and iPhone. Features of K9 Web Protection such as: real-time location, set time restriction, block various social app and websites.

Covenanteyes.com, Filtering software that can be used to help block graphic content, instant messaging, file sharing, sidebar advertising and click through ads and other protocols. Finally, you can decide which members may or may not override the filter while keeping the accountability feature active. Covenant Eyes Software is downloaded to a computer, iOS and Android mobile devices.



Monitoring and Filtering

Life360.com, is a family communication, location and alert app for smartphones that allows users to share their locations with each other. Once set up on a phone, Life360 allows the administrating phone to set geo-fences defining chosen areas.

family.mcafee.com, McAfee Safe Family offers several standard parental control tools and can monitor an unlimited number of PCs and phones. Kids can easily get around it, however, and it's expensive.

OpenDNS.com, OpenDNS Home VIP applies parental control and monitoring at the network level, for all your devices, and its essential features are available for free. Consider using it in conjunction with a more conventional parental monitoring tool.

