Raising Media Smart Kids

Montclair Elementary - March 2023

Topics

- Setting Parents Up for Success
- Media Reviews & Media Literacy
- Media Management Tips for Families

Presented By: Denver Public Schools EdTech Team

common sense education

DENVER PUBLIC SCHOOLS
Discover a World of Opportunity™

We are

We are a trusted guide for the families, educators, and advocates who help kids thrive. We provide resources to harness the power of media and technology, and to shape public policy to improve the well-being of every child.

This brave new world isn't easy for parents.

What are your **biggest concerns** about digital media?

What are some of digital media's **strengths**?

How do we use media in balance as a family, find quality content, set expectations around healthy use to prevent conflict, and raise media savvy consumers and creators?

All About That Balance

Ask yourself — is my child:

✓ Physically healthy and sleeping enough?

✓ Connecting socially with family and friends (in any form)?

✓ Engaged with and achieving in school?

✓ Pursuing interests and hobbies (in any form)?

✓ Having fun and learning in their use of digital media?

Set Yourself Up For Success - Top Tips

What are some best practices around digital media and devices ?

- Use media with your kid

- Know your own rules - <u>use a family media agreement</u>

- **Set expectations and rehearse** - use age appropriate media

- Connect media to real life

- Talk about commercials and other advertising

- Talk about digital citizenship - digital footprints can last forever

- Encourage media <u>creation as well as consumption</u>

- <u>Model the media behavior</u> you want to see in your kids

Be Choosy
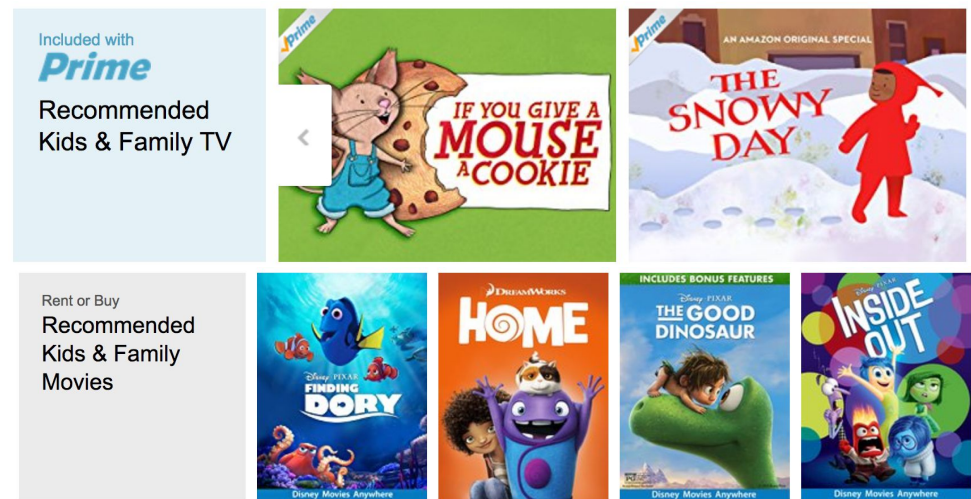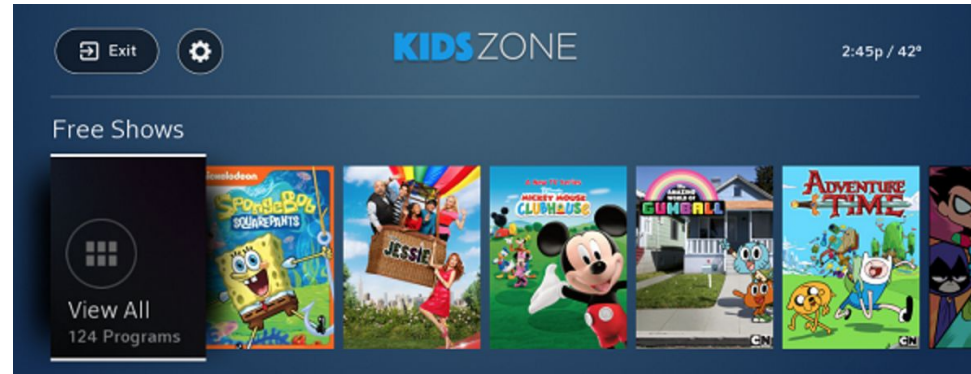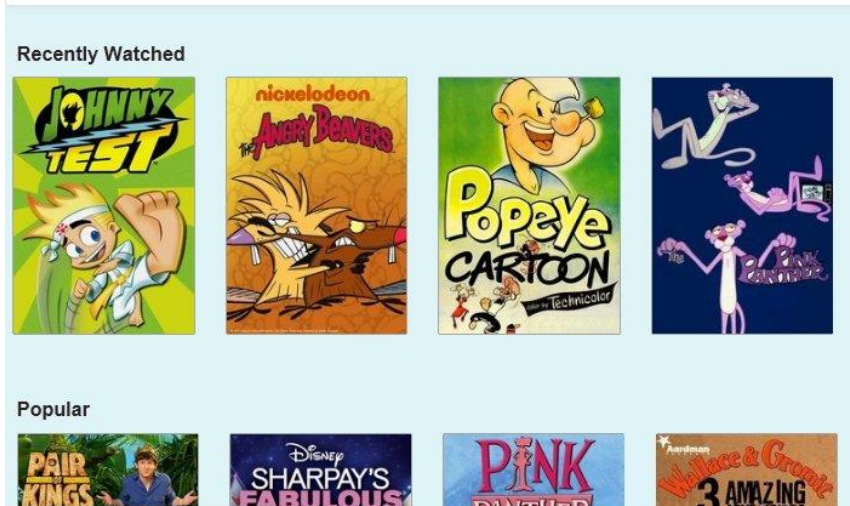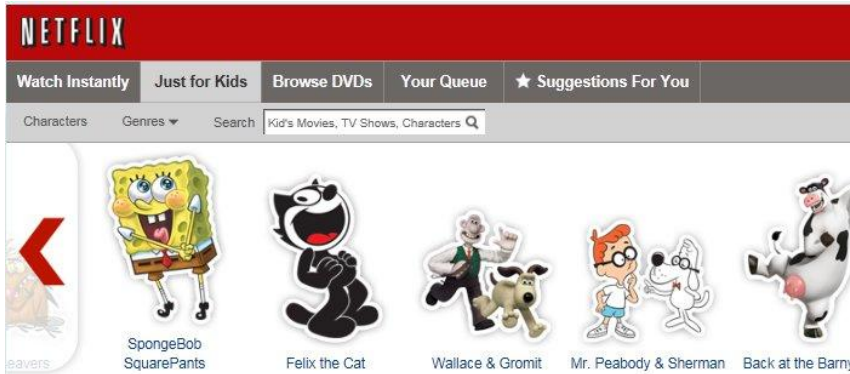
Common Sense Media encourages parents to make sure their child is "**using high-quality and age-appropriate content**, their behavior is positive, [and] screen time is balanced with other parts of life like sleep, connecting with family and friends, and time outdoors."

Ratings & Reviews - Common Sense Media

- 34,000+ reviews across all media types

- Recommended lists for: movies, TV, Books, games, Apps, Podcasts

- Key rating elements:

  - Age-appropriateness

  - Detailed "nutritional labeling" of parental pain points

  - 2500 types rated for learning potential

www.commonsensemedia.org/reviews

Common Sense Ratings

APP
TikTok
✓ age 15+ ★★★☆☆

Sing, lip-synch, and share videos; watch for iffy content.
Devices: iPhone, iPod Touch, iPad, Android (2016)

APP
Instagram
✓ age 15+ ★★★★☆

All-in-one social app for sharing, shopping, and scrolling.
Devices: iPhone, iPod Touch, iPad, Android (2012)

APP
Snapchat
✓ age 16+ ★★★☆☆

Send moments in photos, watch curated content; use wisely.
Devices: iPhone, iPod Touch, iPad, Android (2011)

ABCs and 123s

Look for apps, TV shows, and movies with positive messages and educational value.
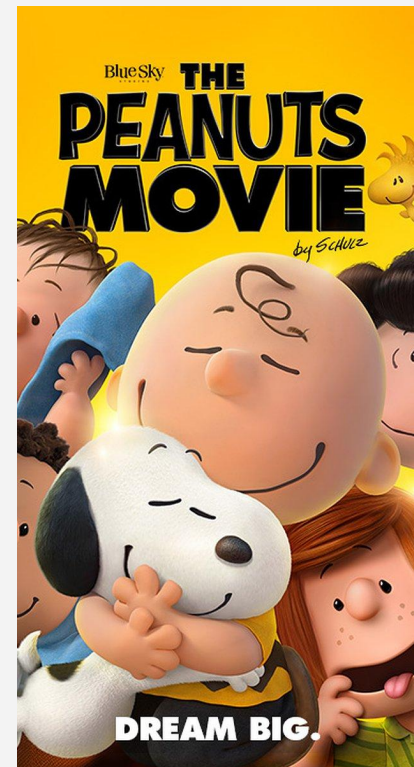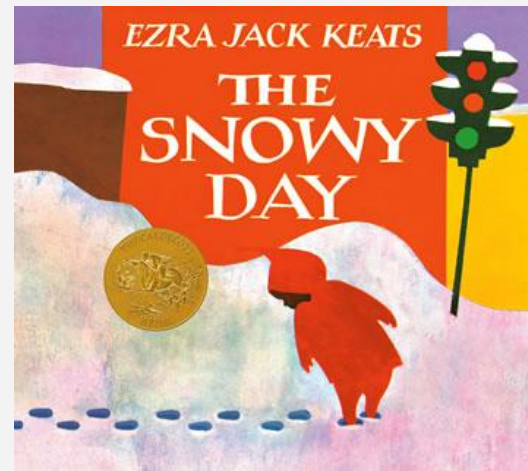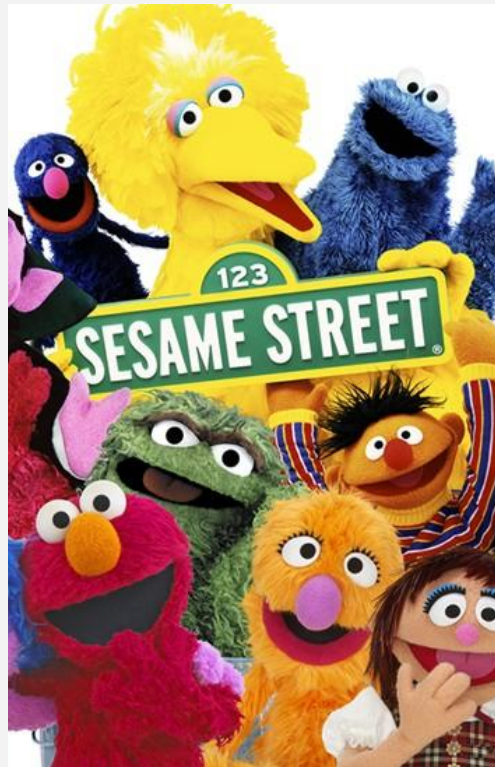
Declaring Independence
As kids get older, they go their own way

Adults don't get it. They think I'm addicted to technology — but I'm not.

I'm addicted to my friends.

Common Sense Media Focus Groups

www.commonsense.org

common sense®

Be the training wheels

www.commonsense.org

common sense®

A phone: To buy or not to buy?

Responsible
Do they show basic responsibility with time, valuables, and behavior toward others?

Social
Is there a social benefit to having a phone? A social cost to not having one?

Safe
Are there reasons you need to be in touch for your kid to stay safe?

Respectful
Do they generally follow rules? Will they agree to the limits you set?

[Kids & Smartphones: When? Why? And Should We Wait?](#)

Cell phone use

- Consider giving **gradual/tiered access** to technology:

  - Start with a [flip phone](), and remind children that privileges and responsibilities go hand in hand

  - A child's expanding access to personal technology should depend on its appropriate use.

- [Gabb Phone]()
  - Does not allow for web or app browsing; it's a smartphone with multiple built-in parental controls, including the ability to monitor your child's communications

Myth or Truth ?

Social media alienates kids.

Myth!

57 percent of all teens have made new friends online

84 percent of boys who play networked games with friends feel more connected when they play online

68 percent of teen social media users have had online friends support them through tough or challenging times

Social Media Red Flags

► Age-inappropriate content

► Public default settings

► Location tracking and sharing

► Real-time video streaming

► Ads and in-app purchases

► "Temporary" pics and videos

► Subpar reporting tools

► Anonymity

► Cyberbullying/negative culture

Social Media Red Flags

[11 Social Media Red Flags Parents Should Know About](#)

Parenting, Media, and Everything In Between

11 Social Media Red Flags Parents Should Know About

Find out which social media features are cause for concern -- no matter which app your kid is using. By Christine Elgersma

Topics: **Cyberbullying, Mental Health, Social Media**

Ver en español

It can be hard to keep up with the latest apps that kids are using. Just when you've figured out how to talk to your kids about Instagram, they're begging to download Snapchat and TikTok. But here's the deal: Even when new apps come along, adding new features such as the ability to disappear or track your location, they're often not that different from other apps. And if you know what to look for, you can help your kid avoid some common social media pitfalls such as drama, cyberbullying, and oversharing.

Does a red flag mean your kid shouldn't use a particular app? Not at all. Most kids use social media apps safely -- and kids don't always use every feature of every app. Also, you can often disable certain features so they're no longer a problem. Finally, talking about using social media safely, responsibly, and respectfully is the best way to help your kid identify and avoid red flags. Here are the most common social media red flags, the apps they're found in, and tips for dealing with them.

- **What to do:** Ask your kid whom she follows, and ask to see what's being posted. ==Use the app yourself and get a sense of what comes up in an average feed (or features like Snapchat Discover).== Then try searching for content you're concerned about and see how easy it is to find. Check the terms of use to see what the app allows and whether users can flag violators. ==If your kid uses TikTok, you can enable content restrictions that limit mature videos, but most social media platforms don't offer that feature.==

Social Media Tips

<mark>Don't go from 'zero to 100.'</mark>

- **Consider letting your child text with a best friend or a cousin on a shared family device to start** -rather than giving your kid a smartphone and letting them download multiple social media apps.

- **Allow them to add one social app when they're ready (**Think about the most appropriate age for your child to start using social media, taking into account their personality, impulsivity and maturity level.)

- Your kid may want to use an app like Snapchat because all their friends are on it, even though the company's rules say they're too young. *And if that happens, you can reach out to other parents to see if there's an alternative way for the kids to communicate that allows you to stay true to your own values.*

Source: https://www.nytimes.com/2021/09/21/well/family/teens-social-media-help.html

Social Media Tips

<mark>Set time limits</mark>

- Think about the **least invasive ways to set time limits and establish social media etiquette** rather than constantly monitoring your child's online interactions, and aim to come across as supportive and helpful, rather than someone who will be perceived as anxious, shocked or punitive.

- When you decide that your kids are ready to have their own device, *don't give them 24-7 access* to it.

- **Remove phones, tablets or other electronic devices from your child's bedroom at night**. And if your teenager uses their phone as an alarm clock, buy an alarm clock that is not connected to the internet.

Social Media Tips

Set time limits

- Choose one platform and one time period.
  - Example, say that your child can use Instagram for 30 minutes a day. You can set that limit via your phone — on Apple look for the <u>Family Sharing</u> settings and on Android you can use an app called <u>Family Link</u>. When the time limit is up, the app on your child's phone will no longer be accessible.

- If you have a kid who is tech savvy and might try to override settings like this, you may need to physically remove their device after the time limit.

- If you prefer not to monitor social media use electronically, you can simply ask your child to hand over their phone while they focus on homework or another activity.

- It's important for kids (and adults) to understand that **the more we pay attention to our phones the less we're investing energy in the rest of our lives** and, as a result, "the rest of our lives actually become less interesting," said Anna Lembke, the chief of the Stanford Addiction Medicine Dual Diagnosis Clinic at Stanford University and the author of "Dopamine Nation."

Source: https://www.nytimes.com/2021/09/21/well/family/teens-social-media-help.html

Social Media Tips

Help your teen understand and curate their feed

- Experts said it's *helpful to talk to your teenager about who they are following*, and how these accounts make them feel.

- Teenagers **should be especially cautious of any dieting or exercise sites because they could "clog up your feed"** and potentially encourage unhealthy thoughts or behavior. Algorithms will serve content related to who your kids follow, what they search for and how they browse online.

- Ask teenagers to dig into their social media settings to find out **why certain ads pop up in their feeds.**
  - Start by visiting the Instagram app's settings, then choose "security," and then "access data." Under "ads interests" you can view the specific things that Instagram thinks you like, based on your personal data; most students have no idea this even exists.

  - To start, **you can ask what your child's top five accounts are versus their bottom five accounts** — and share your own as well — and talk about why you ranked them this way.

  - **"You want to be around accounts that help you become the best version of yourself."** -Laura Tierney, the founder and chief executive of The Social Institute

TikTok Content

The Washington Post
Democracy Dies in Darkness

TECH IN YOUR LIFE

They came to TikTok for fun. They got stuck with sexualized videos

What to do when you can't escape content that makes you uncomfortable on social media

By Heather Kelly

Updated December 14, 2022 at 10:59 a.m. EST | Published December 14, 2022 at 9:49 a.m. EST

[article](#)

A New User Tests TikTok - Recent Case Study

"TikTok lets you pick interests, so we *chose outdoors, sports and gaming*… We also tried to avoid staying longer on videos that included sexual content, but as many regular users have found, even a few seconds can make a difference.

On TikTok, it took until the third video to get a young woman posing suggestively. Within five minutes, the feed had devolved into more-explicitly sexual content, including many young-looking women in school uniforms. In one video, a young man and woman simulated sex with their clothes on. Another featured the Pornhub logo and a pile of condoms. Many of the videos had up to hundreds of thousands of likes."

Privacy Settings

Posts are Private	🔵

Turn privacy ON to approve follow requests. Your existing followers won't be affected.

●●○○○ Verizon LTE   8:30 AM   100% ▬

‹   **Options**

FOLLOW PEOPLE

📘	Find Facebook Friends	›
👤	Find Contacts	›

ACCOUNT

Story Settings	›
Edit Profile	›
Change Password	›
Posts You've Liked	›
Blocked Users	›
Switch to Business Profile	›
Private Account	🔵

When your account is private, only people you approve can see your photos and videos on Instagram. Your existing followers won't be affected.

✓ common sense®
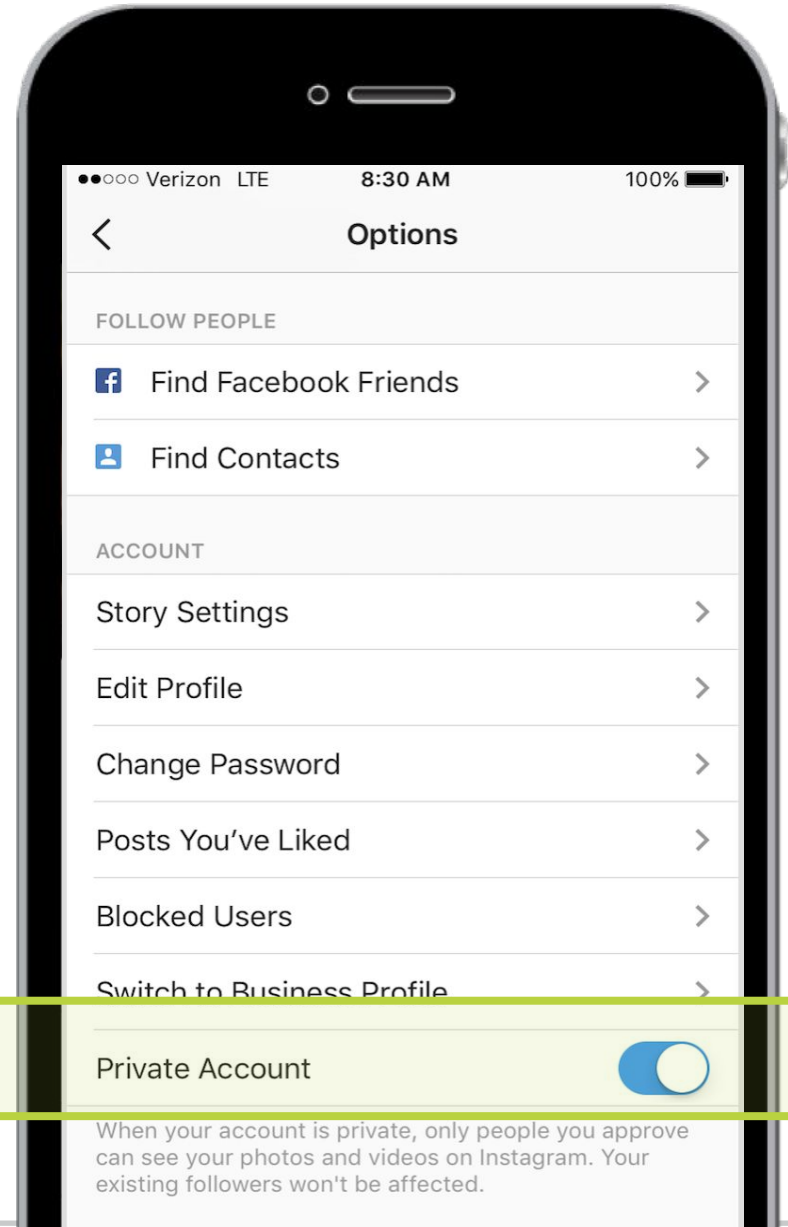
Keyboards Can Make Us Careless and Cruel

Best Approach to Bullying

Report abuse

Encourage "upstanding"

Collect proof

Involve other**s**

Limit online access

www.commonsense.org

common sense®
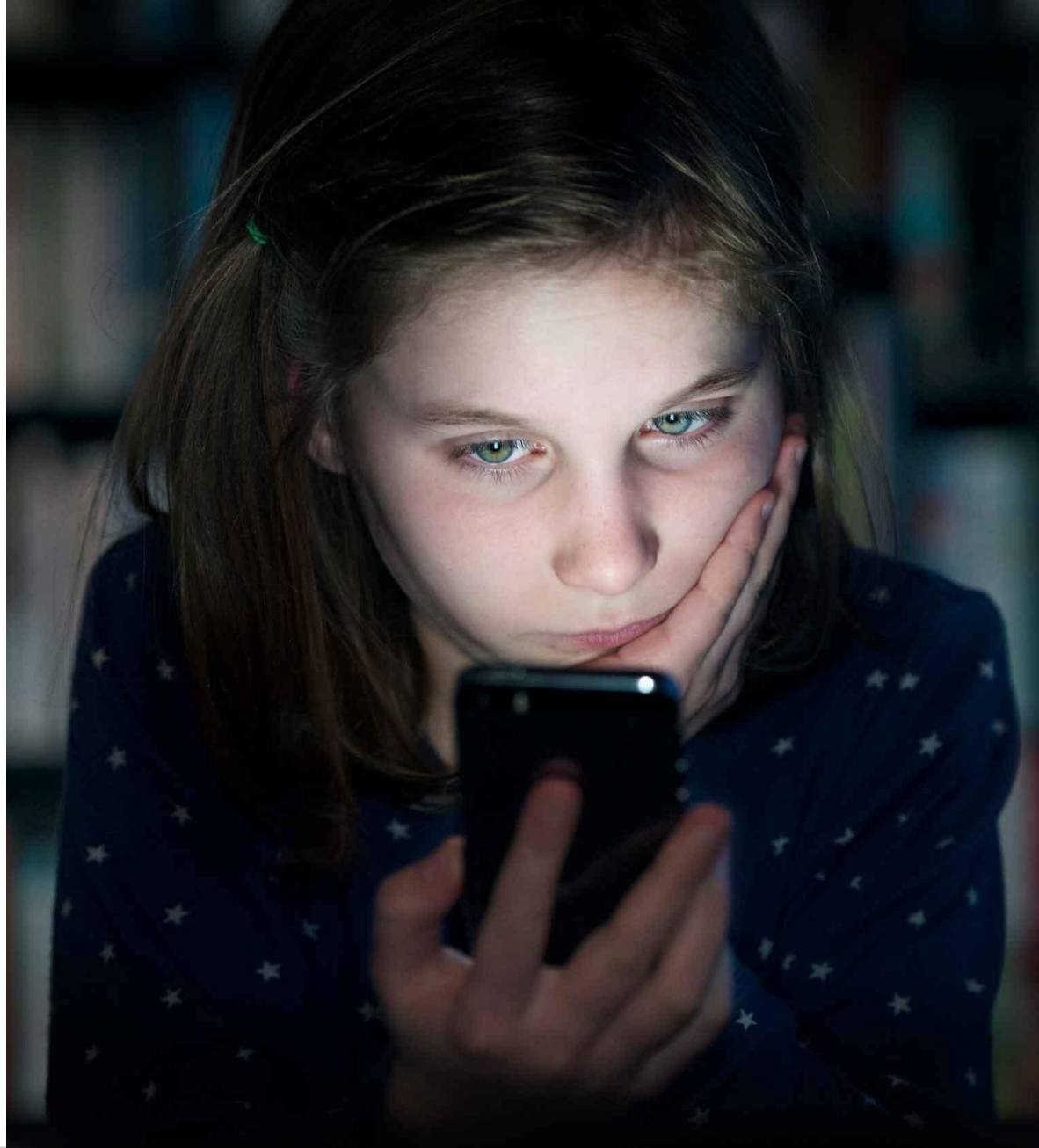
Keeping Our Kids Safe

Worst-case scenarios exist, but they are not the norm!

20–54%
of teens have sent or posted sexy pictures of themselves. Most sexy pictures are sent to a significant other.

51%
of girls say they felt pressure from a guy to send sexy pictures.

30-40%
of teens say nude photos are shared beyond intended receiver.

9%
of kids receive unwanted online sexual solicitations (as of 2010).

4%
of kids have online interactions where a predator attempts to make contact offline

GuardChild citing Pew Internet and American Life Project, National Campaign to Prevent Teen Pregnancy, Cox Communications Teen Online and Wireless Safety Survey, YISS study

Interactive lessons and activities for all students! 🖍

Digital Citizenship Curriculum

Use digital citizenship lesson plans to address timely topics and prepare students to take ownership of their digital lives. Browse lessons by grade and topic below, or see an <u>overview of the curriculum</u>.

Videos

Lesson Slides

Customizable Resources

ESP ENG

Bilingual Materials

Filter by grade   (All grades ▾)

| Media Balance & Well-Being | Privacy & Security | Digital Footprint & Identity | Relationships & Communication | Cyberbullying, Digital Drama & Hate Speech | News & Media Literacy |

It's never too early to talk to your kid about digital citizenship, being kind online, and calling out cruelty.

Choose
Help kids make
good choices.

Check
Check what
they're doing.

Chat
Follow up
with a chat.

We Can Help!
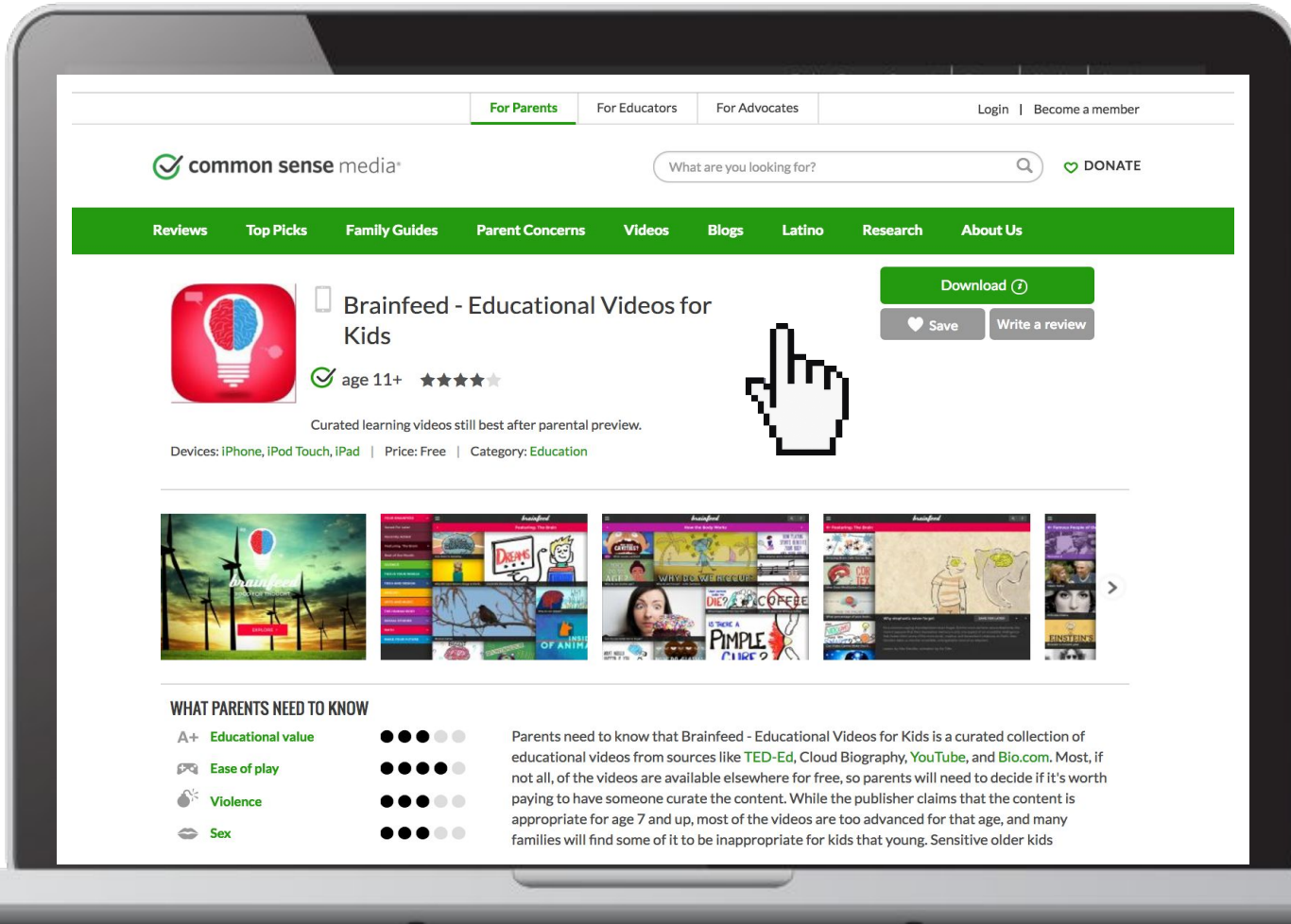
Myth or Truth ?

Parents spend less time on devices than kids/teens

Myth!

Parents spend 9:22 with screen media daily, including for personal and work use. 7:43 of that time is devoted to personal screen time. Tweens spend an average of 6 hours/day and Teens an average of about 9 hours/day on screens.
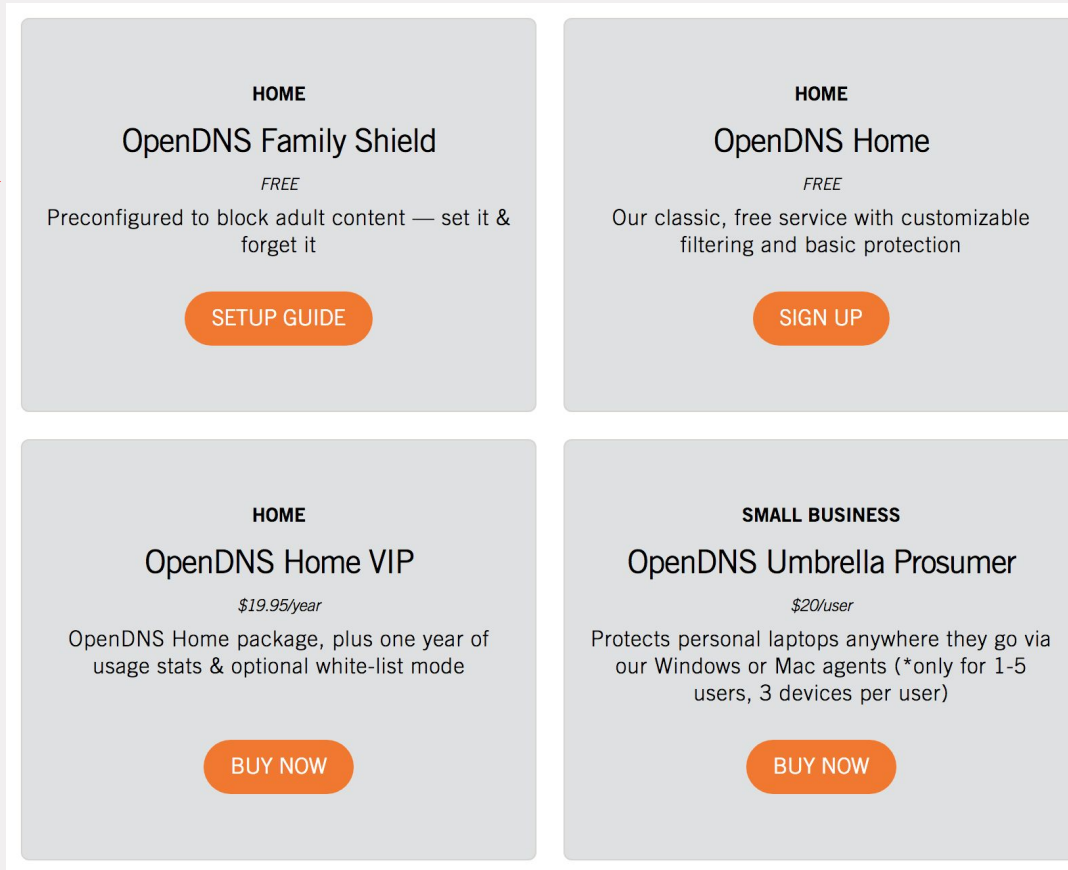
When all else fails, tracking software might, too.

"Technology is going to help you," he says, "but it's not going to get away from the fact that you should be having more conversations about this with your kids."

Nick Shaw of Norton Security

common sense®

Website blocking/filtering*

- Opendns.com

HOME

OpenDNS Family Shield

FREE

Preconfigured to block adult content — set it & forget it

SETUP GUIDE

HOME

OpenDNS Home

FREE

Our classic, free service with customizable filtering and basic protection

SIGN UP

HOME

OpenDNS Home VIP

$19.95/year

OpenDNS Home package, plus one year of usage stats & optional white-list mode

BUY NOW

SMALL BUSINESS

OpenDNS Umbrella Prosumer

$20/user

Protects personal laptops anywhere they go via our Windows or Mac agents (*only for 1-5 users, 3 devices per user)

BUY NOW

*One of many options for parents; DPS does not recommend any home internet filtering products

Apps and Software for Families

[Parental Control Software Review](#) (PC Magazine)

Our Pick			Rating	Free Version
Qustodio	Qustodio $39.95 at Qustodio	>	EDITORS' CHOICE ●●●●○ 4.0 Review	✓
kaspersky	Kaspersky Safe Kids $14.99 at Kaspersky Lab North America	>	●●●●○ 4.0 Review	✓
NortonLifeLock	Norton Family Premier	>	●●●●○ 4.0 Review	—
	Circle Home Plus $129.00 at Amazon	>	●●●○○ 3.5 Review	—
	Clean Router $29.99 at Amazon	>	●●●○○ 3.5 Review	—
Mobicip	Mobicip	>	●●●○○ 3.5 Review	—
	OpenDNS Home VIP	>	●●●○○ 3.5 Review	✓
Net Nanny	Net Nanny	>	●●●○○ 3.0 Review	—

DPS Chromebook Use and Student Safety

When students use DPS Chromebooks for school work and research:

- Only dpsk12.net accounts can login to Chromebook
- Internet-filter active regardless of user or network being used
- Report any inappropriate sites to school
- No guest or incognito mode available
- Cannot delete internet browsing history (Chromebooks)
- Inappropriate use can result in loss of device

Another Child Tech Option - Tablet

"Assuming you want or don't mind your child using a screen sometimes, a tablet is easier to use, offers much more space for apps to work with, and costs less (often substantially less) money than a smartphone. A tablet's larger size also makes it easier to monitor your child's use, makes it simpler to manage what they're doing on it"

Budget pick

Amazon Fire HD 8 Kids Edition (2022)

Slow but cheap, and good for video

The Fire HD 8 Kids Edition is slower than an iPad, with a worse screen and a much more-limited app selection, but it's inexpensive, includes a childproof case and an accidental-damage warranty, and it has good parental controls.

$100* from Amazon

*At the time of publishing, the price was $150.

www.nytimes.com/wirecutter

Instead of shutting it all down, build it up!

Resources for Support

commonsensemedia.org
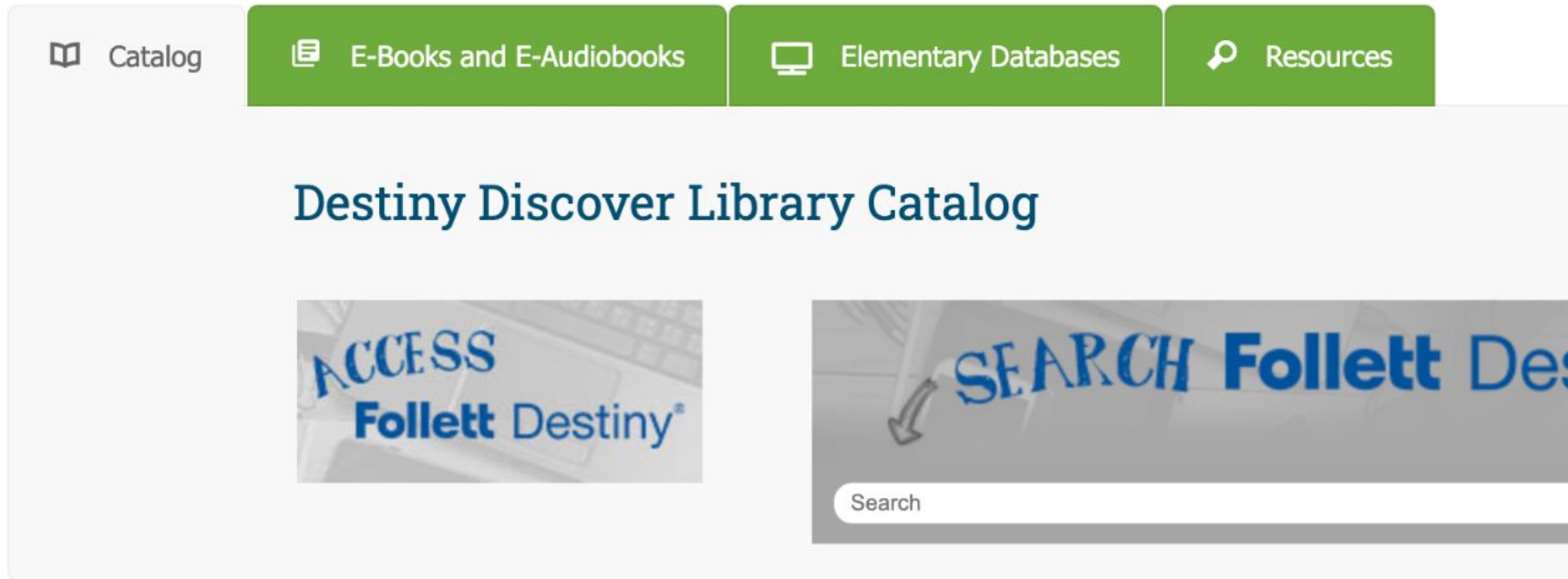

Connect with us

(f) @commonsensemedia

(t) @CommonSense

(p) commonsenseorg

Sign up today for our tips and updates.

Tell your school about our digital citizenship curriculum.

DPS Library Resources – Free at Home

Montclair School of Academics & Enrichment

| 📖 Catalog | 📰 E-Books and E-Audiobooks | 🖥 Elementary Databases | 🔍 Resources |

Destiny Discover Library Catalog

ACCESS **Follett** Destiny®

SEARCH **Follett** Des

Search

Link: lion.dpsk12.org

DPS Library Resources – Free at Home

PebbleGo

Grades K-2

PebbleGo is a research database that helps K-2 students learn foundational research skills and includes critical early-reader supports like audio voice-overs and text highlighting.

Britannica Fundamentals

Grades ECE-2

Designed specifically for young learners, this database provides an interactive atlas, learning games, engaging audio and video, effective vocabulary builders, as well as concepts such as geography, time, shapes, and numbers.

Gale in Context: Elementary

Grades K-5

Gale In Context: Elementary delivers trusted, age-appropriate digital content. Through newspaper and magazine articles, videos, images, and graphics, elementary students can learn about everything from animals and outer space to famous artists and favorite athletes through this visual and intuitive database.

Britannica School: Elementary

Grades K-5

Up-to-date, curated, and curriculum-relevant articles, images, videos, audio clips, primary sources, maps, research tools, and recommended Web sites.

Proquest CultureGrams

Grades 3-12

Articles and multimedia about countries and culture, American states and Canadian provinces. Experience the cultures of 190 countries and territories in reports that include maps, statistics, a glossary, and in-depth information.

Britannica Escolar

Grades K-12 (Spanish/Español)

Britannica Escolar hace posible que los estudiantes completen sus trabajos escolares usando los más de 15.500 artículos de las enciclopedias y 15.000 recursos multimedia que incluyen imágenes, videos, audio y mapas detallados.

Link: lion.dpsk12.org

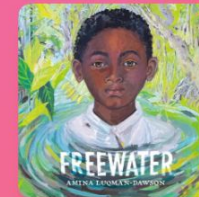# DPS eBooks & Audiobooks – Free

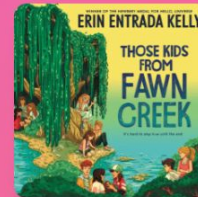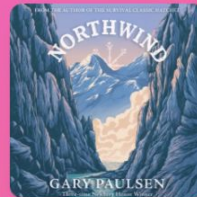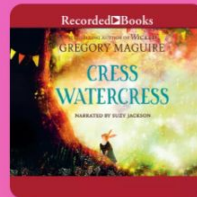
Explore
Denver Public Schools ˅

Audiobooks ✕

Collections ▭ >

❶≡ Filters

Caldecott/Newberry Award Predictions

Predictions for 2023 Caldecott and Newberry Award winning books. Winners will be announced on January 30, 2023!

All 31 books >

[Link to Sora](#)   [Intro to Sora App Video](#)

HOW AUDIO PROMOTES LITERACY

BENEFITS OF AUDIO TO LEARNING HOW TO READ

"The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children."
–Becoming a Nation of Readers: The Report of the Commission on Reading

INCREASES READING ACCURACY BY **52%**

IMPROVES COMPREHENSION BY **76%**

Provides context, helping children decode words and comprehend challenging text.

TEACHES

PRUH • NUHN • SEE • YE • SHUN

INCREASES READING SPEED

EXPANDS VOCABULARY

IMPROVES FLUENCY

BENEFITS OF AUDIO TO OTHER TYPES OF LEARNING

"Children who are better listeners are also better learners."
–North University of Texas professor emeritus Sara Lundsteen

85% of what we learn, we learn by listening.

TEST SCORES INCREASED 21% when engaged in multi-modal learning versus single-mode.

Combining print and audio increases recall **40%** over print alone.

2 GRADE LEVELS
Students can listen and comprehend 2 grade levels above their reading level.

INCREASES MOTIVATION BY 67%

27% of the K-12 population are auditory learners.

Sources available at **soundlearningapa.org/docs/bibiliography.pdf**

Other Resources

- Articles for Families - Support families with tips and advice on social media, parental controls, screen time, internet safety, and much more.
  - English Articles link   Spanish Articles link

- Videos for Families - Find short videos to share with families about topics like managing devices at home, learning with technology, and much more.
  - English Articles link   Spanish Articles link

- Best Media Lists for Families -Find and share lists of recommended books, apps, websites, movies, TV shows, and more, organized by age range and media type.
  - English Articles link   Spanish Articles link

- Best Mental Health and Wellness Podcasts for Kids, Tweens, and Teens

- Help Kids Make Friends and Interact Safely Online

YOU GOT THIS!

Contact

- Brian Dino, DPS Digital Coach, brian_dino@dpsk12.net

  - Denver Public Schools EdTech Team

  - Email: edtech@dpsk12.net

Slide deck: https://tinyurl.com/Montclair2023