



# QUICK-START FOR DIGITAL PARENTS tips, checklists and resources

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## How to use this guide

This ebook is in the form of a quick-start guide to get parents and caregivers up to speed on a few key issues in digital parenting. Obviously the guide does not cover all of the issues that digital parents will face, but it will give you quick insights into the realities facing our children today.

#### The guide contains:

- List of do's and don'ts regarding digital citizenship, online behavior and online etiquette or netiquette.
- Tips on how to share images of your children online.
- Checklist for watching and posting videos to YouTube.
- Checklist for tech toy purchases.
- List of take-aways on digital parenting.
- Online resources.

Feel free to reach out to other parents in The Digital Parenting Community on Facebook to share your concerns or offer your support.

It takes a digital parenting community to raise a digital citizen.



#### Digital Citizenship:

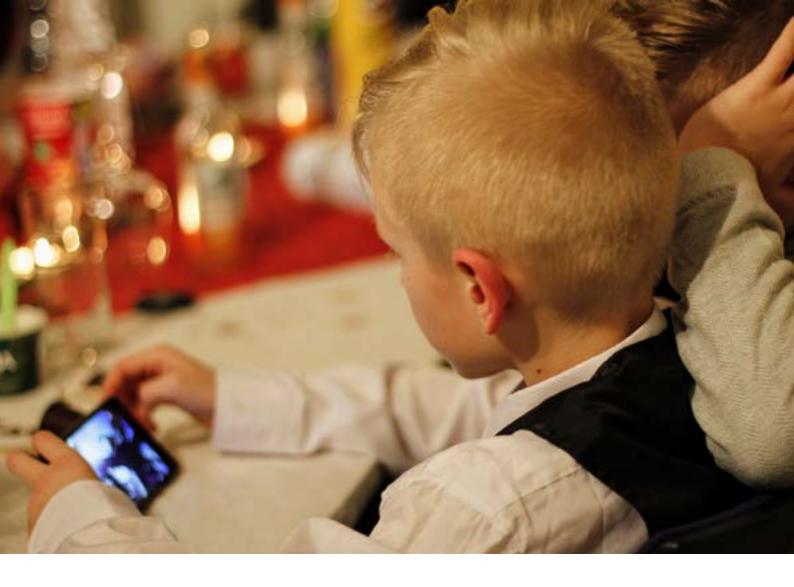
These guidelines are for you to share with your children. You can use them as conversation starters regarding responsible and safe use of technology.



## a list of do's for children

- Remember the golden rule: treat others the way that you would like to be treated.
- Tell your parents or another trusted adult if you feel bad, uncomfortable, creepy or sad about anything that you have seen or watched online.
- Think before you post, text, share, film, etc.
- Understand that nothing is "secret" or "private" on the Internet.
- If you join a new website, read the rules about the website. (Ask an adult to help if it is too difficult.)
- Protect your own privacy. Protect everyone else's privacy.
- Be an upstander if you see someone being targeted by a bully.
- Keep private and personal information private.





- Understand how to create a secure password and maintain security.
- Turn off geolocalization and geotagging features. You really don't need it.
- Apply the same boundaries that your parents have set in the offline world for the online world.
- Enjoy the world around you you don't have to document every moment of your life.
- When you do go online, think about your digital footprints the traces that you leave regarding your online activity – and leave positive footprints.
- Create a positive digital reputation by acting responsibly online.
- Use social media for good.

## a list of don'ts for children

- Don't post in all capitals as it can be seen to be rude or shouting.
   Same thing for lots of exclamation points!!!!!!!!!!!!!!
- Don't say things that make others feel bad.
- Don't say things when you are angry.
- Don't gossip online.
- Don't forward things that are suspicious, dodgy or make you feel weird when you read it.
- Don't share personal information. Create your own online user name.
- Don't take or post pictures that you wouldn't show your grandmother.
- Don't participate in bullying or mean behavior.





- Don't steal content or download software, music or movies without paying for them.
- Don't respond if someone says something that makes YOU feel bad or uncomfortable.
- Don't be sarcastic online, because people may misinterpret what you wrote.
- Don't copy everyone and their mother on each message.
- Don't spam your contacts by sending or responding to chain letters, rumors, etc.
- Don't walk down the street texting or browsing.
- Don't send messages or use your phone in a cinema (that light is annoying to others.).
- Don't send photos or words with inappropriate content.
- Don't text when people are talking to you. Engage with your eyes.



### a list of do's for parents

- Communicate with your child. Rinse, repeat. Again and again. Explain your expectations of their online behavior.
- Ask them to show you what they like to do online (games, apps, social media sites, and more).
- Aim for screen balance.
- Be a role model (put down that smartphone or tablet and be present with your kids).
- Draw up a Family Media Agreement where everyone contributes.
- Set a Google alert on your child's name (and yours).
- Take advantage of any sleepovers to share your Internet rules with guest children. Perhaps some of those good habits will rub off on them.
- Ask how their day was then ask "How was your ONLINE day?"





- Realize that your responsibility as a parent is paramount. With increased seamless Internet interaction, we are online by default.
   So be there for your child, tween or teen.
- Make a quick list of what to do, whom to call if something creepy happens online. The faster you react, the faster the situation can be handled.
- Try to see parallels in today's connected world with ours from yesterday. Do you remember when your parents thought too much TV would harm you?
- Talk to other parents about what's happening in their house. I
  think you will be pleasantly surprised to realize that a) you are not
  alone b) other kids play on tablets while dinner is being prepared
  c) battles to turn off Minecraft are not unique to you, etc.
- Talk to your child about who they're talking to online, what they're doing online, where they're going online and when they're online.
- Listen. Really listen to what they say. It may be surprise you.



- Keep an open dialogue even when the subject may be uncomfortable for you – it's the best way to stay informed of your child's online activities.
- Parallel the "safe tech" talk with your "safe sex" talk. Sexting is
  on the rise and our young people do not always understand the
  consequences.
- Understand how to use privacy settings and explain to your child how to put them in place.
- Make sure your child is not over-sharing (personal information, identifying characteristics, inappropriate photos, etc.)
- Put limits on Internet use and screen time and monitor accordingly.
- Remind your child that ANYTHING they write, post, share can exist indefinitely on the Internet.
- Teach your child how to use reporting tools, so that they can flag any inappropriate content.
- Encourage your child to go online and use technology wisely and responsibly of course.

### a list of don'ts for parents

- Don't take their devices away if they do something "wrong." Be judicial with restricting devices. Their networks really are SOCIAL networks.
- Don't post pictures of your tweens and teens without asking their consent. (Might be a good idea to refrain from posting EVERYTHING about baby too.)
- Don't panic when something "bad" happens, take a breath and draw on your parenting skills.
- Don't delegate your digital parenting responsibilities to your child's school. Make sure that the school has an e-safety policy for Internet use available for teachers, students and parents.





- Don't delegate your digital parenting responsibilities to your babysitter or nanny. Make sure the babysitter or nanny understands your family ground rules for Internet use.
- Don't believe that parental controls, filters or any other type of monitoring software are going to take care of all of your problems. They won't.
- Don't believe that you are out of your league with Internet, social media and new technology. You're not. If you have the right stuff as a parent, you have the right stuff as a Digital Parent.

# tips on sharing images

# How do I safely post images of my (and/or other people's) children on the Internet?



This must be one of the most common questions that I get asked in my work as an Internet safety expert. And I can understand why. For many parents the Internet is an unknown quantity, a parenting minefield of potential dangers, so the thought of posting photos of one's own children online can be worrying.

I created this straight - forward checklist to serve as an effective go-to guide on how to control your child's privacy, images, and digital reputation, and those of other children as well.



Before you upload photos of your children to social media sites, here are some questions to ask yourself before you upload. Remember, your child's interests and concerns are the priority here, so try and think from their viewpoint, as well as from the viewpoint of those seeing the photo.

# Using photos of your children online: questions to ask yourself

- Is your child okay with you posting their photo? Be respectful to the needs and wants of your child.
- Is your child recognizable in the photo? In terms of consent and digital safety, NOT having your child recognizable is the best option. Try to use profile or distance shots. In some ways that blurred "in-motion" shot of your toddler might even be more "artsy" in the end.
- Does this photo create a positive online identity for your child?
- Is this a photo that will harm your child's chances with a future employer or university? Real-life examples of such a photo: mother of a 16-year-old shares intimate details about her child's "problems" with accompanying photo; parents reprimand child with embarrassing photo and tagline "I got caught shoplifting" or "I cheated on my exams."
- Would you talk about this photo/subject matter at work? With your boss? Or if you saw this photo/commentary about your child on a billboard somewhere, would you be okay with it? These are both really great TMI (too much information) barometers. If you wouldn't share it in a professional or public context, then it probably shouldn't be shared online.
- Given the sensitivity/personality/attitude of your child, will they be embarrassed today/tomorrow if they knew you posted this?
   Would it embarrass them with a girl/boyfriend, or with their friends?
- Have you given up any information to make it easy for an identity thief to become your new—high-spending—child? Be mindful about sharing too much information about your child e.g. their full name, school, or birthdate. An identity thief could assume the identity of the child and make purchases (it's a stretch, but it happens).



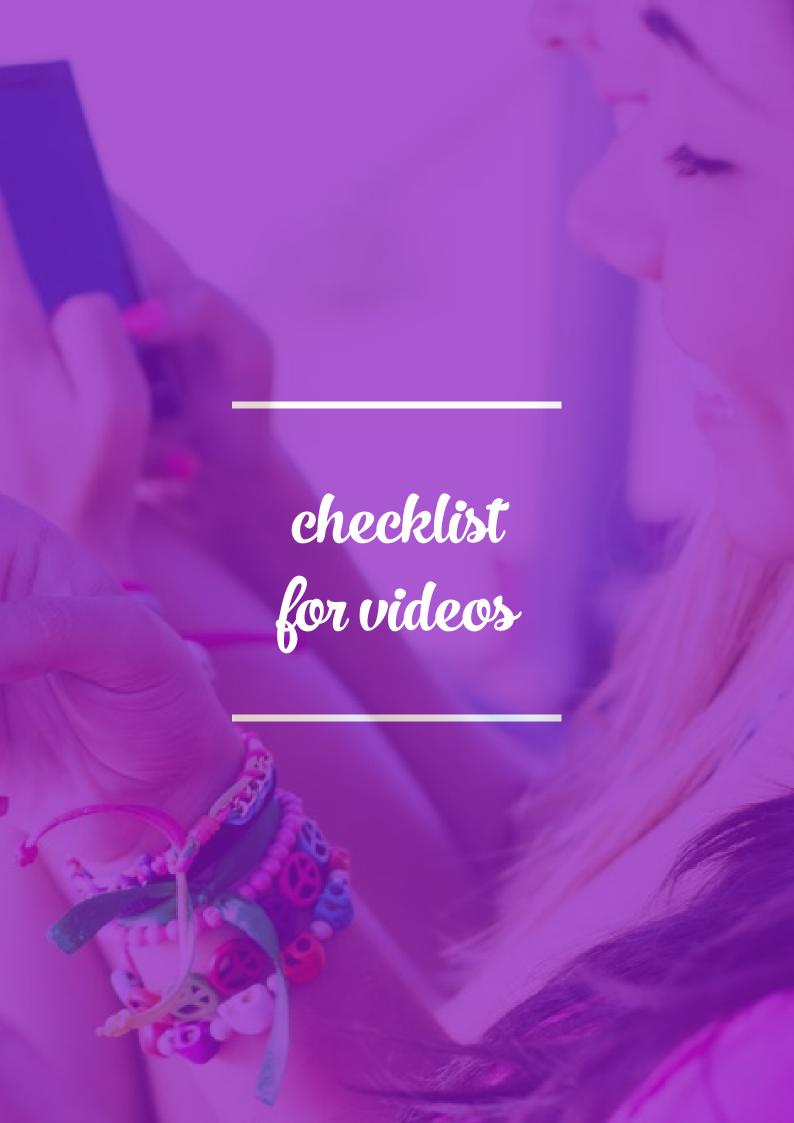
- Are you comfortable with losing control of this photo? Even with settings on private or friends only, once the photo is out there in cyberspace, it is out there. For example, would you be okay if someone hijacked this photo?
- Does this picture expose your child to sexual predators? Be mindful of posting photos of your children naked, in bathtubs, or in bathing suits. What may seem innocent to you, may not be to others.
- Do you agree to provide your child's data to third parties?
   Everything you post contains information that is valuable to advertisers and data collectors.
- Are you okay with facial recognition, Facebook profiling and data-mining? Read this article by Amy Webb on Slate.com to understand more.
- Are you acting as the digital guardian of your child's digital reputation and identity child? French protection experts and police warn parents to stop posting on Facebook because their actions today could give rise to a lawsuit from their children. No, I'm not joking. Read it yourself here.
- Have you considered using a photo-sharing site that requires users to log in to see pictures?

# If the photo is of other children, here are some crucial steps to take before you upload

- Make sure your school has a policy in place about taking or sharing photos of school activities.
- Respect the digital boundaries that other families may have in place: always ask permission before taking a photo (or video).
- Always get permission from the child and indicate where you will be posting the photo.
- Also, always get permission from the parent, especially if the child is under 18, and indicate where you will be posting the photo.
- Be respectful and use your common sense. Don't post embarrassing, rude or "sexy" photos.
- Read the Facebook Help Center article on Image Privacy Rights.
- Always get permission. I can't say that enough.

#### Some additional goodies to know:

- 5 Things Parents Should Know About COPPA (Children's Online Child Privacy Protection Act
- 6 Reasons Why Parents Should Care About Kids and Online Privacy
- 10 Ten Things You Should Know Before Posting Pictures of Your Children on Social Media
- 8 Types of Photos of Your Children That You Shouldn't Post on Social Media



# YouTube checklist for kids: posting videos

- Review your video carefully under the "Grandma rule:" can your grandma see this?
- Be sure not to say anything mean or rude in your video.
- If under 13, don't show your face in the video.
- Be careful what you share and keep your private information private.
- Ask your parents (or a trusted adult) to review your video.
- Get permission to record any additional people in your video.
- Share the video with that person before you upload the video.
- Get permission from that person to upload the video publicly (or privately).
- Get permission from the parents of anyone under 18.
- Set viewing access to private, not public.
- If you do go public, privately share video to get feedback beforehand.
- If you allow comments on your video, go to settings and request to "hold comments before approval" so that you can review the content first.
- If you do not want comments on your video, go to Settings and then Advanced Settings to unclick the "allow comments" button.
- Are you okay with no longer having "ownership" of the video?
- When posting videos, remove any geo-localization tags.

# YouTube checklist for kids: watching videos

- When you want to watch a video, think of the "Grandma rule:" could you watch this video sitting next to your grandma?
- Have a shared family account so that your parents can make sure that the videos you watch and that are suggested are appropriate for your age.
- With your parent's approval, subscribe to YouTube channels to watch your favorites.
- Respect the over 18 age limit: the limits exist for a reason and you cannot un-ring that bell once you have seen something truly horrifying.
- If you do see something scary, rude, or offensive, let a trusted adult know.
- Don't download video software from unknown sites.
- Don't forward or share a video that shows someone being harassed or bullied.





## checklist tech toy purchase

#### before purchase

- Do your research (CNET, Wired, Consumer reports, etc.).
- Read the reviews on the tech toy.
- Google search "hot tech toys."
- Weigh the benefits and risks.
- Is the tech good for child development?
- Lay out any ground rules on toy use.
- Create a Family Media Agreement on tech use.
- Do a search on your favourite online safety websites (Common Sense Media, Internet Matters, etc).





#### after purchase

- Read the instruction manual.
- Check the terms of use and make sure they aren't doing something weird with your data.
- Adjust the privacy settings.
- If you have to register an email address, use your own email if the device requires one (you will receive alerts and other useful info).
- Avoid entering your credit card information into the toy if possible.
- Be mindful of any update on the tech toy, you may need to adjust the privacy settings.
- Communicate with your child about the toy (how do they use it? anything creepy? anything cool?).
- Stay involved.

# list of take-away tips

#### take - away tips

Here is a recap of the key points raised in this guide:

- Talk to your child about who they are talking to online, what they're doing online and where they're going online and when they're going online.
- Keep an open dialogue even when the subject may be uncomfortable for you - it is the best way to stay current of your child's online activities.
- Instead of the "safe sex" talk, have that "safe tech" Internet talk with your child. Rinse, repeat. Often.
- Understand how to use privacy settings and explain to your child how to put them in place.
- Make sure your child is not over-sharing (personal information, identifying characteristics, inappropriate photos, etc).
- Put limits on Internet use and screen time. Monitor accordingly. And be a role model yourself.
- Remind your child that ANYTHING they write, post, share will exist indefinitely on the Internet. (And that it can also be changed and sent around).
- Teach your child how to use reporting tools, so that they can block or flag any inappropriate content.

#### Digital Parents - You've got this!



### online resources for parents

#### **UNITED STATES**

- Pew Internet and American Life Project: a nonpartisan, non-profit "fact tank" that provides information on the issues, attitudes and trends shaping the US and the world.
- Common Sense Media: an independent nonprofit organization advocating for children in the world of media and technology.
- Net Family News: a nonprofit organization founded by journalist and youth advocate Anne Collier in 1999 to document developments in Internet safety and youth-related technology and media.
- Family Online Safety Institute: international nonprofit organization working for enlightened public policy, industry best practices and digital parenting.
- StopBullying: a federal government website maintained by the US Department of Health and Human Services providing information on Cyberbullying, reporting tools and more.
- Facebook Safety: the Facebook Safety Center provides information and tools to guide parents and Facebook members in the safe use of Facebook.
- National Center for Missing and Exploited Children: This
  organization offers tips for children and teens about Internet
  usage, as well as information for parents on keeping kids safe
  online.
- NetSmartz: an interactive, educational safety resource to teach kids and teens how to stay safer on the Internet.

- iSAFE America: a non-profit organization who offers Internet Safety education and materials for students, teachers, parents, and law enforcement.
- StaySafe.org: wide range of information on computer, gaming and Internet safety.
- IkeepSafe: coalition in partnership with crime prevention organizations, law enforcement agencies, foundations and corporate sponsors.
- WiredSafety: an online safety, education and help group that focuses on assisting law enforcement on preventing and investigating cybercrimes education, providing information on online safety, privacy and security.

#### **FRANCE**

- e-enfance: created in 2005 in France, e-enfance is a non-profit organisation, working in the field of children's and young people safety on the Internet, mobile, video games.
- Internet Sans Crainte: a government project created in France as part of the European Safer Internet Plus project and has been in operation since 2005, under the remit of the Ministry of Higher Education and Research and the Secretariat of State for the Digital Economy.

#### **UNITED KINGDOM**

- UK Safer Internet Centre: provides advice on how to use the Internet and new technologies safely and responsibly.
- Childnet International: a non-profit organization working with others to help make the Internet a fun and safe place for children.
- The Parent Zone: provides information, help, advice, support and resources to parents, teachers, health professionals, police officers, e-safety officers and HR professionals anyone who engages with parents.
- Internet Matters: an independent, not-for-profit organisation to help parents keep their children safe online.
- Internet Watch Foundation: a registered charity working with the internet industry, police and government to eliminate child abuse images.
- Child Exploitation and Online Protection: a subset of the National Crime Agency, CEOP works with child protection partners across the UK and overseas to identify the main threats to children and coordinates activity against these threats to bring offenders to account.

#### **EUROPE**

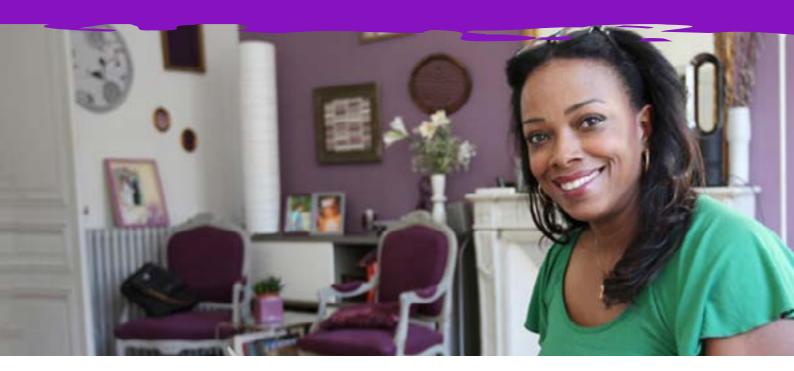
- EU Kids Online: based at the London School of Economics, this
  project analyzes cross-national surveys of European children's
  experiences of the internet, focusing on uses, activities, risks and
  safety.
- Better Internet for Kids: a European network of Awareness
  Centres promoting safe, responsible use of the Internet and
  mobile devices to young people.

• INHOPE: coordinates a network of Internet Hotlines in over 30 countries, supporting them in responding to reports of illegal content to make the Internet safer.

#### **AUSTRALIA**

 Cybersmart: a national cybersafety and cybersecurity education program managed by the Australian Communications and Media Authority (ACMA), as part of the Australian Government's commitment to cybersafety.

## Thank you for reading!



Thank you for reading. I really hope that you found this resource informative, useful and easy-to-apply in your family.

If you would like more fab resources and tips, head over to Amazon and search "Elizabeth Milovidov." There you will find all my digital parenting guides and workbook sitting prettily on an Amazon bookshelf. Enjoy!

Don't hesitate to reach out on social media or contact me at elizabeth@digitalparentingcoach.com and let me know how it's going.

#### @digiparentcoach









