

Guidance for the Safe & Healthy Use of Technology - Youth/Parent Fireside Chat



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Research has proven that K12 students around the nation face specific online risks by engaging with their digital devices. iKeepSafe has documented all of these known offenses by gathering credible, academic research from cyber security professionals, media and digital literacy experts, media psychologists, and others. Our goal is to help families define success for youth online and to help them implement tools and habits that prepare their children to be ethical, responsible and resilient digital citizens. This discussion guide highlights the BEaPRO™ acronym—a framework to address what research and leading experts have identified as the known online risks for K12 youth. Developed by iKeepSafe in 2012, the BEaPRO™ acronym represents the six pillars of success for online digital citizenship: Balance, Ethical Use, Privacy, Reputation and Relationships, and Online Security.



Contents

- 3 Introduction and Instructions for Youth Leaders**
- 7 Introduction Cartoon**
- 8 Three Steps for Families - Front**
- 9 Three Steps for Families - Back**
- 10 BeAPro™ Sign**
- 11 Parent Tips**



iKeepsafe Mission + Vision

The iKeepSafe mission is to provide a safe digital landscape for children, schools, and families by supporting the protection of student privacy, while advancing learning in a digital culture. To support this mission, we provide data privacy certifications to technology companies, educational resources to schools, and information to the community.

About iKeepSafe

The Internet Keep Safe Coalition© (iKeepSafe) certifies digital products as compliant with state and federal requirements for handling protected personal information. We help organizations achieve and maintain compliance through product assessments, monthly monitoring, annual training, and assistance with remediation.

Governors, First Spouses, and State Attorneys General from throughout the United States joined with law enforcement agencies, and child safety advocates in the formation of the Internet Keep Safe Coalition© (iKeepSafe) a national effort promoting the safe and healthy use of technology. iKeepSafe was founded by Jacalyn S. Leavitt, former First Lady of Utah, in 2005. Over the past decade, iKeepSafe has evolved into a leading organization trusted internationally by families, educators, and industry. Visit our resources page for parent and educator content.

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Introduction and Instructions for Youth Leaders

Materials include:

BEaPRO™ Sign, Parent Tips Handout, 3 Steps for Families, Introduction Cartoon.
Assigned parts are included in the text of the fireside.

Time: 1 hour

Preparation:

- Copy visual sign for display *BEaPRO™ Sign* (Included)
- Copy *Introduction Cartoon* for display (Included)
- Copy visual *3 Steps for Families* for display - KEEP COMMUNICATING, KEEP CURRENT, KEEP CHECKING (Included)
- Copy and give 3 youth parts to read: 1. “Contact,” 2. “Content,” 3. “Conduct.”
- Copy and ask parent to read: *From a Parent to their Youth* (in fireside script)
- Contact additional 4 youth prior to fireside. Ask each to think about and lead a discussion about 1 of the 4 online concerns. Topics: Digital Games, Cyberbullying, Access to Unhealthy Content, Social Media. (For example, each youth can explain the topic and risk, and ask, “How can you support other youth in making healthy online choices?”)
- Make copies of *Parent Tips Handout*. (Given out at end.)

INTRODUCTION:

Show *Introduction Cartoon “The Digital Natives & the Digital Newbies”*

Fireside LEADER: “Welcome. Parents recognize that the younger generation has a natural ability with using digital devices. You are better at it than we are. Like this cartoon shows, we can learn from you. Likewise, parents have life experiences that help give guidance to youth regarding safety and healthy digital use. We all want to have solid tech skills, and at the same time, make wise online decisions. That is a goal we share. We realize there are many benefits, but also risks. Understanding some basic principles can encourage us in having positive digital interactions. Tonight we will learn together how to “BEaPRO™” when we engage with our devices.”

Question: Could three youth tell us what they enjoy doing when using digital devices?



3 Youth tell favorite online activities.

Possible answers: Communicate, buy commercial products, accessing information and new ideas.

LEADER: “Three Vital Steps:

Like with all powerful tools, there are risks. “Being aware” can help us avoid negative outcomes. Tonight we will discuss how to ensure positive interactions. For Youth and Parents to have safe and healthy experiences online, families should take 3 vital steps:

- KEEP COMMUNICATING
- KEEP CURRENT
- KEEP CHECKING

KEEP COMMUNICATING: Talk together about what you are experiencing online.

KEEP CURRENT: Understand exactly what digital devices are capable of and what they can access. (Example: Smartphones put the world at a person’s fingertips.)

KEEP CHECKING: A key responsibility of parents is to check online activity. Checking makes sense, as it makes clear the true nature of being connected to the internet; it is a public place.”

LEADER: Ask question of parents: “As a parent, why would you “Keep checking?”

Possible answers:

- I care about the well-being of my child.
- Because devices can access all kinds of information.
- I know what is posted online can be viewed by other people.
- I bought the device, I pay for the service, so I am responsible.”

LEADER: “Digital Choices: Our online interactions include choices about:

- CONTACT
- CONTENT
- CONDUCT

Our online decisions have consequences. People must choose how they want to interact, as well as, what they view when using digital devices.”

LEADER: “3 Youth will read a question about digital choices. Each of us can think about it and answer to ourself.



3 Youth stand and read:

- CONTACT - As people contact us they can be deceptive about who they really are. Can I always trust what people say is true?
- CONTENT - People can view inappropriate content. I must decide where I stand. Do I choose to see, send, or forward unhealthy content?
- CONDUCT - Sometimes people send hurtful messages. Do my actions reflect what kind of a person I want to be?

LEADER: “Before four youth lead us in discussing some different digital topics, we have a parent who is going to read a message. Maybe some of our youth might have received a message similar to this from a parent?”

PARENT reads: *From a Parent to their Youth.* (below)

“Hello There, How have you been? Your mother & I are fine. We really miss you. Please sign off from your iPad, finish your text, turn off your iPod, and come downstairs for dinner.
Love,
Dad & Mom”

BEaPRO™: Post visual sign

LEADER:

“This acronym, “BEaPRO™,” is a KEY as it can be useful in our discussion and it has ongoing value to you. Every issue and element of online interactions can be guided by these 6 pillars as they are 6 evergreen principles:

Balance, Ethical Use, Privacy, Reputation, Relationships, and Online Security.

- BALANCE — Maintain a healthy balance between work and play, online and offline activities. (Varied experiences provide social and physical well-being.)
- ETHICAL USE — Understand consequences of your digital choices. Use respect.
- PRIVACY — Protect personal information and don’t invade others’ privacy.
- RELATIONSHIPS — Engage in ways that build relationships.
- REPUTATION — Build an online reputation that will contribute to your future.
- ONLINE SECURITY — Secure hardware and software from unwanted access.

LEADER: “Four youth will explain an issue to us, then pose questions. ONLINE CONCERNS:”

Have four youth in turn come to the front and lead their topic for a discussion.



Online Games - Youth explains; gives an example. Asks: These can be fun, but when do they become a problem?

Cyberbullying - Youth explains topic and can give an example. Asks: What if you see a rude message, but didn't send it?

Assess to Unhealthy Content - Youth explains risk. Asks: How can you support others who want to make healthy content choices?

Social Media - Youth explains. Asks: How can we use social media to promote positive interactions and ideas?

CONCLUSION

LEADER:

“This is just a beginning for more understanding about the power for good and also the challenges technology presents. Continuing the conversation within your family will promote healthy digital interactions.”

Give out “Parent Tips” handout.



Introduction Cartoon

The Digital Natives & the Digital Newbies





Three Steps for Families - Front

KEEP COMMUNICATING.

KEEP CURRENT.

KEEP CHECKING.



Three Steps for Families - Back

3 STEPs for Families:

KEEP COMMUNICATING.

KEEP CURRENT.

KEEP CHECKING.

KEEP COMMUNICATING with your child about everything they experience on the internet. Know their lingo, and ask when you don't understand something. Work to keep the lines of communication open.

KEEP CURRENT with the technology your youth uses. You don't have to be an expert, but a little understanding goes a long way towards keeping your child safe online.

KEEP CHECKING your child's internet activity. Know where they go online. Let them know that you'll keep checking because you want them to understand that the internet is a public forum and never truly private, and everything they do online contributes to their digital reputation. Help them develop an online reputation that is an asset rather than a liability.



BeAPro™ Sign

“BEaPRO™”

6 KEY WORDS FOR POSTIVE DIGITAL INTERACTIONS:



BALANCE — Maintain a healthy balance between work and play, online and offline activities. (Varied experiences provide social and physical well-being.)



ETHICAL USE — Understand the consequences of your digital choices. Show respect for others. Be fair and good to people.



PRIVACY — Protect personal information and don't invade others' privacy.



REPUTATION — Build an online reputation that will contribute to your future.



ONLINE SECURITY — Secure hardware and software from unwanted access.



Parent Tips

10 Parent Tips: “Healthy Content Choices” Written in collaboration with Dr. Megan Maas.

1. Be a trusted and supportive listener.
2. Implement and reinforce the acronym, ACT, (Alert, Close, Tell) as a family rule.
3. When you learn a child is interacting with harmful content, take time to collect yourself and avoid reacting negatively or with heightened emotion.
4. Reaffirm a child’s decision to tell you they saw unhealthy content: “Good job. I know this takes courage. You made a wise choice. Please tell me if this happens again.”
5. Avoid punitive punishments that may discourage youth from coming to you for help.
6. Monitor young children’s digital activity and increase online autonomy with age.
7. Start early with education about the sexualized and violent digital content they will stumble upon.
8. Prepare youth for seeing sexualized content online by proactively educating them about sexual health from an early age.
9. Teach youth that nothing online is private. Allow use of digital devices only in public, family spaces – not private bedrooms.
10. Ask your child about their friends’ exposure to sexualized or violent content. Doing so will demonstrate that you can talk about these topics calmly, and open the door for future discussions.

10 Parent Tips: “Healthy Balance with Technology”

1. Model healthy online/offline balance and engage in digital parenting.
2. Monitor digital devices and set time limits.
3. Turn off screens at least one hour before bedtime.
4. Charge mobile devices away from the bedroom.
5. Enjoy media free meals where the emphasis is focused on building relationships.
6. Encourage the habit of completing tasks like homework, before engaging in social media, mobile device conversations or games.
7. Address obsessive and addictive behaviors.
8. Write a list of device free activities with your child that they enjoy.
9. Discuss managing strong emotions using digital devices (and resolving conflicts offline.)
10. Provide varied experiences to support social, emotional, and physical well-being.