



Cyber Sensible, LLC
Manage Your Digital Life

5 Tips for Digital Parents

• Know What Apps Your Teens are Using

Snapchat, YouTube, Instagram, Fortnite, HouseParty and TikTok are really popular. Know what your kids use and learn about the app, how connections work, how your child uses it and what the dangers are. Make certain your child knows and uses the available privacy settings, reporting and blocking mechanisms. Apps without functional safety settings are off limits.

• Use Privacy and Safety Settings on ALL Devices, Apps and Games

Understand the content restrictions and privacy settings on devices (phones, tablets, gaming systems) your kids use. Use the appropriate setting for your child. Remove geotags from camera and photos, especially if sharing on social media. Limit location sharing and other tracking on mobile devices, except for family sharing. Use safe search filters on Google and other browsers.

• Discuss Standards for Online Behavior

Do not over share. Think before you post. Stay positive online, create a supportive community. Do not post personally identifiable information i.e. address or school. Do not connect or engage with strangers or bullies. Block unwanted attention. Keep passwords private! No sexting!

• Review Tech Etiquette

Do not share news or photos of others without permission. Do not allow tech to distract from in-person interactions. Limit notification sounds in public. Adjust distracting tech notices while studying. Don't say anything online you would not say in person. Use the best medium for a message.

• Model Good Digital Habits

Be an example for your child. Balance tech use at home. Use screen time digital health tools. Know when to unplug! Do not over share about your child online! Do not text and drive. Do not allow tech to distract from family time. Shut off devices at night.

Cyber Sensible, LLC

Cyber-Sensible.com

denise@cyber-sensible.com

FB & IG: @CyberSensible Twitter: @DeniseLDeRosa

Digital Parent Checklist

- ✓ Discuss Standards of Online Behavior and Rules for Connecting – **Digital Tattoos**
- ✓ Use Privacy and Safety Settings
- ✓ Get on Social Media
- ✓ Choose Content Wisely
- ✓ Watch / Listen / Play Together
- ✓ Be a Positive Digital Role Model
- ✓ Set Tech-free Times / Zones





Be a Smart User of Smart Tech

Best Self

-Present the best of yourself online

Engage

-Connect with positivity on social media

Safe

-Use privacy and safety settings wisely

Mindful

-Think before you post, re-tweet or 'like'

Authentic

-Be true to who you are

Restrained

-Not everything needs to be shared

Trust

-But verify, investigate the source



Cyber Sensible, LLC
Manage Your Digital Life

Cyber-Sensible.com