



Parenting the Digital Generation



Today's kids are **Super-Connected**.

They're more savvy with tablets, phones and computers and they're more responsive to the media machine and ever-growing technological presence. Every facet of their lives has a screen, a link to the global world, a chance to be exposed to phenomenally wonderful insights – and, also things we wish they'd never have to face: hate, fear, prejudice, violence, pornography and inappropriate or dangerous content.

It's our jobs as parents and caregivers to teach them how to handle navigate in the digital world.

This digital parenting guide is meant to provide you with a little insight and training – a little ammunition – to face the challenges of parenting the digital generation.

intro | Talking To Your Child, Tween Or Teen

Today is darkened with the blessing and the curse of the internet—so much material, both helpful and dangerous, at our fingertips. Here are age-sensitive approaches to managing these difficult and treacherous conversations:

How are our children to navigate this new age?

Your Accessible Child (0-8)

This is your child, under 10, newly interested in those fun video games, your cell phone and Uncle Jeff's online gaming system. It's all magical, educational, and addictive! This is the time that both of you need to learn how to set boundaries. Both of you can get accustomed to setting limits for time, content, and accessibility while your child is still little—and still likes you!

Your Self-Conscious Child (9-12)

Your child became a "tween" somewhere between 10 and 12 years old, crossing into a sea of hormones, self-consciousness and impulsive decision making often guided by similarly-minded friends. And this is also about the time that many kids get their first smart phone. Off to middle school, they believe they are mature, all the while straddling the relative safety of childhood and the risks and adventures that come with adolescence.

Unfortunately, tweens often end up connecting with those who take advantage of their need for attention. It is common for kids in this age group to retreat a bit from their parents into their "private space," making it hard for parents to accurately assess their friendships, their cyber use, and their mood. Parents struggle with the question, "Is this just a passing phase – or something more serious?"

Your Private Child (13+)

Tweens develop a certain bravado they day they turn into a teen. They are more tight-lipped about their feelings, school work and friends. A simple question like "How was your day?" can turn into eye-rolling and a "Don't worry about it" response.

Timing is everything. Understand that they have a virtual world and internet friends that they connect with. See if they will let you play one of their online games with them. If they likely turn you down, at least you showed some interest in their world.

Their invincibility leads them to taking bigger risks, sharing too much, and saying things about others that just shouldn't be said in a public forum. These boundaries and manners are important to reinforce and model. You might need to think twice before posting your own questionable photos, check-ins and embarrassing pictures of your kids! Teach respect, safety and etiquette.

A Helpful Roadmap

To Navigate The Mine Fields Of Social Media

SOCIAL MEDIA CAN MAKE PRIVATE THINGS PUBLIC:

We work hard as parents to help our kids understand that privacy is important. Keep the door shut when you're using the bathroom; knock before you walk in someone's bedroom; don't ask the lady at the supermarket why she uses a cane. But we also need to teach our children the boundaries for privacy in the digital world. Passwords that are kept PRIVATE are helpful to keep children safe—just like a key to their front door. Say to your child, "I heard some say people shouldn't post anything on social media they don't want an enemy or a stranger to see or to know; what do you think about that?"



STAYING SAFE IS NORMAL:

Treat social media safeguards as you would any other safety device—seatbelts in the car, locking the front door at home, wearing helmets while riding bikes, being careful of strangers. Putting safeguards on their game systems and phones (if they have them) is a good idea for everyone to do—even parents. Choose safeguards as a family for all devices—including your own. Including your child in this larger conversation makes them part of the family safety rather than feeling like the victim of a limit they do not understand. Ask your child, "What kinds of safeguards do you think we each should put on our devices?"



FIRST THINGS FIRST:

Ice cream for dinner and vegetables for dessert may sound like heaven but for many of us, over time, it will lead to sour stomachs and poor nutrition. Such is the case with "screen time." Too much screen time robs children of playing with friends face to face, limits their learning to collaborate on a project or a game and replaces exploring the outdoors. Help your family balance screen time and place it properly in your family's day. Rather than nagging your child to "turn it off NOW," try asking "how much more time do you feel you need before you get to your homework?" Letting them be part of this decision and helping them learn to take responsibility is important.



A Helpful Roadmap

To Navigate The Mine Fields Of Social Media



CREATE BOUNDARIES AND LIMITS:

It's painful to see a couple on a date who are both on their individual cell phones or a mother strolling her baby choosing to talk at length to a friend on the phone while ignoring the coos and excitement of her baby. The internet becomes an intruder, quietly demanding attention with a chirp or a ping.

PASSWORDS:

These pesky strings of upper and lower case letters, numbers and special characters drive most of us crazy—whether we have too many of them, forget them, or are trying to figure out the key to our child's devices. Unlike adults who might try and write them down in a reasonable spot, kids keep changing them to keep adults out of their business. It is OK to make a deal—"You can use the internet if I have your password." "In order to have the privilege of using your phone, I need the password." Here is where we need to be honorable—snooping just to snoop is not honorable. Checking up on our kids because we are concerned about their safety is called parenting.



ESTABLISH A VILLAGE:

Parents learn a lot from other parents. Inviting YOUR peers to be part of your village is a good idea. Some parents have "intel" on what parties are going on, what kids are likely causing trouble, who might be emotionally struggling and needs help. Most kids don't want their parents "following" them on social media. However, they might invite cousins, aunts, neighbors, coaches, or youth leaders to follow them (and vice versa) because this is the way our kids keep up with what's going on. Rely on your village to be watchful and keep you informed when something concerning seems to be going on.

intro | How To Be A Good Digital Parent

Good parents have their child's well-being at heart. A good digital parent is informed and understanding of the unique challenges their kid's generation is facing. By combining the two, you're able to bring parenting into the digital generation. Here are a few tips to help you along the way:

- Be patient.** You're not going to know everything and that's okay.
- Learn.** Understanding the digital world means knowing where your kids are spending time. Scroll through Facebook, download Snapchat, start your own Twitter account.
- Lay down ground rules.** Be clear about your expectations.
- Learn their lingo.** But, please, don't try to speak it.
- Designate safe spaces.** Create device-free areas in the house – like bedrooms – to minimize distractions.
- Designate shared spaces.** Keeping computers in public areas increase the safety factor of online viewing.
- Unplug at the dinner table.** Family dinners are the perfect time to unplug & focus on bonding.
- Practice what you preach.** Follow these rules too – kids will lose trust if you break them.

Kids Online Usage Statistics

92%
Of Teens Go Online Daily

24%
Of Teens Go Online "Almost Constantly"

3/4
Of Teens Have Or Have Access To A Smartphone

91%
Of Teens Go Online From A Mobile Device

71%
Of Teens Use More Than One Social Network Site

4/10
Of Teens Use Snapchat

1/2
Of Teens Use Instagram





Among 0-8 year-olds, **27%** of all screen time is spent with digital devices. **38%** of children have used one of these newer mobile devices, including **10%** of 0-1 year-olds, **39%** of 2-4 year-olds, and **52%** of 5- 8 year-olds.

Chapter I

Child: Ages 0-8

chapter 1.1

Infants To Toddlers

In today's digital age, screen exposure is not only increasing in children, it's being introduced earlier than ever. Babies and toddlers are watching an average of two hours of television per day; a full hour more than the AAP's recommendation for this age.

PG Only

Researchers are no longer concerned so much about what the content is that children under two are consuming, they're focusing on who those toddlers are viewing content with. Without an adult guiding them, research indicates that screen time poses no benefits for children under the age of two. Remember, at this age, children are learning through exploring with their senses, so there must be a physical element paired with that of the virtual. If your child is playing a language acquisition game, repeat the words for your child -- they're more likely to retain them; if it's a game, demonstrate how to play that game for them, instead of a computer-generated demo.

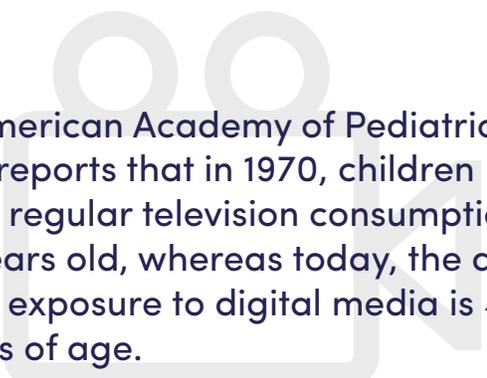
TIME LIMIT

We know there are benefits to introducing toddlers to screen time, and we know that time needs to be accompanied by an adult, but how much screen time should your toddler get? In a nutshell, screen time for toddlers under two years of age may not be not a terrible thing; just make sure you're accompanying your little one and limiting the amount of time spent with interactive media.

DIGITAL BENEFITS

The fact that the AAP changed its recommendation for children under two years of age is indicative of the benefits of technology exposure at a young age. The AAP is very specific in naming Sesame Workshop and PBS educational programs as the two sources they recommend for educational television and apps, both of which offer a plethora of educational programming for children under two.

Language acquisition and development is crucial to this stage, which can be aided with exposure to educational apps and television. However, studies have shown that there is no real benefit to screen time at this age unless an adult is accompanying a child while watching or playing.



The American Academy of Pediatricians (AAP) reports that in 1970, children began regular television consumption at 4 years old, whereas today, the age of first exposure to digital media is 4 months of age.

TIP: The AAP's recommended screen time limit for children under two is one hour, but you should really be breaking that hour into two 30-minute sittings.

chapter 1.2

What's All The Fuss About Filters?

Much like walking into an all-you-can-eat buffet, the Internet offers unlimited and unrestricted access to anything and everything 24 hours a day, seven days a week.

Filtering is a crucial tool to use, especially for this younger age group. Children as young as two years old are picking up tablets or mommy's phone and learning how to recognize shapes and sounds. Without filtering, they'd be able to see anything that might pop up on the screen, some of which may not be appropriate for their eyes.

Using filtering, you're able to:

- Control what content comes into your home
- Keep children from accidentally (or intentionally) running across objectionable websites
- Have peace of mind, knowing your family can enjoy all the good that the Internet has to offer

While using technology to babysit is not recommended, it is a challenge faced by many modern families. Young children are learning everything around them and much of that is coming from learning programs on TV or tablet.

Note: One important thing to keep in mind, is that filters are a handy tool – but they are not a replacement for engaged parenting.

Regardless of the medium used to keep your child entertained, the most influential person in their learning life is YOU.

Advantages Of Dynamic Content Filtering

It's possible to filter just what you want, whether by blocking an entire page or just blocking out assigned words. User-generated content will filter properly, even social media sites.

Dynamic content filtering is smart enough to determine the context of words/phrases being used. Semantic Pattern filter scans all content and metadata in real time.

Be clear about what you filter through custom algorithms to categorize or block this content based on the settings or selections of blocked categories. Each web page is blocked or allowed based on the content found within that page at that exact moment.

Most companies use list filters which block a pre-set list of URLs or web domains. Dynamic content filtering works in real-time at the page level, rather than blocking pre-set URLs or web sites.

Exposure Statistics

- 1 in 3 kids reported that they had stumbled across illicit content while surfing the web.
- 1 in 7 U.S. kids had experienced unwanted sexual solicitation
- 33% of parents said they have had concerns or questions over their child's technology use in the past 12 months
- Almost 70% of pre-teens admit to hiding online activities

https://www.brookings.edu/wp-content/uploads/2016/06/Youth-Internet-Safety_v07.pdf
<http://www.pewinternet.org/2015/07/16/concerns-about-children-social-media-and-technology-use/>
<https://www.mcafee.com/us/resources/reports/rp-digital-deception-survey.pdf>

chapter 1.3

How To Talk To Your Kids About Online Predators

According to a recent statistic, one in five U.S. teenagers who regularly log on to the internet says they have received an unwanted sexual solicitation via the web. Solicitations were defined as requests to engage in sexual activities or sexual talk, or to give out personal sexual information. Only 25% of those told a parent.

Remember, it's never too soon to talk with your kids.

- Start the conversation - don't hesitate to talk with your child about online predators. In an age appropriate manner, explain to them what they are, what their motives are and reinforce they are not to be trusted.
- Educate about grooming tactics - make sure your child understands the "red flags" of grooming. Talk through examples with them on what things they may hear in an online chat. Some of these things may include: "Let's chat privately", "I'd love to meet you. Where do you live?", "Where do you hang out", "What do you like to do with your friends?". These are all tactics to gain a young person's trust and create a vulnerable situation where they may become a victim.
- Minimize shame - above all else, it is vitally important that your child trusts you and feels they can turn to you if they feel unsafe or question an online interaction. While explaining the risks, be sure to also reinforce you are there to help them navigate this online world!
- Monitor online activity - keep the family computer in a neutral space in the house where everyone can see online behavior. Set screen time limits on the amount of time your child spends on line or in apps. Using parental control software, you can receive alerts about inappropriate activity on content. Create restrictions for participation in online chat rooms.

Where Predators Lurk

It may seem great to be able to stream Netflix through your child's Xbox, PlayStation or Wii, but that online capability could be putting your child in danger. Online games have featured chat rooms for years, but gaming consoles, with the ability to play both online and off, create an added security threat for concerned, and often unsuspecting, parents. Predators can also be found on various messaging apps like: KiK, WhatsApp, Messenger, Snapchat, and Instagram.



Stranger Danger

Terms to be on the lookout for:

"Let's chat privately."

"I'd love to meet you. Where do you live?"

"Where do you hang out?"

"What do you like to do with your friends?"

chapter 1.4

Your Child's Developing Brain

When it comes to our children, we're often distracted by our digital counterparts, which can send confusing messages to our kids, but even their relationship with technology messes with the intricate wiring of their brains, in terms of their educational and emotional well-being.

While technology has made many of us expert multi-taskers, how much are we missing or losing as a result?

Teachers are challenged with grabbing and sustaining students' attention, a feat made increasingly difficult with our digitally-distracted brains. Says Gazzaley, "our tendency of distraction is higher than ever before because of technology, because of this unprecedented exposure to information all the time and even the very rapid reward cycle that everyone, especially young people experience in their social lives."

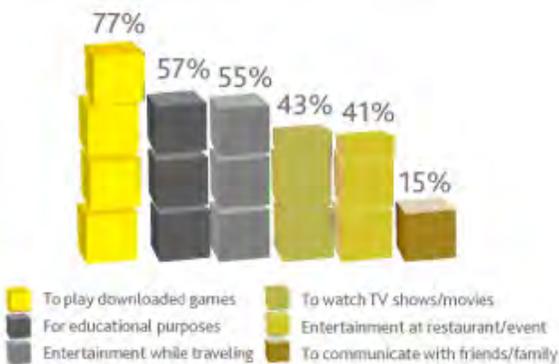
Educational Apps

- Apple offers 2,067 apps to help children with their homework compared to Google Play's 924 homework apps
- **72%** of children under eight and 38% of children younger than two have used a mobile device last year, a figure that has doubled in two years, according to a report titled Zero to Eight Children's Media Use in America released by Common Sense Media.

70% Tablet-owning households with children under 12 who say kids use the device

How do Children Use Tablets?

According to Tablet-Owning Adults with Children



nielsen

Learning & Brain Stats

The early years matter because, in the first few years of life, **700 new neural connections** are formed every second.

In the first four years of life, the brain increases to **80%** of its adult weight.



<http://developingchild.harvard.edu/resources/five-numbers-to-remember-about-early-childhood-development/>
<http://www.bbbgeorgia.org/brainTimeEarlyChild.php>

chapter 1.5

Managing Screen Time

There are varying schools of thought on what age children should begin interaction with screens & how much screen time is beneficial or harmful. One of the first things to recognize is: What type of media user is your child?

Do they spend their time playing video games? Watching streaming tv shows? Posting on Instagram or scrolling through Facebook? The type of platforms they're using matters. What matters even more is how much time they're spending on them.

Parents who are actively involved in their kids' media lives help them consume less of it and make better choices.

Given the American Academy of Pediatrics new guidelines for the appropriate amount of screen time (defined as any time spent using digital media for entertainment), these resources are keeping parents and caregivers empowered in the ever-evolving tech landscape. The guidelines suggest:

- NO screen time for infants aged 18 months and younger
- 1 hour of screen time per day for kids ages 2-5 years old
- Restricted and monitored screen time for kids 6 years and older

What can we do to effectively manage and monitor screen time? In addition to the resources shared above, we can try the following as recommended by the AAP:

- Create a Family Media Plan
- Designate media-free family time together (hint: dinner and car rides are a great place to start)
- Identify rooms in the home where media is not permitted (i.e. dining room, bathrooms, bedrooms)

It's not your imagination -- media use is off the charts.

- Younger kids, ages five to 10-year-olds, average about four-and-a-half hours in front of TV.
- Tweens use an average of six hours, not including time spent using media for school or homework.
- Tweens average more than four and a half hours of screen media use a day
- Teens more than six and a half hours
- Teens use an average of nine hours of entertainment media per day

Source: <https://www.commonsensemedia.org/blog/tweens-teens-and-screens-what-our-new-research-uncovers>

Bonus: Create a system in which screen time is earned.

Example: 30 minutes of reading or some media-free family activity in exchange for 30 minutes of screen time or 15 minutes using an educational app/game in exchange for 15 minutes of an entertainment app/game or social media.

chapter 1.6

Setting Boundaries

If you feel overwhelmed managing your child's screen time you are not alone.



8 to 12 year olds are averaging nearly
6 hours a day



13 to 18 year olds average **9 hours a day**

Kids spend over **7 hours each day**
online.

That's **one-half** of their time awake.



Set specific times of the day when your child can use the Internet. Example: Allow Internet access between 6 p.m. and 9 p.m. Internet access stops when the schedule doesn't permit; only a parent can make changes to the time schedule.

Punishments & Rewards

The concept of "digital grounding" is nothing new. In our day, it was going to bed without our dinner, not being able to see the newest movie with friends or being banned from talking on the phone (land-line, of course).

These days, it's much more of a punishment to remove kids' access to technology. Consider some of these points before instituting a punishment or reward system in your house.

Make it age and situationally appropriate.

If you've tied technology time into a reward system for kids, make sure that the punishment is equal to the offense.

Realize what you're taking away.

Taking away technology is, in essence, cutting them off from the outside world, a form of grounding in the new millennium.

Enforce the consequences.

When you take away your teen's cell phone, you're enforcing consequences to their actions, whatever they may be.

Motivate and reward.

The promise of technology time can be a great motivator, especially for families who allot a very strict or specific amount of time on devices daily.

chapter 1.7

Video Games & Your Child

There are feelings of accomplishment when children play action games, and they are instantaneously rewarded for their skill and problem solving abilities with points and advancing levels.

Playing action games, typically first person shooter games, does affect children's emotional states.

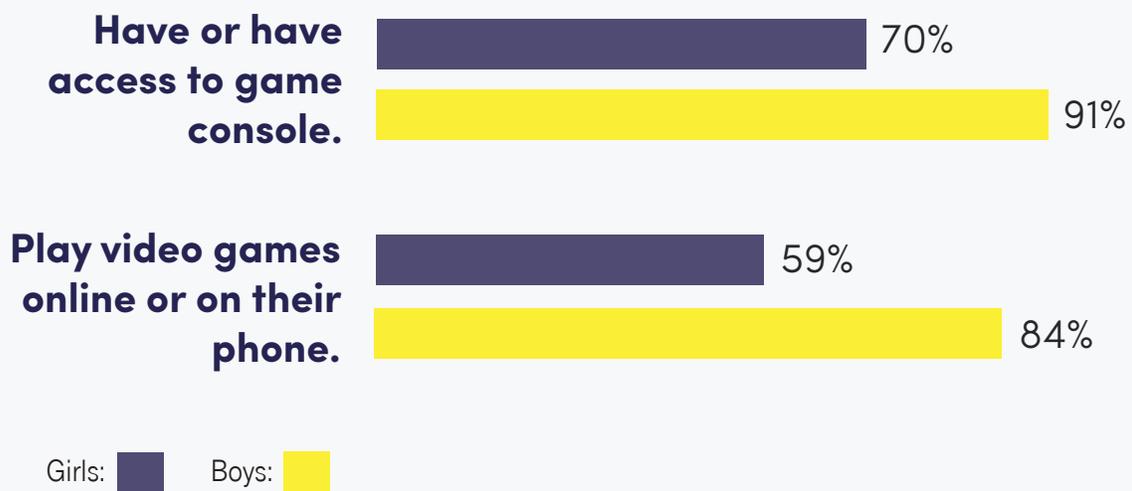
Countless studies have illustrated the link between children playing violent video games and an increase of aggressive thoughts and behavior. What alarmist headlines often fail to point out is that the link between aggression and violent video games is typically found in children who play for excessive amounts of time.

Moderation Is Key. The negative effects of video game play are typically related to 'excessive' amounts of time spent playing, so it helps to understand what those limits are.

Professionals recommend that children spend no more than one to three hours playing per day.

As with anything, moderation and balance are the key to maintaining a healthy interest.

Boys' and girls' media preferences are very different. Teen boys average **56 minutes** a day playing video games, compared to girls' **7 minutes**.



chapter 1.8

Unplugging

For those parents who are hoping to curb over-the-top media usage they observe in their children, it's best to start first with your own technology habits. Below are three things parents should consider.

1. Examine Your Own Behavior

Guess what mom and dad? Parents of American tweens and teens average more than nine hours with screen media with 82% percent of that time is devoted to personal screen media. Take comfort in the fact that, though we appear to be hypocrites, we are blissfully unaware of it.

78% of parents believe they are good media role models for their children.

2. Recognize The Dangers...And Don't Be Afraid To Act

Most parents have reported having a range of media rules for their tweens and teens. They include:

- 78% of parents do not allow device usage at meal-time
- 63% of parents do not allow device usage at bedtime
- 70% of parents reported they must approve of their children's apps purchases "most of the time" or "always"
- 67% of parents say that monitoring their children's media use is more important than respecting their privacy

The next time your child informs you that, "none of their friends have house rules", you can let them know that most families in fact do have technology rules in place.

3. Accept The Positive Role Of Technology

- 94% of parents agree that technology positively supports their children with schoolwork and education
- 88% felt that technology helped their kids to learn a new skill
- 89% felt it prepared kids for 21st- century jobs
- 77% of parents agreed that technology increases their children's exposure to other cultures
- 79% said it helps their children develop creativity

Source: The Common Sense Census: Plugged in Parents of Tweens and Teens (2016)

Tips To Unplug A Little Every Day



No phones in bed.



Designate a "shut off" time.



Focus on people.

Try following a "no phones at the table" rule at meals or at other social events.



Take a mini-break.

Try a brief vacation from technology by regaining composure with a quick meditation session or a walk outdoors.



Out of sight, out of mind.

Minimize distractions from smartphones by storing them in a drawer, bag, or in an out of the way spot.



Make it into a game.

When dining out, stack everyone's phones face down on the table. The first person to check their phone has to pick up the check!

chapter 1.9

What I Want My Babysitter To Know

Setting social media boundaries for a babysitter is not something most parents think to do. Most don't even consider the fact that a cell phone would be present when watching your kids, despite the prevalence of smart phones everywhere.

Living in the digital age means that you need a social media checklist, in addition to emergency contacts, for your babysitter.

Outline Clear Expectations

Assume that social media is going to enter the mix, either with your babysitter or your children while you're away. Have a discussion with both your sitter and your children before digital media becomes an issue, so your expectations are made clear at the outset.

If you're okay with your child playing on your sitter's phone, let them know; and inform them if you have content concerns with any games that may be on their phone, too.

Explain

Just as you will with your children, explain to your babysitter why you've established tech rules, and emphasize that those rules are for both them and your children's safety.

Parents often leave a list of contacts and step-by-step guidelines for routine, but neglect to take the time to explain what's allowed and what's off-limits... for both the sitter and their children. These are all items that need to be communicated before you step out the door:

- Which tech gadgets are your children allowed to use in your absence?
- How much time are they allowed to be on them?
- Which tech gadgets is your sitter allowed to use (laptop, tablet, game system)

No Photos, Please

Are you okay with your babysitter taking photos or videos of your children? If so, discuss what is allowed, and what isn't, in terms of photographs and videos. If you're okay with photos of your children being posted on social media, are you okay with your babysitter's friends knowing that you're not at home?

It's easier to ask that your sitter refrain from taking photos or videos of your children, no matter how adorable they are, than to check her social media accounts to make sure that everything is set to private.

Tip: Remember that photos contain metadata that can indicate the location where the photo was taken, and that your sitter posting about her sitting job lets everyone on her friend list know that she's at your home without any adults present.

We've developed a quick and easy tech checklist for you to review with your babysitter, be sure to post it on your refrigerator or bulletin board for reference:

Babysitting Rules

For Our House

Cell Phone: Please limit cell phone use to emergencies-only while children are awake; accidents can happen during momentary distractions. You are more than welcome to use your phone once the children are in bed and asleep.

Photos & Videos: We love when our sitters send us photos of our children while we're gone! However, please do not post or tag photos or videos of our children on social media without our permission, for safety reasons.

Social Media: We use social media too, but please do not use social media while the children are around. Also, please do not announce that you are babysitting on social media, and please turn off your location services if you post to social media while you are here. We want to keep everyone safe while we're gone.

Internet: You are welcome to use _____ device(s) while you're here, our Wi-Fi password is _____.

Screen Time: Please limit _____'s screen time to _____. This includes TV, tablet, computer, cell phone, gaming system. Please monitor screen time to ensure that the digital media _____ is consuming is family-oriented content (no sex, violence or graphic language).

Facetime/Skype: Please do not make or take video calls while in our home, we'd rather not have the inside of our home on display, nor do we want our children exposed to strangers.

Our Family

Media Contract

- Tablet Computer/Laptop Phone Video Game Console

You Agree To:

- Only watch videos/visit websites that my parents approve.
- Not download anything without permission first.
- Only spend _____ minutes on the tablet/phone/computer/game each day.
- I can use the devices between the hours of _____ only.
- Tell a parent if I see something that makes me feel uncomfortable.
_____ rooms are off-limits for using any device.
- Ask permission before purchasing anything online.
- All devices should charge overnight in _____.
- I promise not to use any devices during breakfast, lunch or dinner.
- I won't let screen time distract me from homework and my favorite hobbies, like _____.
- Not share any personal information or photos without approval.

We Agree To:

- Watch along with my child & interact while they view videos and apps.
- Keep family meals unplugged.
- Be a good digital citizen and teach my kids to do the same.
- Won't text and drive.
- Review privacy settings with the family.
- Keep all device passwords.
- Turn off all screens _____ minutes before bedtime.

(Parent/Guardian Signature)

(Child Signature)



chapter 4

Parent Checklist

Now that you're armed with information about parenting in the digital age, it's time to put it to good use! Don't worry if you're feeling overwhelmed, we've put together a checklist for implementing a safe digital media plan at home.

- Familiarize yourself with the American Academy of Pediatrics recommendations for screen time by age:
 - **<8 months:** NO screen time
 - **8-24 months:** ONE hour of SUPERVISED screen time per day
 - **2-5 years:** ONE hour of screen time per day
 - **5-18 years:** parents should use discretion, paying close attention to the apps and platforms being used (educational vs. non-educational)
- Develop a **Family Media Plan** that includes:
 - Expectations for digital device use
 - Discuss Stranger-Danger
 - Discuss sexting
 - Keeping personal information private
 - Disclosing receipt any abusive, violent, inappropriate or threatening communications
 - Discuss social media etiquette
- Defining rooms where media isn't allowed
- Setting specific times when media use is allowed in common areas
- Turning in all electronic devices at night
- Defining ways children can earn screen time (and also ways they can have screen time taken away)

- Draft a **Social Media Contract** to further define expectations and implement consequences
- Devise your **Babysitter Media Checklist**
- **Model** the digital behavior you expect from your children
 - Are you setting media-free times for personal/family connection?
 - Are you using Internet best practices to protect your family & to protect yourself from identity theft?
 - Are you keeping track of your own digital media usage?
- **Be consistent**
 - Enforce consequences to rule breaks
 - Try to keep allotted media use times consistent (ie. 6-9pm)
- **Monitor** digital media use
 - Know what apps your child has downloaded and is using
 - Know what sites your child is visiting
 - Know who your child is interacting with online
- **Learn everything**
 - Research the latest app trends among teens
 - Stay on top of the latest messaging apps; know what they do and how they do it
- **Communicate** with your child
 - Regularly check in with your child to find out what's going on in their online life
 - Establish an open door policy to make it easier for your child to come to you
 - Listen - put down your device, turn off the television and actively listen when your child is speaking to you

Thank You, Parents

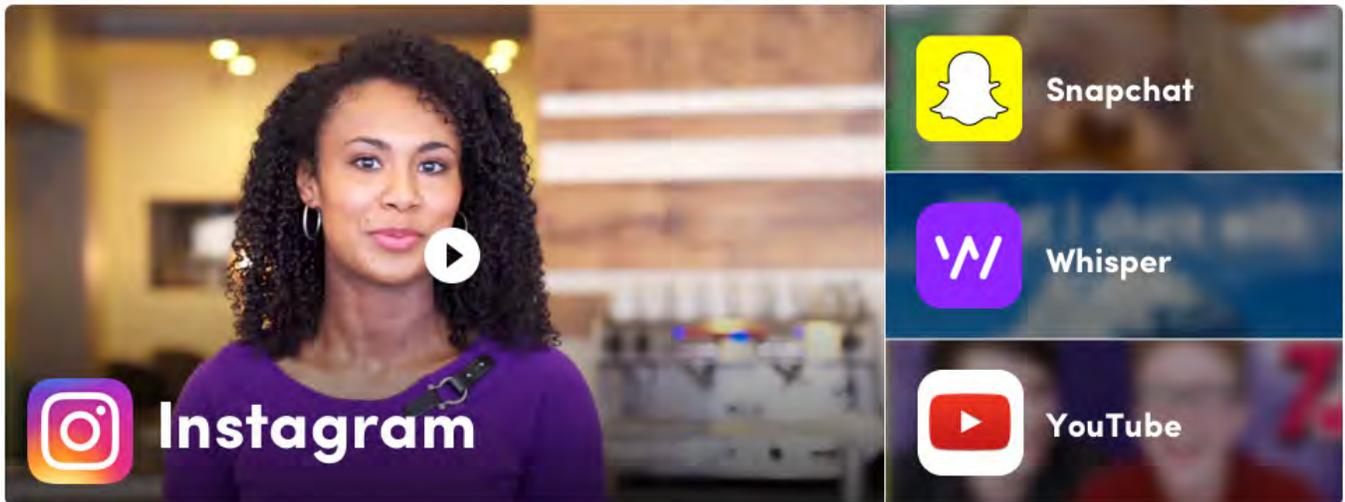
For Joining Us On This

Digital Journey

Find more resources to guide your family's journey through the connected world at our Parent Portal: www.wezift.com/parent-portal/ You'll discover helpful tips on apps, reviews and words of advice from other parents and industry leaders, all to help you navigate your family through the digital world.

Parenting Power in the Digital World

Featured Video Reviews: We break down the top apps piece by piece. Giving parents what they need to know.



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Rich Content Makes WhatsApp Look a Lot More Like Snapchat



Dozens of iOS Apps Vulnerable to WiFi Snooping