

SCREENAGERS PARENT RESOURCES HAND OUT

Screenagersmovie.com

The Screenagers Parent Toolkit

<https://drive.google.com/file/d/oB2-iQWVacthVdjFpNzhXUodfRzQ/view>

The Screenagers "Tech Talk Tuesday" Blog

<https://www.screenagersmovie.com/tech-talk-tuesdays/>

And many many more great tools, resources, and tips can be found on their site.

RESOURCES for further education for parents and families

Common Sense Media

<https://www.commonsensemedia.org/privacy-and-internet-safety#>

"To help kids maximize the Internet's benefits -- while minimizing the risks -- we offer the latest research, tips, and tools on what really keeps kids safe. Which [privacy settings should you use](#)? What are the [ins and outs of parental controls](#)? Get tips on everything from the basics, such as [smart usernames](#), to the big stuff, such as [appropriate sharing](#)."

Internet Savvy Training

Human Services and the Alberta government have developed a new resource on Internet safety for children, teens, parents and caregivers. The Internet Savvy training provides information on the ways that children and youth are engaged with the Internet, as well as practical information, tips and tools to keep children and youth safe online.

<http://www.humanservices.alberta.ca/abuse-bullying/internet-savvy-text.html>

Kids Health – Internet Safety

<http://kidshealth.org/en/parents/net-safety.html>

What's in this article?

- Internet Safety Laws
- Online Protection Tools
- Getting Involved in Kids' Online Activities
- Basic Rules
- A Word of Caution
- Warning Signs

Kids Health – Teaching Kids to Be Smart About Social Media

<http://kidshealth.org/en/parents/social-media-smarts.html>

What's in this article?

- The Good
- The Bad
- Concerns and Consequences
- What Parents Can Do
- Make It Official

Helpful APPS

5 best apps to protect teens, kids online

<http://www.ksl.com/?sid=27523504&nid=148>

App Certain

Cost: Free

App Certain will email parents when their child downloads a new app, and will provide an analysis about that app like if the app has expensive in-app purchases or accesses your contact list. Parents can also utilize a "curfew mode" which gives the remote access ability to turn off their children's access to their apps and games.

Norton Family Parental Control

Cost: Free (\$50 option)

The free version allows users to see which websites their kids are visiting from their computer or mobile device and allows parents to block specific sites. Users also can receive a 7-day history of their child's online activities. For parents worried about cyber bullying, the paid version installs on all computers in the home and android phone users can see their child's text messages.

K-9 Browser

Cost: Free

K-9 Browser is a top-rated browser that individuals can use instead of the Internet Browser that comes with a phone service. The app will block adult content. It's available for the iPad, iPhone, iPod, Android and desktop computer.

Mobile Watchdog

Cost: \$5 per month

Mobile Watchdog allows users to monitor all cell phone activity on Android devices — text messaging, application use, and browsing use. The app will send you an email of a child's mobile phone activity.

Net Nanny

Cost: Apple: \$4.99; Net Nanny social: \$20; Android: \$12.99

Net Nanny has mobile monitoring services for Android and Apple that will help block adult content. It also offers Net Nanny Social which allows their software to screen for cyber bullying or unsafe activity. If anything unsafe is detected, parents receive an alert. Parents can also login and see all social media activity in a dashboard

RESOURCES for preventing and addressing pornography exposure/addiction

Covenant Eyes

<http://www.covenanteyes.com/>

What is Covenant Eyes?

"Porn thrives on shame and secrets. Our [Internet Accountability service](#) is designed to help you overcome porn by monitoring your Internet activity and sending a Report to a trusted friend who holds you accountable for your online choices."

Fight the New Drug

Parent Guideline - **FREE DOWNLOAD**

<https://store.fightthenewdrug.org/products/the-guideline-pdf>

"After doing hundreds of presentations around the country, and receiving thousands of emails from teens all around the world, Fight the New Drug has taken that feedback, combined it with research, and produced this booklet, *The Guideline: A Parent's Guide to Addressing Pornography with Children*. Let's be honest, parents. Youth in the world today are facing issues that you and your parents never even imagined when you were growing up. When you were young, if anyone wanted porn, they had to look pretty hard in order to get their hands on it. Today, your children can view limitless amounts of it with one click of a mouse. So if you currently have teenagers, are about to have teenagers, plan on having teenagers someday, or just want to help youth in general, reading this guide will provide you with powerful tools and insights for dealing with pornography in today's world."

Fortify

<https://www.joinfortify.com/>

Join tens of thousands of others in over 155 countries who are overcoming pornography.

RESOURCES to bring the conversation HOME...

Discussion questions to inspire parents and kids to talk tech:

1. How do you think screen-time use differs between all of us in our family?
2. How do you find a balance between school, family time, and screen time?
3. What is an example of something in your life you used to not have much self-control around, but now do? What are examples of when you tell yourself you should get off a device but find it hard to have self-control?
4. Did you know about "fake likes?" How do you feel when something you post gets "liked" by others? Do you care if they are real likes or fake likes? Why or why not?
5. What is your absolute most favorite thing to do regarding tech time? Least favorite?
6. How often do you think your screen-time use is productive versus a "waste" of time?
7. Do you believe in screen-time restrictions? Why or why not?
8. What did you think of these facts in the film—
 - Kids spend on average 6.5 hours a day on screens and that does not include classroom or homework screen time.
 - The study that shows that baby mice exposed to screen time develop fewer cells responsible for memory and learning than non-exposed mice. Do you think this finding could also be true for humans?

...And to make CHANGES

Covenant

The next two pages are sample agreements that you can use right now in your family. You can consider this a contract, a "user agreement," or a "covenant," whatever language works best for your family. In addition, customizable templates are available at www.screenagersmovie.com.

Really Important Stuff:

- Have each person list what s/he sees as negotiable and non-negotiable. Then, discuss each item and agree first on the non-negotiables.
- Next, tackle the negotiable items by truly hearing each person out and weighing the pros and cons of their perspective against your goals.
- Once the contract is established, write it up and post or store it in a place where everyone involved can reference it.
- Determine reasonable consequences for breaking the contract, and rewards for adhering to it.
*** Research shows that kids respond better to positive consequences than negative ones.
- Periodically refer to the contract and discuss how everyone is doing. These conversations are key—they help everyone to become more mindful.

FAMILY DIGITAL COVENANT OF CONDUCT

I understand that my use of a computer/cell phone is conditional on following these rules. . .

- ❖ I will agree to follow my parents' guidelines for when and how I use the computer and other devices. I will not seek out, access, look at, download, copy, post, or send any inappropriate content, photos, or other material.
- ❖ I will obey all online age limits.
- ❖ I will not give out any personal information including my address, birthdate, social security number, passwords, phone number, or picture.
- ❖ I will not publicly post where I am during the course of the day.
- ❖ I will not respond to emails, texts, or instant messages from people I do not know.
- ❖ I will not arrange to personally meet anyone I encounter or meet online.
- ❖ I will immediately report any suspicious or uncomfortable advances by others, bullying, sexual messages, or requests to meet in person to my parents and some other trusted adult.
- ❖ I will not purchase apps, programs, products, or services online without my parents' permission.
- ❖ I will not install software without parental permission.
- ❖ I will not lie or deceive others online.
- ❖ I will obey copyright laws and not illegally download or upload music, movies, or other content.
- ❖ I will not use the Internet to illegally copy or plagiarize information.
- ❖ I will not use my cellphone while driving.
- ❖ I will obey all of my school's rules for cellphone use.
- ❖ I will always use discretion and kindness in how I communicate to others, only saying what I would be willing to say to them face-to-face.
- ❖ I will not bully or make others look bad.
- ❖ I will not bypass any online restrictions or filters.
- ❖ I understand that these rules apply not just to my use of the computer at home, but wherever and whenever and however I go online.
- ❖ I understand that violating any of these rules may result in the loss of my computer and/or cellphone privileges, and I will accept the consequences of my actions.

My Signature _____ Date _____

Parent(s) Signature(s) _____ Date _____

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An additional possibility in writing the covenant is to use “we” and “our” language.

Below are a few examples.

Our Family Digital Covenant

We, the members of the _____ family agree together to the following terms and conditions for the express purpose of ensuring the spiritual, mental, relational, and physical health of the whole family as well as each individual member of our family.

- ❖ We will not use the cellphone or any other digital device while driving.
- ❖ We will honor all meal times together without any devices.
- ❖ We will not use any technological means to communicate with each other when family members are in the same house.
- ❖ We will not avoid or ignore each other by means of any electronic device.
- ❖ We will protect the family bond.
- ❖ We will not seek out, access, look at, download, copy, post, or send any inappropriate content, photos, or other material.
- ❖ We will not give out any personal information including address, birthdates, social security numbers, passwords, phone numbers, or pictures.
- ❖ We will not lie or deceive others online.
- ❖ We will obey copyright laws and not illegally download or upload music, movies, or other content.
- ❖ We will not use the Internet to illegally copy or plagiarize information.
- ❖ We will always use discretion and kindness in how we communicate to others, only saying what we would be willing to say to them face-to-face.
- ❖ We will not bully or make others look bad.
- ❖ We understand that these rules apply not just to our use of the computer at home, but wherever and whenever and however we go online.
- ❖ We understand that violating any of these rules may result in the loss of our computer and/or cellphone privileges, and we will accept the consequences of our actions.

Child’s Signature _____ Date _____

Parent(s) Signature(s) _____ Date _____

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