



Screenagers: Growing Up in the Digital Age Thursday, November 30, 2017

We encourage families to explore these sites and additional resources we have collected for tips on monitoring internet safety, asking questions about the safety and risks associated with the latest apps, and when (& how) parents should get involved if they have concerns.

For Information on Internet Safety, visit the KM School District website at www.kmsd.edu/Page/335 . A link to the KMSD Internet Safety policy for the district is also found on this webpage. Take time to explore the entire *technology services department* for a wealth of information on the KMSD website.

- Netsmartz & Netsmartz 411 - <http://netsmartz411.org>
- Common Sense Media- www.commonsensemedia.org and their digital citizenship resources at www.commonsense.org/education/connecting-families
- Kids Be Safe Online- www.kidsbesafeonline.com
- FBI Parents Guide to Internet Safety-<https://www.fbi.gov/resources/parents/resources-for-parents> and <https://www2.fbi.gov/publications/pguide/pguidee.htm>
- WiredSafety.org- www.wiredsafety.org
- American Academy of Pediatrics - Internet Safety and tips for family media plans www.healthychildren.org/MediaPlan
- Family Online Safety Institute - www.fosi.org
- Stay Safe Online- www.staysafeonline.org

Additional Parent Resources

“Reset Your Child’s Brain”: A 4 week program to end meltdowns, raise grades, etc.” by Victoria Dunckely – reserving the effects of screen time. Or visit <http://resetyourchildsbrain.com>

“Get Off That Game Now: The Essential Guide to Healthy Screen Behavior” by Kevin Roberts.

This is a step by step “how to” guide.

“Glow Kids: How Screen Addiction is Hijacking our Kids & How to Break the Trance” by Nicholas Kardaras, PhD. Evidenced based book.

“Reclaiming Talk: The Power of Conversation in a Digital Age” by Sherry Turkle

“Wise Minded Parenting: 7 Essentials for Raising Successful Tweens & Teens” by Laura Kastner

“Cinderella Ate My Daughter” by Peggy Orenstein

Wait Until 8th - <https://www.waituntil8th.org> . Parent resources on smart phones & kids

Being Thirteen: Inside the Secret World of Teens. CNN Special Report by Anderson Cooper looks at what teens are actually doing online. www.youtube.com/watch?v=t-9LtTtkg04

The **Screenagers movie website** has many resources for parents including screen time contracts, parenting apps, digital citizenship, cyberbullying, internet addiction along with other topics. Plus they have a weekly blog you can subscribe to called "Text Talk Tuesdays" to give your ideas for family discussions around screen time. Visit www.screenagersmovie.com. The following apps came from the Screenagers resource section:

Parenting Apps for Monitoring & Blocking

OurPact - Mobile guidance for your family, available for iOS and Android

Screen Time - Parental controls for iOS, Android and Kindle devices

Circle with Disney - Parents can filter content, limit screen time and set a bedtime for every device in the home.

Curbi - Parental controls for Android and Apple mobile devices

ParentKit - Control and schedule what is on your child's iPod, iPad or iPhone

NetSanity - Parental controls for iOS

FamilyTime - Parental controls for iOS and Android

Net Nanny - Parental controls for Android and iOS

Mobile Fence - Parental controls and GPS tracking for Android devices

Verizon Family Base - Monitor wireless activity and set usage limits

AT&T Parental Controls - Manage internet and email activity on computers

T-Mobile Family Allowances - Manage minutes, messages and downloads on phones

Sprint Mobile Controls - Monitor phone usage

XFINITY TV Online parental controls - Restricts what children can watch online

Driving

Cell Control - For Android and iPhone

Drive Safe Mode - For Android and iPhone

DriveMode - Available on Android

All the big carriers have apps to help you on this too. Ask your carrier for the latest

Moment - An iOS app that automatically tracks how much you use your iPhone and iPad each day. If you're using your phone too much, you can set daily limits.

Checky - For both iOS and Android, Checky lets you track and geographically map your phone use.

Time Limit APPS

unGlue (Cost: Free version or premium for \$9.99 per month) Set limits on screen time, set a recurring device schedule, Get usage reports, Remotely turn off the internet to an individual device or to all devices

Circle with Disney WiFi router (Cost: \$99) Set daily limits for each device, Set a bedtime and an awake time for when devices will disconnect from the Wifi then reconnect. Set filters for each family member or use Circle's 4 preset age levels, Pause internet access, See usage reports

iPhone Settings (Cost: Free) iPhone users can see the time they spend on apps by going to Settings>Battery then click the clock in the upper right hand corner of the menu. You can see how many hours are spent on what apps in the last 24 hours or the last 7 days

Moment (Cost: Free version or Pro for \$3.99 per month) Tracks how much you use your phone during the day, Sets screen time limits, Gives usage reports

Pocket Points (Cost: Free) A great app for students. Gain points by keeping your phone locked when you're on campus. Use points to get discounts and coupons to businesses near you. Pocket Points is popular among college students and is trying to grow their high school presence. You can request a high school or university on the app.

If you need more information about internet safety or assistance setting up a family media plan contact Gals Institute @ gals.ocommunity@gmail.com or call 262-337-9770. We are a leader in prevention and healing in the Lake Country area.

Instructional Technology & Library Media: Digital Learning at KM School District

Explore our website at www.kmsd.edu/Page/302

Digital Learning at Kettle Moraine is an integral part of all areas of learning. The physical world has all kinds of boundaries that are transcended in the digital world. Responsible citizens must not only know how to navigate the physical and digital world, but also move between them with command and ease. (Explore the three areas in more detail on the KM website!)

Makerspaces @ KMSD: Makerspace is a mindset and/or a physical space that supports creativity, problem-solving and innovation. These spaces include: robotics, recording studio, coding, engineering, 3D design, design challenges, circuits.

Digital Literacy @ KMSD: Digital literacy & online citizenship are embedded daily in the Kettle Moraine School District. It is important for our community to raise good digital citizens. This section of the website gives an overview of KM learning targets for each grade level as well as **parent resources**. Much of the curriculum comes from Common Sense Media. www.commonsensemedia.org/educators/lessons/family-tip-sheets/en.

Future Ready @ KMSD: PowerPoint demonstrating KMSD commitment to educate students about technology needed for college & career readiness through various programs elementary through high school.

Powering Down and Becoming More Mindful

- Pinpoint your digital “time sucks”. Use apps like RescueTime & The Moment.
- Ask yourself “Am I truly enjoying my online activity?” Are your online diversions providing you as much joy as your real-life experiences?
- Put yourself in “airplane mode”. Use a real alarm clock instead of your phone to avoid interruptions while you sleep! Keep digital devices and phones out of kids’ bedrooms during sleep times.
- Practice a weekly “digital Sabbath” and go one day without digital devices.
- Manage your email, don’t let it manage you!! Remove email from your phone, set dedicated times each day to check emails, set up separate emails for family only and work only. Manage your texts as well. Use “do not disturb” function to manage text messages.
- Get a “digital babysitter”. Apps: Freedom, Digital Detach, StayFocusd, SelfControl
- Try “phone stacking” when out with family & friends – put all phones in center of table.
- Don’t carry your digital devices everywhere. Give yourself permission to unplug!
- Swap one digital habit for FUN! Get outside, exercise, do yoga or tai chi, try meditation.
- Use a central “charging area” for all family members’ devices. Set a time for everyone to “unplug” in preparation for healthy sleep!
- Create a family mission statement and screen contracts for all family members. Be a great digital role model for your children.
- We don’t multi-task as well as we think we do! Have kids put cell phones away when studying.

Mindfulness Resources

[“Unplugged: How to Live Mindfully in a Digital World”](#) by Orianna Fielding

[“Conquer Cyberoverload”](#) by Joanne Cantor

[“Design Your Day”](#) by Claire Diaz-Ortiz

Mediation Apps: Headspace, Calm, Buddhify, Whil, Insight Timer

“The Mindful Moment” on You Tube for guided meditations

[Yoga 4 All Studio & Wellness Community](#) in Wales offers many workshops for adults and children!