

Technology

Keeping Kids Safe

What's the issue?

Our kids face threats from online predators, identity thieves, and online bullies. They now spend more time online than is recommended by the AAP.

- What are the actual daily averages for media consumption?
 - 0-2 years old: 42 minutes per day/Suggested amount: 0
 - 2-5 years old: 3 hours per day/Suggested amount: 1 hour
 - 8-12 years old: 6 hours per day/Suggested amount: 2-3 hours

Pay attention to their behavior after they've used a device. If they are using high quality and age-appropriate programming, their behavior should be positive.

What can I do?

- Teach kids not to give out personal information online such as photos, name, passwords.
- Turn on privacy settings and limit your audience and turn off location settings.
- Logout after using a shared computer.
- Teach them how to avoid clickbait.
- Carefully select usernames and don't allow them to use their own name.
- Turn off in-app purchases.
- Keep kids under 13 off of social media (per social media policy guidelines).
- Research movies, apps, and games before you allow your child to participate.
- Teach kids the importance of kindness online and to share with you right away if someone is mean or shares something that makes them feel uncomfortable.
- Model the behavior you want to see and explain the rationale behind your decisions.
- Set clearly defined boundaries and use "if-then" tactics when removing a device.

Suggested resources:

- Commonsensemedia.org is an amazing resource for helping determine what movies and games are appropriate and giving specific actionable advice.
- There are a variety of resources and controls to help protect your child, but talking with your child about the dangers and expectations about their use of a device is a critical factor to ensure their safety online.
- Despite all of the risks, the internet is an incredible source of knowledge and connection.