

Raising Media Smart Kids

Spring 2020

Topics

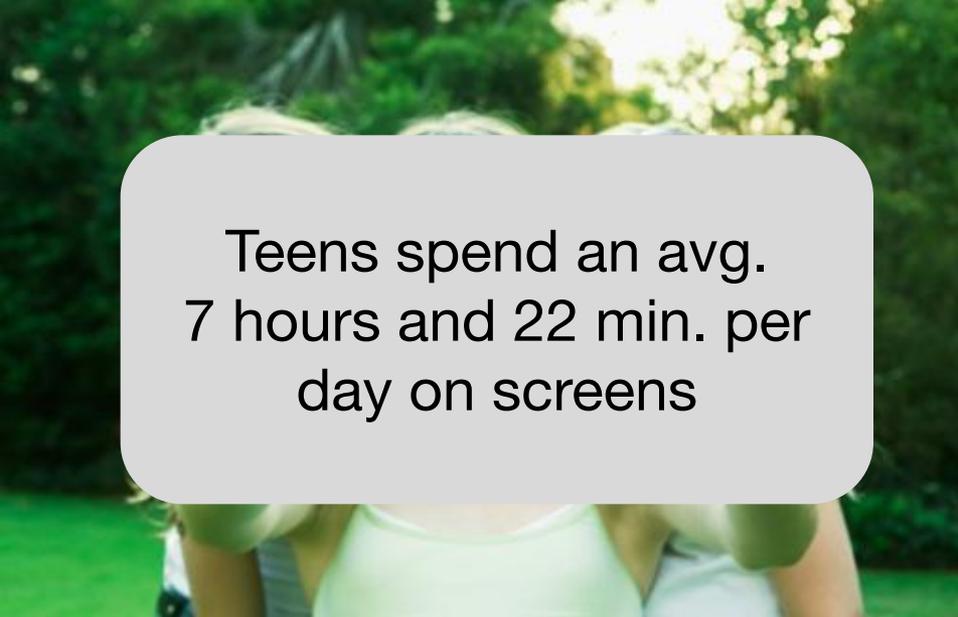
- Setting Parents Up for Success
- Media Reviews & Media Literacy
- Media Mgmt. Tips for Families

Presented By:

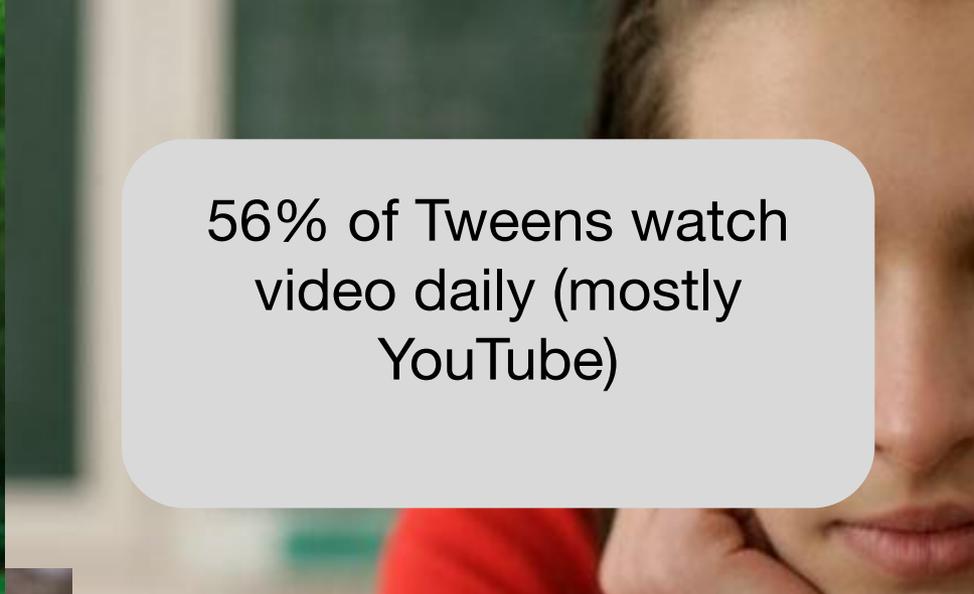
- [Denver Public Schools EdTech Team](#)



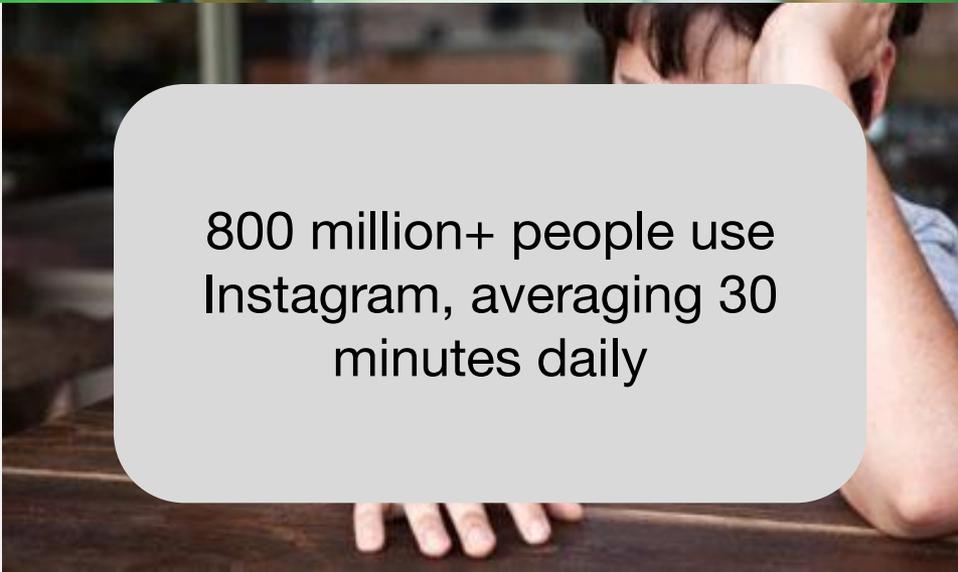
Key Issues



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

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

- 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.

Raise Media Smart Kids

Set Yourself Up for Success

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

- Encourage media [creation as well as consumption](#)
- Talk about digital citizenship
- Model the media behavior you want to see in your kids.

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.
- _____

Screen time /screen use*

American Academy of Pediatrics

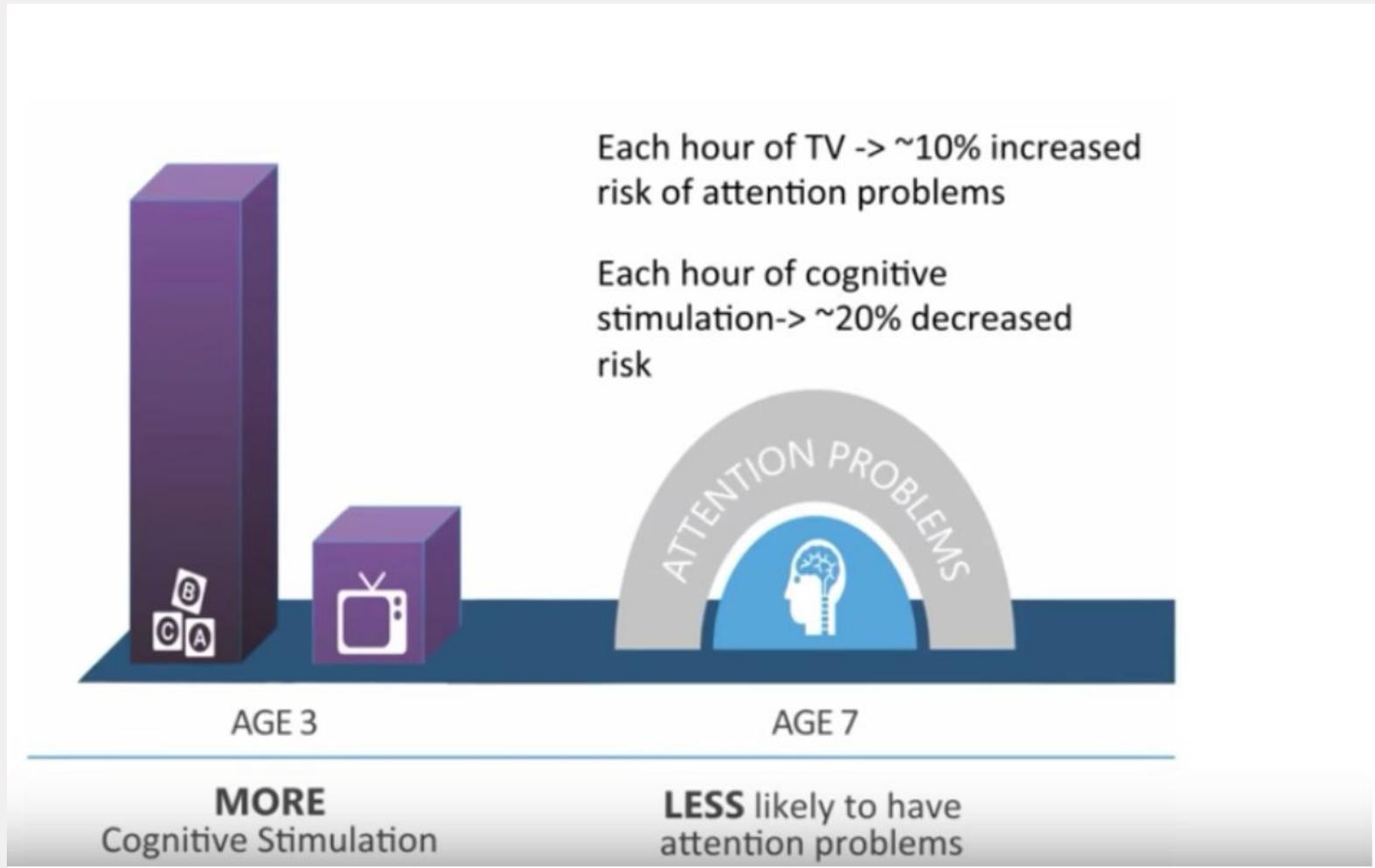
- Avoid use of screen media other than video-chatting for children younger than 18 months.
- If you choose to introduce media to children 18-24 months, find high-quality programming and co-view and co-play.
- Limit screen use to 1 hour per day of high-quality programs for children age 2 to 5 years
- 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

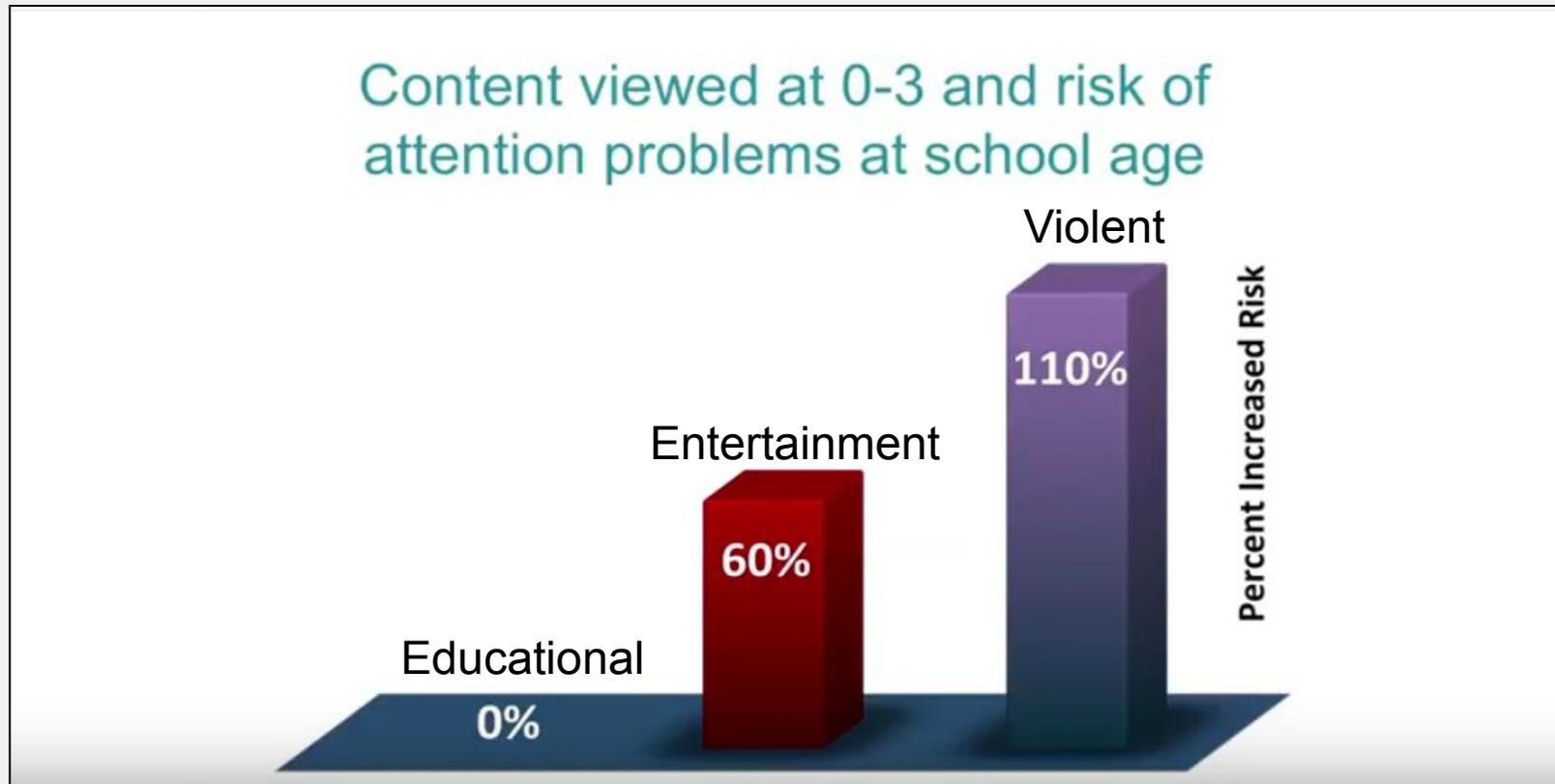
Young Children: Attention Risks



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.)



Source: [Today's Most Pressing Child Health Issues ... And Solutions - Dr. Dimitri Christakis](#)

Parent Advice on Tech & Media Topics

The screenshot shows the Common Sense Media website interface. At the top, there are navigation tabs for 'For Parents', 'For Educators', and 'For Advocates'. On the right, there is a 'For Your Family' icon with a 'New' badge, and links for 'Log in' and 'Sign me up'. Below the navigation is the Common Sense Media logo and a search bar with the placeholder text 'What are you looking for?'. A 'Donate' button is located to the right of the search bar. A green navigation bar contains links for 'Movies & TV Shows', 'Books', 'Apps & Games', 'Parents Need to Know', 'Latino', 'Research', and 'About Us'. The 'Parents Need to Know' section is active, featuring a blue button labeled 'See advice by topic'. Below this is an introductory paragraph: '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.' Two article cards are displayed. The first card, titled 'Does social media cause depression?', is categorized under 'MENTAL HEALTH' and includes the text: 'Learn how to keep media and tech use healthy and positive, identify mental health red flags, and know when to step in.' The second card, titled 'Is it OK for my kid to start her own YouTube channel?', is categorized under 'YOUTUBE' and includes the text: '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.'

For Parents | For Educators | For Advocates | For Your Family ^{New} | Log in | Sign me up

common sense media®

What are you looking for? | Donate

Movies & TV Shows | Books | Apps & Games | **Parents Need to Know** | Latino | Research | About Us

Parents Need to Know | See advice by topic

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>

Resources in Spanish

For Parents For Educators For Advocates

 **common sense** media®

Find movies, books, and more... 

Sign in [Become a member](#)

Movies & TV **Books** **Apps & Games** **Parents Need to Know** **Latino** **Research** **About Us** **Coronavirus Support**

- Inicio
- Artículos en español
- Videos en español
- Nuestras reseñas
- Nuestra misión
- En las noticias
- Colaboradores
- Recursos educativos
- Latino Articles in English


Cómo proteger la salud mental de los niños durante la pandemia


Recursos para las familias durante la pandemia del Coronavirus

<https://www.commonsensemedia.org/espanol/blog>

Be Choosy

NETFLIX

Watch Instantly | Just for Kids | Browse DVDs | Your Queue | ★ Suggestions For You

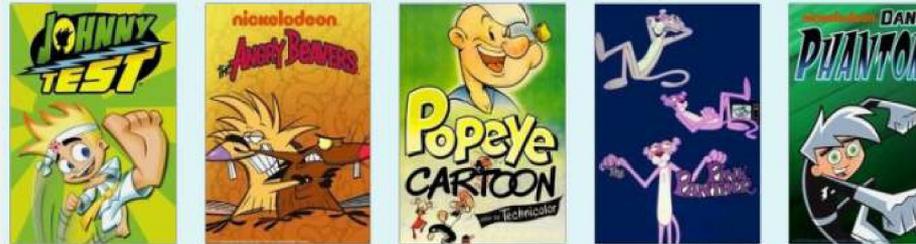
Characters Genres Search Kid's Movies, TV Shows, Characters



A row of character selection cards for children's content. From left to right: a red arrow pointing left, a card for SpongeBob SquarePants, a card for Felix the Cat, a card for Wallace & Gromit, a card for Mr. Peabody & Sherman, a card for Back at the Barnyard, and a card for Martha Speaks.

SpongeBob SquarePants
Felix the Cat
Wallace & Gromit
Mr. Peabody & Sherman
Back at the Barnyard
Martha Speaks

Recently Watched



A row of five movie posters from the 'Recently Watched' section. From left to right: Johnny Test, The Angry Beavers, Popeye Cartoon with Technicolor, a cartoon featuring a purple character, and Dan Phantom.

JOHNNY TEST
nickelodeon THE ANGRY BEAVERS
Popeye CARTOON with Technicolor
DAN PHANTOM

Popular



A row of five movie posters from the 'Popular' section. From left to right: PAIR, Disney SHARPPAY'S, PINK, Adventure Wallace & Gromit, and Disney TOY.

PAIR
Disney SHARPPAY'S
PINK
Adventure Wallace & Gromit
Disney TOY

KIDSZONE 2:45p / 42°

Exit

Free Shows



A row of movie posters under the 'Free Shows' section. From left to right: SpongeBob SquarePants: The SpongeBob SquarePants Movie, Jessie, Mickey Mouse: The Great Mouse Detective, Gumball: The Power of Gumball, and Adventure Time: The Secret of the Princess.

SpongeBob SquarePants: The SpongeBob SquarePants Movie
Jessie
Mickey Mouse: The Great Mouse Detective
Gumball: The Power of Gumball
Adventure Time: The Secret of the Princess

View All
124 Programs

Included with **Prime**
Recommended Kids & Family TV



A row of movie posters under the 'Recommended Kids & Family TV' section. From left to right: If You Give a Mouse a Cookie, The Snowy Day, and Team Umizoomo.

IF YOU GIVE A MOUSE A COOKIE
THE SNOWY DAY
TEAM UMIZOOMO

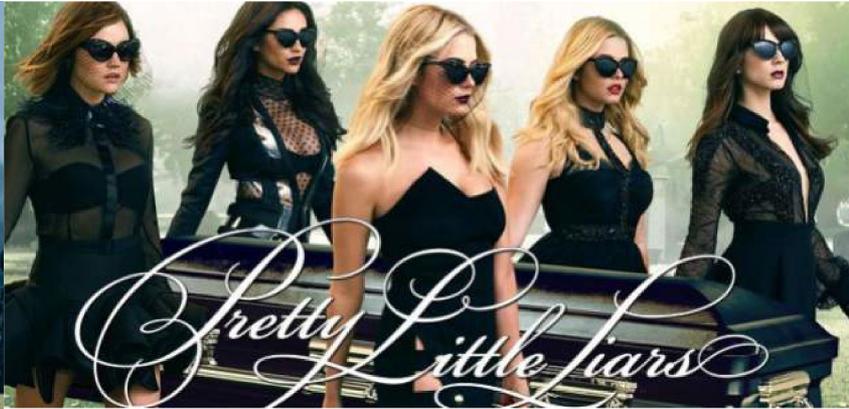
Rent or Buy
Recommended Kids & Family Movies



A row of movie posters under the 'Recommended Kids & Family Movies' section. From left to right: Finding Dory, Home, The Good Dinosaur, Inside Out, and Frozen.

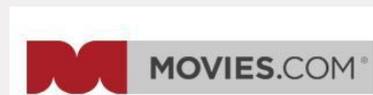
FINDING DORY
HOME
THE GOOD DINOSAUR
INSIDE OUT
FROZEN

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



Ratings & Reviews

https://www.commonsensemedia.org



For Parents

For Educators

For Advocates

For Your Family ^{New}

Log in | Sign me up



What are you looking for?



Donate

Movies & TV Shows

Books

Apps, Games & Websites

Parent Concerns

Latino

Research

About Us

Best App Lists

App Reviews

Best Game Lists

Game Reviews



Best Website Lists

Website Reviews

Best for Learning Lists

Special Needs Apps



Use tech to foster a love of learning



What Is ... ?

<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

- Age-inappropriate content
- Public default settings
- Location tracking and sharing
- Real-time video streaming
- Cyberbullying/negative culture
- Ads and in-app purchases
- "Temporary" pics and videos
- Subpar reporting tools
- Anonymity

Choose

Help kids make good choices.

Check

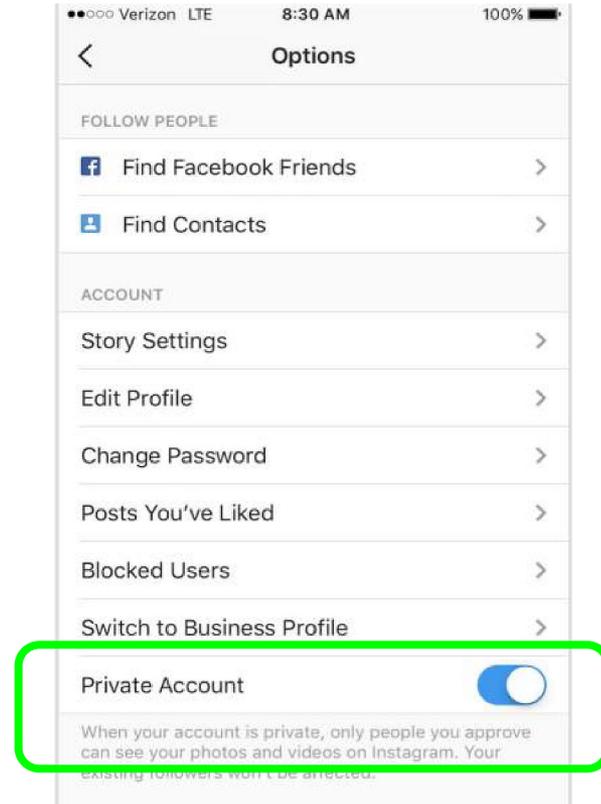
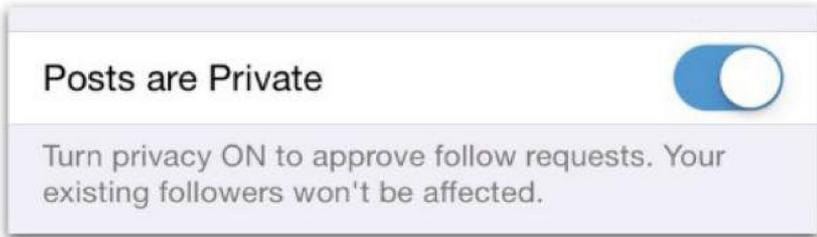
Check what they're doing.

Chat

Follow up with a chat.



Privacy Settings



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

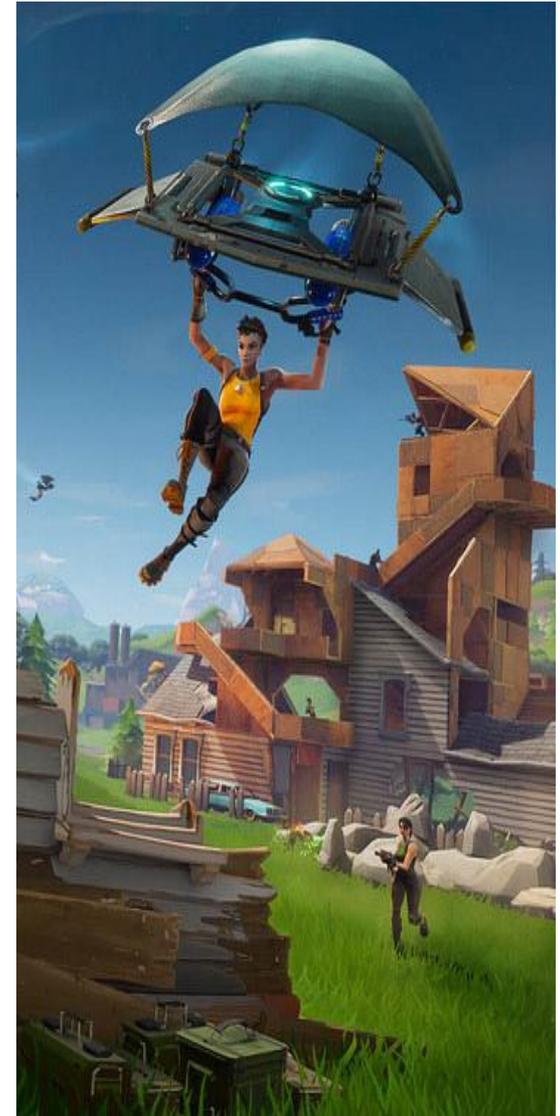
Fun, challenging, not gory, social, constantly updating, marketing, and promos.

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

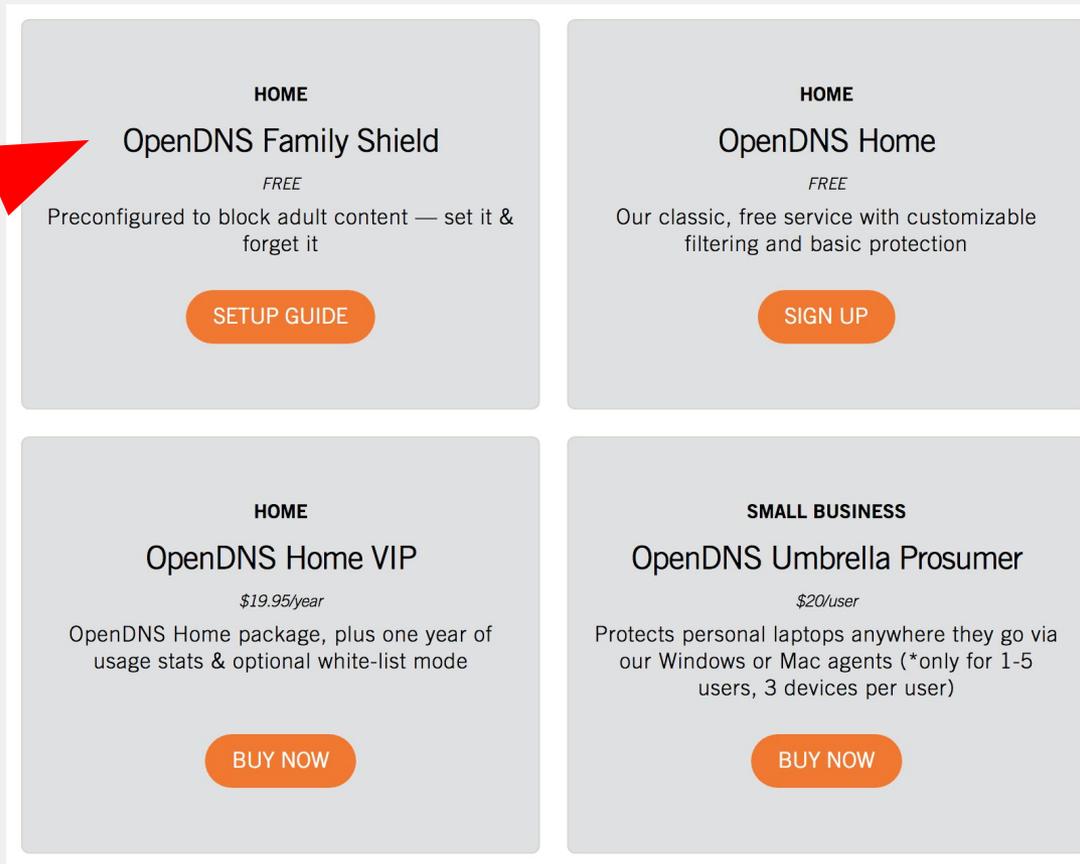
Your WiFi, your way

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](#)



The screenshot displays four service cards for OpenDNS. Each card includes a category label (HOME or SMALL BUSINESS), the product name, pricing, a brief description, and a call-to-action button.

Category	Product Name	Price	Description	Call-to-Action
HOME	OpenDNS Family Shield	FREE	Preconfigured to block adult content — set it & forget it	SETUP GUIDE
HOME	OpenDNS Home	FREE	Our classic, free service with customizable filtering and basic protection	SIGN UP
HOME	OpenDNS Home VIP	\$19.95/year	OpenDNS Home package, plus one year of usage stats & optional white-list mode	BUY NOW
SMALL BUSINESS	OpenDNS Umbrella Prosumer	\$20/user	Protects personal laptops anywhere they go via our Windows or Mac agents (*only for 1-5 users, 3 devices per user)	BUY NOW

*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

Topics: [Cellphone Parenting](#), [Healthy Media Habits](#), [Internet Basics](#), [Screen Time](#), [Sex in the Media](#)

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

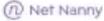
Pros: Easy to enable

Cons: Easy for kids to turn off

[Link](#)

Apps and Software for Families

[Parental Control Software Review](#) (PC Magazine)

Our Pick	Rating	Free Version
 Qustodio > \$39.95 at Qustodio	EDITORS' CHOICE ●●●●○ 4.0 Review	✓
 Kaspersky Safe Kids > \$14.99 at Kaspersky Lab North America	●●●●○ 4.0 Review	✓
 Norton Family Premier >	●●●●○ 4.0 Review	—
 Circle Home Plus > \$129.00 at Amazon	●●●●○ 3.5 Review	—
 Clean Router > \$29.99 at Amazon	●●●●○ 3.5 Review	—
 Mobicip >	●●●●○ 3.5 Review	—
 OpenDNS Home VIP >	●●●●○ 3.5 Review	✓
 Net Nanny >	●●●○○ 3.0 Review	—

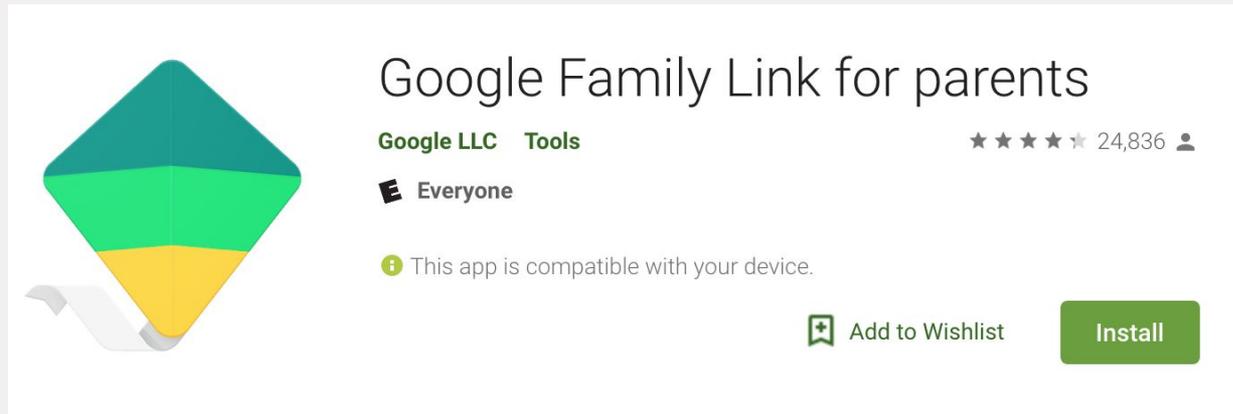
DPS Chromebook Use and Student Safety

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**

What Apple's New iOS 12 Parental Controls Mean for You

The moment many parents have been waiting for -- the ability to control their kids' phones -- is finally here. By [Christine Elgersma](#) 9/5/2018

Topics: [Cellphone Parenting](#), [Healthy Media Habits](#), [Screen Time](#), [Technology Addiction](#)



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?
- ✓ [New Strategies to Get Kids to Create Media, Not Just Consume It](#)

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

DPS Library Resources – Free at Home

Library Catalog

ACCESS
Follett Destiny®

SEARCH Follett Destiny® 

Search

E-Books and E-Audiobooks



Databases

CultureGrams™

CultureGrams
Grades 3-12

GALE IN CONTEXT

MIDDLE
SCHOOL

**Gale in Context:
Middle School**
Grades 6-8

Britannica School
Middle

**Britannica School:
Middle**
Grades 6-8

lion.dpsk12.org

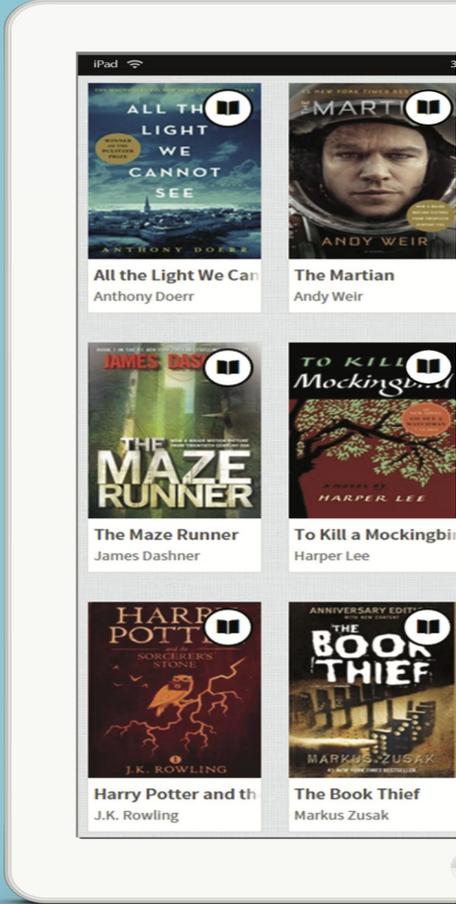
DPS eBooks & Audiobooks – Free at Home

OverDrive®

Borrow eBooks & audiobooks from our school collection



Read anytime, anywhere on your phone, tablet or computer



<http://dpsk12.lib.overdrive.com>

© 2016 OverDrive, Inc.



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%



IMPROVES
COMPREHENSION
BY **76%**

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

TEACHES



INCREASES
READING SPEED

PRUH • NUHN • SEE • YE • SHUN

EXPANDS
VOCABULARY



IMPROVES
FLUENCY

BENEFITS OF AUDIO TO OTHER TYPES OF LEARNING

“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.

A phone: To buy or not to buy?

Responsible

Do they show basic responsibility with time, valuables, and behavior toward others?

Social

Is there a social benefit to having a phone? A social cost to not having one?

Safe

Are there reasons you need to be in touch for your kid to stay safe?

Respectful

Do they generally follow rules? Will they agree to the limits you set?

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



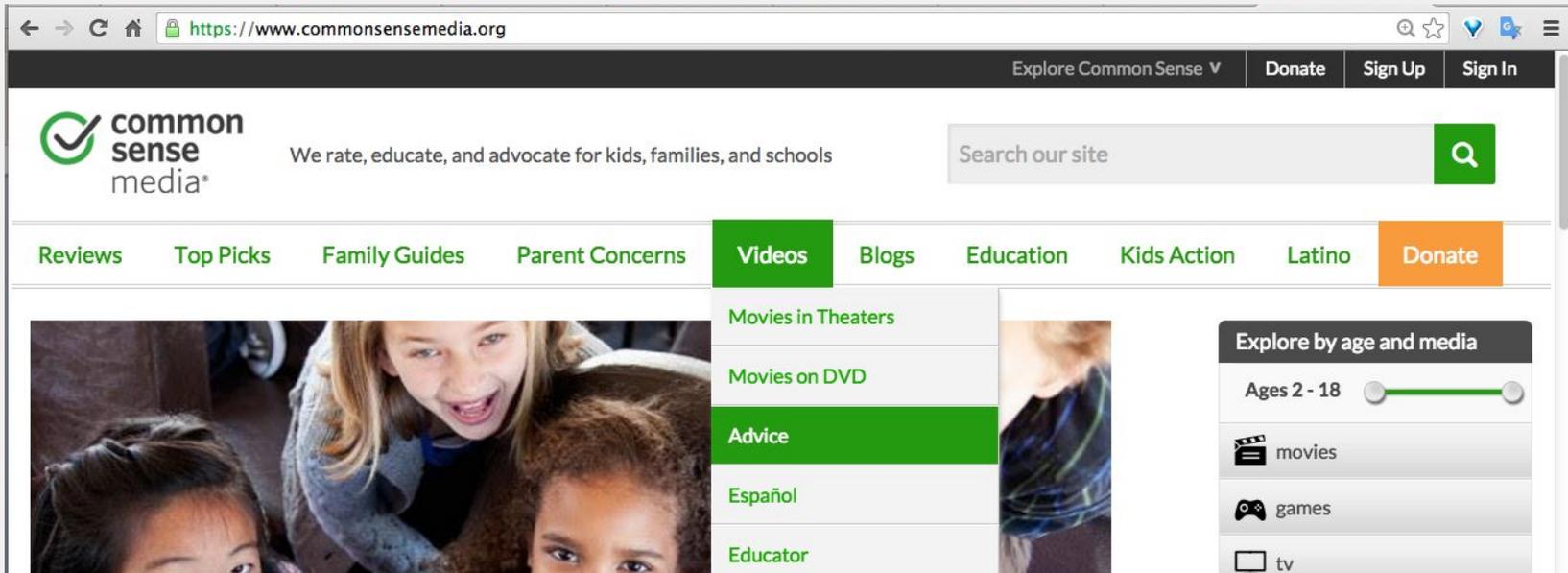
Example Rules:

- 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

4 Snapstreaks
Not sending back can feel
like failing a friend

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

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

3 Randomness
Apps continuously
updating means new info
all the time

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

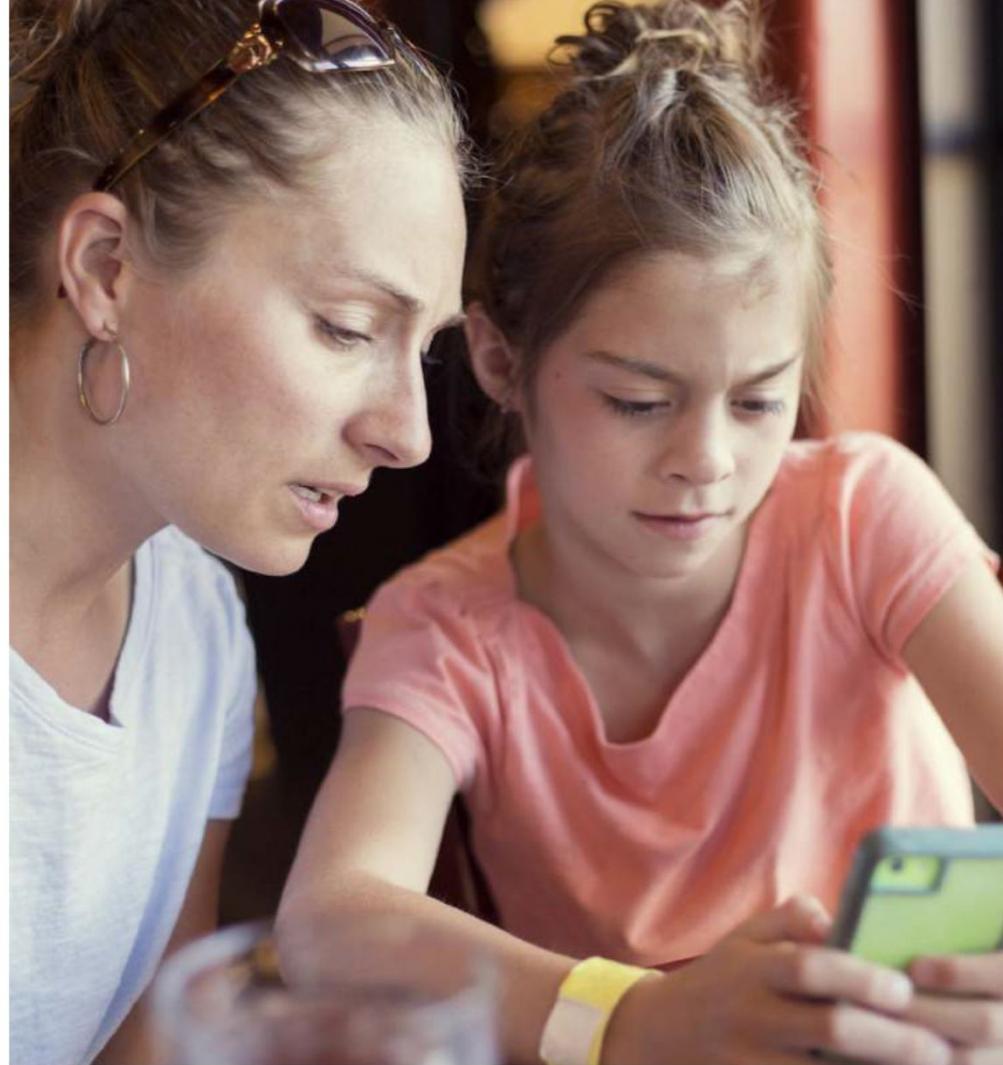
Be a media mentor and set the standard.

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.



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.common sense.org



Other Resources

- [Screenagers](#)
- Devorah Heitner, PhD
 - [Author of Screenwise](#)
- [Rosalind Wiseman](#)
 - Boulder author/expert on children, teens, parenting and bullying

YOU GOT THIS!



© 2018 Common Sense Media. All rights reserved. www.commonsense.org



Contact

- [Denver Public Schools EdTech Team](#)
 - [720-423-1842](tel:720-423-1842)
 - edtech@dpsk12.org



Slide decks:

tinyurl.com/DPS2019