# Keeping Kids
TECH-SAFE

Kindergarten to 5th

Screen Time

- ▶ Screens include televisions, computers, iPads, tablets, iPhones and SmartPhones
- ▶ Create **screen-free zones** in the house
- ▶ **1-2 hours per day** of high quality content screen-time
- ▶ **Eliminate** all screens in kid's bedrooms
- ▶ No multi-tasking (i.e. iPad while watching TV)
- ▶ Check reviews and ratings on **commonsensemedia.org** for TV shows, apps, movies and video games
- ▶ Turn on **Guided Access** on iPhones and iPads to lock one app at a time to limit distractions
- ▶ Watch exposure to ads on TV and internet
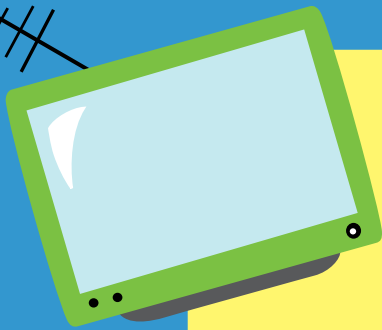
SECURE INTERNET

- ▶ Have a **parent-only password** for every computer
- ▶ Install parental control software like **opendns.com** or **Norton Online Family**
- ▶ Turn on **Safe Search** on Google for every computer and device
- ▶ Use **bookmarks** for safe websites that kids like
- ▶ Use web security to block inappropriate websites

Online Safety

- ▶ Establish rules for appropriate instant messaging and chatting online
- ▶ **Limit online talk** to friends and family your child knows well
- ▶ **No private information** given out online
- ▶ Be a **trusted adult** your child can come to if something inappropriate or creepy happens online
- ▶ Avoid banning them from the computer because they will be less likely to come to you again

Digital Footprint and Privacy

- ▶ Establish a **Gatekeeper** for all online forms and downloads
- ▶ The internet is written in pen, not pencil. Things stay forever.
- ▶ Use the **Golden Rule** online – Choose words carefully
- ▶ Never give out full name, social security number, birthdate or address
- ▶ **Three rules** for their digital footprint:
  - ✔ Be nice to others
  - ✔ Don't say mean things
  - ✔ Think critically about information
- ▶ Teach kids that advertising online is targeted

FIND A BALANCE

explore, enjoy, communicate & create

safety & protection

Family Media Contract

- ▶ Printable contracts by age available at **commonsensemedia.org**
- ▶ Sign contract for **each child**
- ▶ Rules apply at **other houses as well**

Remember to join the fun!
Watch, listen and play with your kids!