



TIPS FOR RAISING A DIGITALLY SMART CHILD

What you, as parents, need to know

Terms to Know and Understand

- **Apps** - an application, downloaded by a user to a mobile device
- **Cyberbullying** - the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature
- **Cyberspace** - the environment of the internet in which communication over computer networks occurs
- **Digital citizen** - a person utilizing information technology in order to engage in society, politics, and government participation
- **Digital footprint** - data trail left by the interactions in a digital environment; including the use of TV, mobile phone, the internet, etc.
- **Hashtags** - a word or phrase preceded by a hash or pound sign (#) and used to identify messages on a specific topic
- **'Online'** - controlled by or connected to another computer or to a network
- **Sexting** - sending sexually explicit photographs or messages via mobile phone or electronic device

Connect with us!



facebook.com/COCABerks



youtube.com/COCABerksvideo



twitter.com/COCABerks

THERE'S NO NEED TO FEAR...
SEEK OUT THE TOOLS YOU NEED!

uKnowKids.com - An online service that helps you monitor and quickly analyze your child's social networking and mobile phone activity, profiles, friends and much more.

Google alerts - You can set up Google alerts for free and they will be sent directly to your e-mail. Set them for your child's name and social media usernames.

Netsmartz.org/Parents - Website with resources for parents regarding technology.

Commonsensemedia.org/blog - "Making Sense" blog on parenting, media and everything in between.

Visit our *Parent Resources Page* on our website for more information and additional resources:

www.cocaberks.org/resources-reading-pa/parents.html



TIPS

Set expectations from the beginning and monitor use.

Talk to your teen about what they post and how it stays in cyberspace forever... Leaving a digital footprint.

When a situation gets out of hand for you, seek help, and turn to other resources like Student Assistance and Law Enforcement.

KEY POINTS:

1. Educate yourself and your child
2. Supervise your child
3. Intervene if needed
4. Seek help when necessary



IS YOUR TEEN ADDICTED?

SIGNS & SYMPTOMS OF COMPUTER & INTERNET/GAMING ADDICTION
ADOPTED FROM DR. HILARIE CASH, PH.D.

CHECK THE BOX FOR EACH STATEMENT THAT APPLIES

- Increasing amounts of time spent on computer and internet activities
- Failed attempts to control behavior
- Heightened sense of euphoria while involved in computer and internet activities
- Craving more time on the computer and internet
- Neglecting friends and family
- Feeling restless when not engaged in the activity
- Being dishonest with others
- Computer use interfering with job/school performance
- Feeling guilty, ashamed, anxious or depressed as a result of behavior
- Changes in sleep patterns
- Physical changes such as weight gain or loss, backaches, headaches, carpal tunnel syndrome
- Withdrawing from other pleasurable activities



(3-4 YES RESPONSES SUGGEST ABUSE; 5 OR MORE SUGGEST ADDICTION)

QUESTIONS TO ENCOURAGE YOUR TEEN TO REFLECT ON WHEN USING TECHNOLOGY

- > Who might I hurt?
- > Do I like what this says about me?
- > Could this get me into trouble? At home? At school? With the law?
- > How could this impact my future?
- > Would the adults in my life think this is appropriate?