Raising Media Smart Kids

Spring 2020

Topics

- Setting Parents Up for Success
- Media Reviews & Media Literacy
- Media Mgmt. Tips for Families

Presented By:

- Denver Public Schools EdTech Team
Teens spend an avg. 7 hours and 22 min. per day on screens

56% of Tweens watch video daily (mostly YouTube)

800 million+ people use Instagram, averaging 30 minutes daily

44% of kids age 10 to 18 feel they can tell fake news stories from real ones
Raise Media Smart Kids

Set Yourself Up for Success

☐ Use media with your kid as much as possible (know what they are seeing)

☐ Know your own rules (5 W's & H)
  • Who, what, when, where, why with using media
  • How to access: via phone? tablet?

☐ Set your expectations and rehearse

☐ Talk about commercials and other advertising.

What are the best practices around digital media and device use?

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Raise Media Smart Kids

Set Yourself Up for Success

☐ Encourage media creation as well as consumption

☐ Talk about digital citizenship

☐ Model the media behavior you want to see in your kids.

What are the best practices around digital media and device use?
# Family Media Agreement

I, ___________________________ , will:

## ... take care.

- [ ] I will take care of the device I’m using and tell my family if it’s 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 a device with my own money or it was a gift, I understand that the device belongs to the family member(s) 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’ll stop talking to that person and will tell a family member or other trusted adult about it.

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[https://www.commonsensemedia.org/family-media-agreement](https://www.commonsensemedia.org/family-media-agreement)
Screen time /Screen use*

**American Academy of Pediatrics**

- Avoid use of screen media other than video-chatting for children younger than 18 months.
- If you choose to introduce media to children 18-24 months, find high-quality programming and co-view and co-play.
- Limit screen use to 1 hour per day of high-quality programs for children age 2 to 5 years.
- Create a family media plan with consistent rules and enforce them for older kids.

**Common Sense Media:**

- There’s no “*magic number that is just right.*” Pay attention to how children act during and after screen time. Check if they are using high-quality, age-appropriate media.
- *If there’s too much screen time in the home, set weekly screen-time limits and guidelines.*

*these guidelines were developed before remote/distance learning
Young Children: Attention Risks

Each hour of TV -> ~10% increased risk of attention problems

Each hour of cognitive stimulation -> ~20% decreased risk

Source: Today’s Most Pressing Child Health Issues ... And Solutions - Dr. Dimitri Christakis
Young Children: Attention Risks

Choose age-appropriate media (TV, games, apps, etc.)

Content viewed at 0-3 and risk of attention problems at school age

- Educational: 0%
- Entertainment: 60%
- Violent: 110%

Source: Today’s Most Pressing Child Health Issues … And Solutions - Dr. Dimitri Christakis
Parent Advice on Tech & Media Topics

Kids of all ages are swiping and scrolling, totally transfixed by screens of all sizes. Welcome to the new frontier of parenting. If you have questions on how to take control of the technology in your kids' lives, you came to the right place.

Does social media cause depression?

MENTAL HEALTH

Learn how to keep media and tech use healthy and positive, identify mental health red flags, and know when to step in.

Is it OK for my kid to start her own YouTube channel?

YOUTUBE

Kids see YouTube as a way to express themselves, showcase their skills, and share their interests. Parents worry about the risks. With compromise on both sides, you can help kids pursue their passions while staying safe.

https://www.commonsensemedia.org/social-media
Be Choosy
There’s some iffy stuff out there.
Ratings & Reviews - Common Sense Media

- 34,000+ reviews across all media types
- Key rating elements:
  - Age-appropriateness
  - Detailed “nutritional labeling” of parental pain points
  - 2500 types rated for learning potential
- Over 25 major media distribution partners

www.commonsensemedia.org/reviews
https://www.commonsensemedia.org/best-for-learning-lists
Social Media Mash-up

FACEBOOK  TWITTER
TINDER  MUSICALLY  INSTAGRAM
GIFS  LIVESTREAMING  SNAPCHAT
EMOJIS  GROUP VIDEO CHAT
LIVE.ME  TEXTING
# Social Media Red Flags

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<td>Age-inappropriate content</td>
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Choose
Help kids make good choices.

Check
Check what they're doing.

Chat
Follow up with a chat.
Privacy Settings

Posts are Private

Turn privacy ON to approve follow requests. Your existing followers won't be affected.

Private Account

When your account is private, only people you approve can see your photos and videos on Instagram. Your existing followers won't be affected.
YouTube: What to Do

1. Turn on Restricted mode.
2. Create playlists.
3. Investigate, check, research, and read.
4. Watch with your kids.
What is Fortnite?

1. **Combo gameplay**
   Like *Minecraft* + third-person shooter.

2. **Two modes**
   Your kid is probably playing *Battle Royale*.

3. **Battle Royale**
   Solo, Duo, and Squad constantly adding new ways to play.

4. **Popularity**
   Fun, challenging, not gory, social, constantly updating, marketing, and promos.

5. **Downsides**
   Violence, purchases, chat, desire to keep playing.

6. **Upsides**
   Less gore, social, families can play together.
When all else fails, tracking software might, too.

“Technology is going to help you, but it’s not going to get away from the fact that you should be having more conversations about this with your kids.”

Nick Shaw of Norton Security
Parental Controls

If you decide they’re necessary...

1. Identify your goals and find the right tool.
2. Set everyone up for success.
3. Troubleshoot potential hiccups.
4. Stay on the path to self-regulation.
Start with your home internet provider

XFINITY XFI
Your WiFi, your way
Now you can manage a network with a simple app. Pause access during homework? Done. Need a bedtime routine? Got it. Customized control is yours with the xFi Gateway and free xFi app.

See xFi in Action
Website blocking/filtering*

- **OpenDNS.com** (product review [here](#))
- iPhone monitoring | Norton Online Family

*One of many options for parents; DPS does not recommend any home internet filtering products*
5 Ways to Block Porn on Your Kid's Devices

From SafeSearch to Circle, tricks and tools to limit adult content on phones, tablets, and computers. By Caroline Knorr 1/7/2019

Here's the thing: Porn is all over the internet. You can't totally get rid of it. Still, most parents want to do what they can to prevent kids from seeing explicit content. But here's the other thing: You can set all the blockers, filters, and parental controls in the universe, and not only will your kids still see porn, you still have to talk to them about what porn is, why it exists, and why it's not for them. In fact, using tech tools to limit adult content works best when combined with conversations that convey your values about love, sexuality, and relationships. (Get tips on talking to tweens and teens about internet porn.) Here are five ways to block porn as much as possible.

Turn on Google SafeSearch

Pros: Easy to enable
Cons: Easy for kids to turn off
### Apps and Software for Families

**Parental Control Software Review** *(PC Magazine)*

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<thead>
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<th>Our Pick</th>
<th>Rating</th>
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DPS Chromebook Use and Student Safety

When students use DPS Chromebooks & iPads for school work and research

- Only dpsk12.net accounts can login to Chromebook
- Internet-filter active regardless of user or network being used
- No guest or incognito mode available
- Cannot delete internet browsing history (Chromebooks)
- LanSchool monitoring for on-task focus (school decision; only works at school site)
- Gaggle screening of Gmail & G Drive for safety
- Digital Coach for staff training (some schools)
Set limits – other tools

- Usage Tracking
- App Limits
- Downtime
- Content Restrictions

Note: Google Family Link will not work on DPS Chromebooks
All About That Balance

Ask yourself — is my child:

- Physically healthy and sleeping enough?
- Connecting socially with family and friends (in any form)?
- Engaged with and achieving in school?
- Pursuing interests and hobbies (in any form)?
- Having fun and learning in their use of digital media?

Source: "New screen time rules from the American Academy of Pediatrics," Sonia Livingstone

New Strategies to Get Kids to Create Media, Not Just Consume It
DPS Library Resources – Free at Home

Library Catalog

E-Books and E-Audiobooks

Databases

lion.dpsk12.org
DPS eBooks & Audiobooks – Free at Home

Borrow eBooks & audiobooks from our school collection

Read anytime, anywhere on your phone, tablet or computer

http://dpsk12.lib.overdrive.com
HOW AUDIO PROMOTES LITERACY

BENEFITS OF AUDIO TO LEARNING HOW TO READ

The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children.

--Becoming a Nation of Readers: The Report of the Commission on Reading

INCREASES READING ACCURACY BY 52%

TEACHES

PRUH・NUHN・SEE・YE・SHUN

EXPANDS VOCABULARY

IMPROVES COMPREHENSION BY 76%

Provides context, helping children decode words and comprehend challenging text.

INCREASES READING SPEED

IMPROVES FLUENCY

Children who are better listeners are also better learners.

--North University of Texas professor emeritus Sara Lundsteen

85% of what we learn, we learn by listening.

TEST SCORES INCREASED 21% when engaged in multi-modal learning versus single-mode.

Combining print and audio increases recall 40% over print alone.

2 GRADE LEVELS

Students can listen and comprehend 2 grade levels above their reading level.

INCREASES MOTIVATION BY 67%

27% of the K-12 population are auditory learners.

Sources available at soundlearningapa.org/docs/bibliography.pdf
## A phone: To buy or not to buy?

<table>
<thead>
<tr>
<th>Category</th>
<th>Question</th>
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<tr>
<td><strong>Responsible</strong></td>
<td>Do they show basic responsibility with time, valuables, and behavior toward others?</td>
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<tr>
<td><strong>Safe</strong></td>
<td>Are there reasons you need to be in touch for your kid to stay safe?</td>
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<tr>
<td><strong>Social</strong></td>
<td>Is there a social benefit to having a phone? A social cost to not having one?</td>
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<tr>
<td><strong>Respectful</strong></td>
<td>Do they generally follow rules? Will they agree to the limits you set?</td>
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Cell phone use

- Consider giving **tiered access** to technology, such as starting with a flip phone, and remind children that privileges and responsibilities go hand in hand. A child’s expanding access to personal technology should depend on its appropriate use.

- Return of the flip phone!
Cell phone use

- Your cellphone provider: Carriers such as AT&T, Sprint, T-Mobile and Verizon offer family plans and features to set limits.
  - “Really hard for teens to set limits on themselves”
  - *Password? To give or not to give?*
  - Set times of day the phone can be accessed.
Make rules

Example Rules:

- Cell phones belong outside the classroom and away from the dinner table.
- Parent needs all passwords and will check devices
- Cell phones at school
  - “Everybody appreciates that without attention there is no learning. And if children aren’t paying attention then they’re not going to learn anything from the lesson.”
    - Professor Daniel Willingham, University of Virginia

American Academy of Pediatrics:

- Parents should ban electronic media during mealtimes and after bedtime as part of a comprehensive “family media use plan”
  - “Excessive media use is associated with obesity, poor school performance, aggression and lack of sleep.”
- Create tech-free zones. Preserve family mealtime. Recharge devices overnight outside your child’s bedroom. These actions encourage family time, healthier eating habits and healthier sleep.
Parenting Tips and Videos

• Multi-tasking and Kids
Sneaky Science Behind Persuasive Technology

1. Likes and follows
   Feel like affirmation and give us dopamine hit

2. Notifications
   Little red numbers let us know there are messages waiting

3. Randomness
   Apps continuously updating means new info all the time

4. Snapstreaks
   Not sending back can feel like failing a friend

5. Auto-play
   Next video starts before you have time to think

6. In-app purchases
   Spending means better features and more fun
Outsmart
Sneaky
Science

Use these tips to help resist temptation

☐ Check yourself.

☐ Turn off or limit notification.

☐ Set a time to check your feeds or keep up Snapstreaks.

☐ Turn off auto-play and in-app purchases.

☐ Go grayscale.
Model
Be a media mentor and set the standard.

Monitor
Use limits, not lectures, and be up front about checking their media use.

Mediate
Be ready to step in if necessary, but let teens make some choices on their own.

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Next Steps - Stay Informed

- Register at Common Sense Media site
- Sign up for the weekly parent newsletter
- Schedule a presentation for your school
- Explore parent resources at www.commonsense.org
Other Resources

- **Screenagers**

- **Devorah Heitner, PhD**
  - Author of *Screenwise*

- **Rosalind Wiseman**
  - Boulder author/expert on children, teens, parenting and bullying
YOU GOT THIS!
Contact

- Denver Public Schools EdTech Team
  - 720-423-1842
  - edtech@dpsk12.org

Slide decks:
tinyurl.com/DPS2019