

# PARENTING In the DIGITAL AGE

Clovis Unified School  
District



## What is DIGITAL CITIZENSHIP?

Digital Citizenship is the way a person behaves while using technology. Being **SAFE, RESPECTFUL**, and **RESPONSIBLE** while online is important!

How can you encourage healthy and safe online habits at home? Below are some resources!



### Did You Know?

Parents of older children are far less likely to monitor screen usage than children ages 6 to 9, but up to 7 in 10 young people report having been cyberbullied online. What can you do as a parent?

- Keep device use in the main living space of the home.
- Look for changes in behavior.
- Create a safe environment for your child to share with you. Overreacting may cause a child to be more secretive, but underreacting might allow bullying to continue.

## Parenting Tips

### TALK WITH YOUR KIDS

- Stay calm, talk early and often, be open and direct.

### EDUCATE YOURSELF

- Search online for anything you don't understand.
- If your child tries new technology, TRY IT WITH THEM.

### USE PARENTAL CONTROLS

- Use parental controls on your children's phones, tablets, and game consoles.
- Keep track of your child's screen time and how it is being used.

### SET GROUND RULES

- Create a Family Media Agreement.
- Set time and place limits for tech usage.
- Be consistent about enforcing expectations you have set.

### SEEK BALANCE

- Friend your kids on social media, but don't stalk them!
- Balance respecting your child's online space and not overdoing it with preparing them on how to be safe and how to behave online.
- Instill in them your values and the importance of a good online reputation.

### BE A GOOD DIGITAL ROLE MODEL

- Know when to unplug.
- Model for your kids positive online behavior.
- Balance online communication with face to face time.

### Resources

[PBS: Our Kids' Connected Culture](#)

[APA: Promoting Healthy Technology Use for Our Children](#)

[DHS: Parent and Educator Tip Card](#)

Common Sense Media Video: [5 Ways to Stop Cyberbullies](#)

Common Sense Media: [A Parent's Ultimate Guide to YouTube](#)

[10 Surprising Ways to Spot a Great Video Game](#)

Mobile App: [Our Pact](#): Help your child manage screen time!