




Internet Safety and Social Media Awareness

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When should I get my child a cell phone and allow social media?

“A lot of debate is going on about what’s the right age to let your kids have their smartphones. Bill Gates thinks it is 14 which is not until high school.”---Gaurav Bidasaria

A few reasons to postpone cell phone/social media for children under 14:

1. The brains of elementary and MS students are too immature to use social media appropriately. At this age, risk taking is high and impulse control is low.
2. Social media wasn’t designed for them. They **WILL** use it inappropriately.
3. Social media is entertainment technology and gathers personal info about them every time they use it.
4. Social media is addictive and they become obsessed with # of likes, friends, etc.
5. They lose connection with family.

When the minimum age is 13 for certain apps, there is a reason. Children’s Online Privacy Protection Act is a law that is intended to protect children under 13.

Parental Controls

TIP: Do not allow your child to be an administrator on his/her phone/computer/device. Nothing is private digitally, so it should not be private to parents. (<https://www.common sense media.org/>)

- How to set up parental controls for Android/iPhone (phones are computers/phones are GPS)
 - Apple: <https://support.apple.com/en-us/HT201304>
 - Android: <https://www.guidingtech.com/parental-controls-android/>
- Mama Bear app/Mobicip app (must be downloaded on parent & child phone...if child deletes, parents are notified)
- Life 360 app
- How to monitor phone usage and set time limits
- Students will delete search history

Even with parental controls, you can't see everything they access.

Dangers of the Internet

- Online predators (chatting through video games, apps, etc)
- Sexting
- Cyberbullying (Amanda Todd story
<https://www.youtube.com/watch?v=vOHXGNx-E7E&feature=plcp>)
- Cell phone contract

What is your child doing on Social Media and who else is talking to them?

- Snapchat-(cannot monitor-watch “for my eyes only” in pictures)
 - Snapchat is the number one cause of drama in school aged children. Snapchat exposes children to more than what most parents are aware of, including sending and receiving inappropriate pictures/texts, and bullying. If you want to protect your child, do not allow them to use it. The Children’s Privacy Protection Act sets the age limit of 13 for certain apps for a reason.
- Instagram- fake (spam) accounts
- Urban Dictionary
- Calculator apps to hide pictures, Burner phones
- Tumblr, Tinder, Kik, Music.ly, ASKFM, Whisper, Tik Tok, live.ly, Keek, Vine, OoVoo, flickr, Twitter, Pinterest
- Omegle (chatting with strangers)
- Fortnite (other video games)

Sex Offenders use these and other sites to prey on children. If their location is on, they can be tracked through the pictures they take and post, through apps, etc.

Drugs/Alcohol

- Juuls/Vapes
- Dirty Sprite (aka Lean, Purple Jelly, Purple Drank)-prescription strength cough syrup or xanax (or other pills) mixed with carbonated soft drink)
- Triple C's, Skittles, Red Hots (Coricidin Cold and Cough)
- Opioids (hydrocodone, oxycodone, etc)
- Marijuana laced rice krispies/"Pharm" parties/Molly pops

