

# ASL Middle-School

Strategies for Home  
Technology Management



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# Home and School Partnership

Parents are the first line of defense when it comes to protecting kids offline and online.

-Hemanshu Nigam

[“Internet Safety for Kids: 17 Cyber Safety Experts Share Tips for Keeping Children Safe Online.”  
Safety.com, 9 Oct. 2019, \[www.safety.com/internet-safety/\]\(http://www.safety.com/internet-safety/\).](#)

## Students say they want to learn...

How not to be distracted with any tech, online, apps, etc.

Time management and using apps to keep track of work

Coding

Online scams and things to watch out for

About “sexting” and what to do

## Students wish parents knew...

that there is a lot of pressure on us and sometimes when it is really bad we can give into it even if we don't want to.

...sometimes from being too strict it might make the children become more secretive and untrustworthy towards their parents and then end up doing things with technology that could harm their future in the long term.

We do want to do the right thing.

Sometimes [kids] don't know what they're doing online and also don't understand the consequences

Lower School +

Middle School ▾

Contact us +

Curriculum ▾

Program overview

Core academics overview

By grade

Assessment

MS Technology ▾

Agreements

Laptops +

Program resources

Parent resources

# Parent resources

[ASL resources](#)[Online resources](#)[Online reading](#)[Offline reading](#)[Presentations](#)

You can download a Family Tech Agreement Template in Word or Pages format below. This template is just a starting point; you will need to adjust the wording to fit your family's house rules about technology. These agreements also work best when children have some input in the guidelines for technology use.

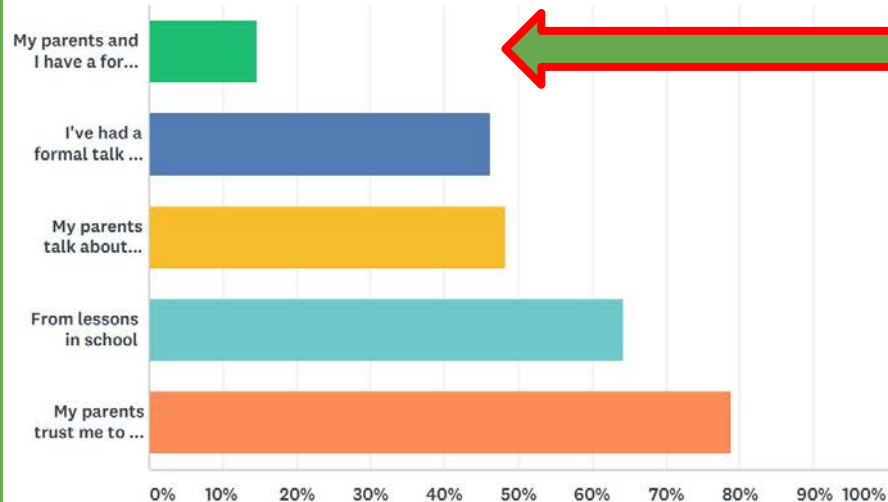
[Family Tech Agreement Template](#) (Microsoft Word)[Family Tech Agreement Template](#) (Apple Pages)[Family Tech Agreement Template](#) (Google Doc template)

If you would like some ideas for additional components of a Tech Agreement, you can download the Additional Items documents below.

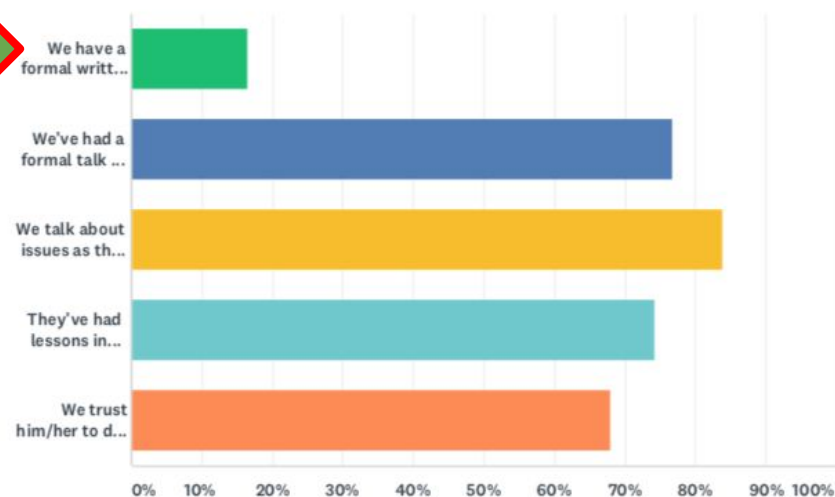
[Family Tech Agreement additional items](#) (Microsoft Word)[Family Tech Agreement additional items](#) (Apple Pages)[Family Tech Agreement additional items](#) (Google Doc template)

**ASL Tech Tips:** a Facebook page where we post warnings about avoiding online scams and advice about staying safe online.

## Students know what appropriate online behavior is because...

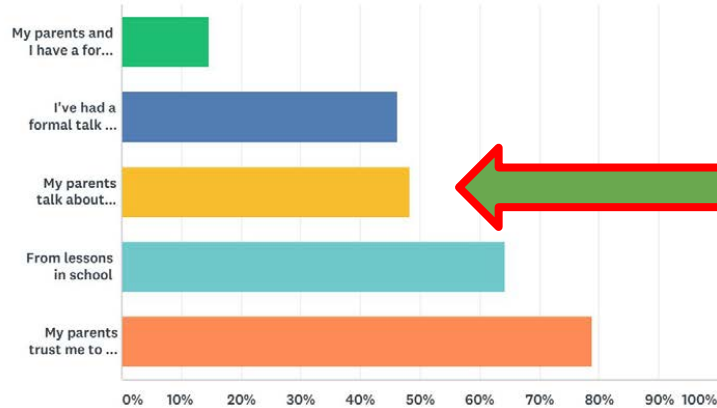


## According to parents, students know what appropriate online behavior is because...

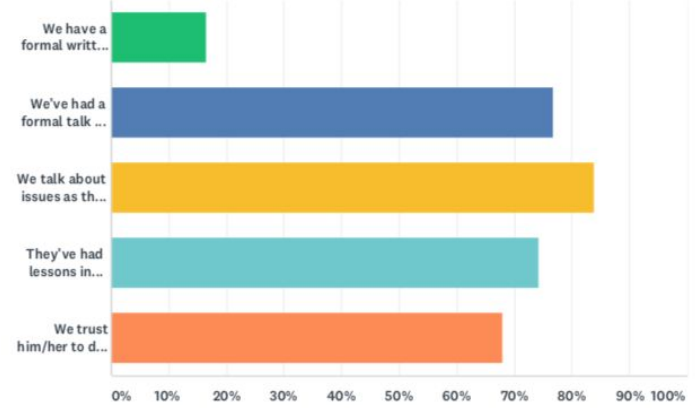


**16% of families**  
have a technology contract in place at home.

**Students know what appropriate online behavior is because...**

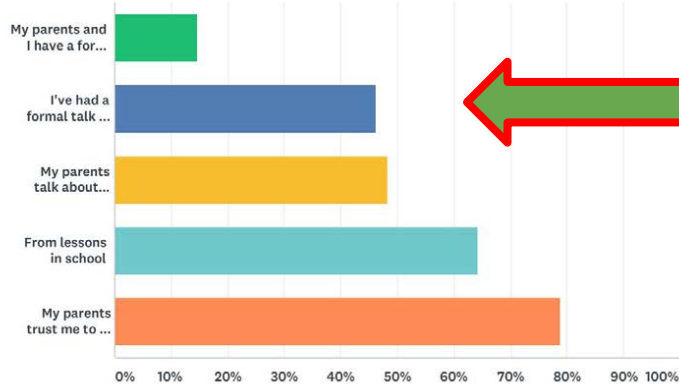


**According to parents, students know what appropriate online behavior is because...**

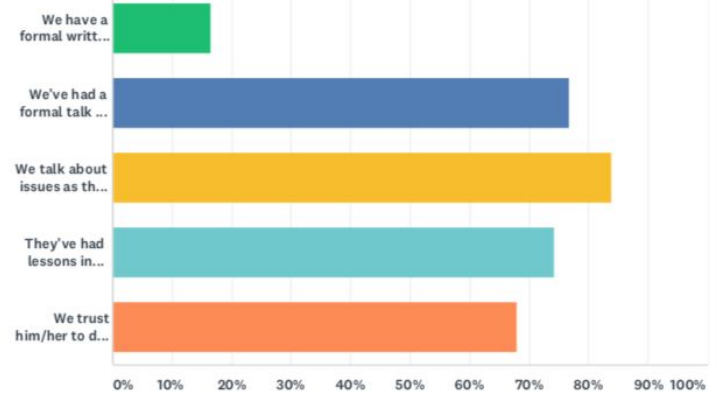


**48% of kids** say parents talk about issues as they come up.  
**84% of parents** say they talk about issues as they come up.

### Students know what appropriate online behavior is because...



### According to parents, students know what appropriate online behavior is because...



**46% of kids** know what appropriate behavior online is from formal talks with parents.

**77% of parents** believe their formal talks teach appropriate online behavior.

# Common Sense Media Digital Citizenship

Project Zero at the  
Harvard Graduate School  
of Education, 2019

Educating with Digital  
Dilemmas (EDD)

**Media Balance & Well-Being**

**Privacy & Security**

**Digital Footprint & Identity**

**Relationships &  
Communication**

**Cyberbullying, Digital Drama &  
Hate Speech**

**News & Media Literacy**



# Media Balance & Well-Being

Students go beyond screen time to explore the impact their digital lives can have on their well-being and relationships while learning to balance media in their everyday lives.

1

## 5th Grade

### Finding My Media Balance

What does media balance mean for me?

## 6th Grade

### Finding Balance in a Digital World

How do we balance digital media use in our lives?

## 7th Grade

### My Media Use: A Personal Challenge

What is your strategy for finding media balance?

## 8th Grade

### Digital Media and Your Brain

How does digital media try to hook you, and what can you do about it?

# Media Balance & Well-Being

- Free download; paid version offers more features including the ability to block websites.
- All 7th and 8th grade students have already activated this application
- It's meant for self-monitoring and not for parental control

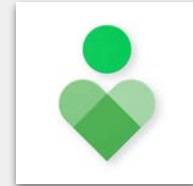
**RescueTime**



**Screen time** for iOS 12 & up



**Digital Wellbeing** for Android 10 & up



# Media Balance & Well-Being

## Conversations

- Conversations and role-modeling specific to when to use devices and when to “unplug” and to take “brain breaks”
- Media free dinners/family time
- Try not to be “Alone-together”
- Active versus passive screen time
- Managing notifications, videos, music, minimize/close tabs, social media, and messaging
- Task-switching or multi-tasking and productivity

## Grades 3-5

Family Activity

Family Tips

## Grades 6-8

Family Tips

Family Activity

# Media Balance & Well-Being

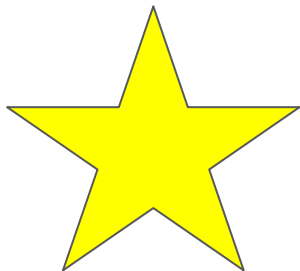
## Conversations

- Importance of sleep
- LED lights and sleep
- Distraction-free sleep
- Importance of unplugging to recharge

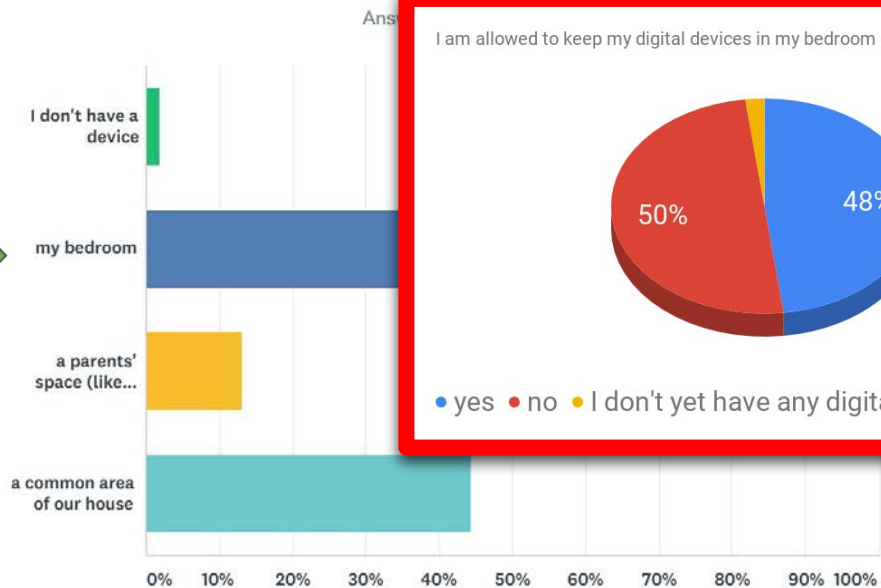
No phones/devices in the bedroom

Stop using devices at a designated time prior to sleep (about 1 hour)

2019  
41%



### Q15 Where do your devices get charged overnight?



2018  
50%

# Privacy & Security

Students learn how to protect personal information and gain a deeper understanding of their data privacy rights so they can advocate for themselves and others.

2

## 5th Grade

### You Won't Believe This!

What is clickbait and how can you avoid it?

## 6th Grade

### Don't Feed the Phish

How can you protect yourself from phishing?

## 7th Grade

### Big, Big Data

How do companies collect and use data about you?

## 8th Grade

### Being Aware of What You Share

How can you protect your privacy when you're online?

# Privacy & Security

## Conversations

- The privacy settings you use on your social media sites
- About the fine print of apps. What is being sold? Shared? Stored?
- Not sharing passwords with friends
- Clickbait, phishing, online quizzes
- Empathize with the need to overshare and make some non-negotiables
- Apps/photos with location trackers

## Grades 3-5

Family Activity

Family Tips

## Grades 6-8

Family Tips

Family Activity

# Digital Footprint & Identity

Students consider the benefits and risks of online sharing and explore how a digital persona can affect one's sense of self, reputation, and relationships.

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## 5th Grade

### Beyond Gender Stereotypes

How do gender stereotypes shape our experiences online?

## 6th Grade

### Who Are You Online?

What are the benefits and drawbacks of presenting yourself in different ways online?

## 7th Grade

### The Power of Digital Footprints

What is a digital footprint, and what does yours convey?

## 8th Grade

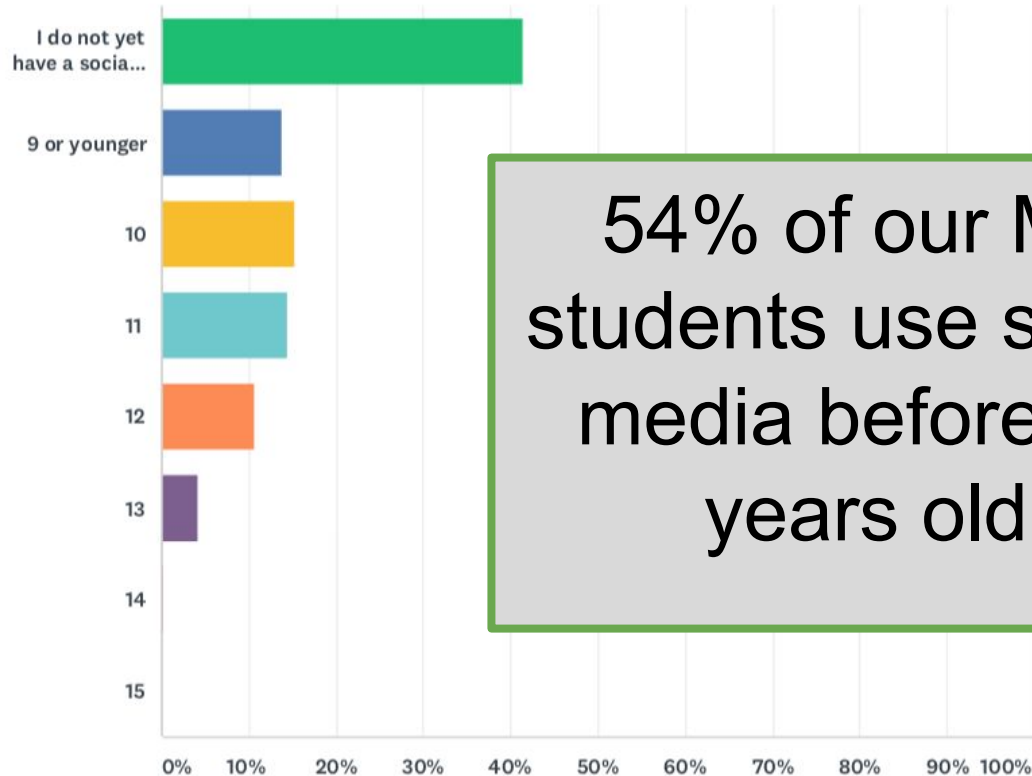
### Social Media and Digital Footprints: Our Responsibilities

How does social media affect our digital footprints?



Q9 I was first on a social network (Instagram, TikTok/Musical.ly, Snapchat, Facebook, for example) at age

Answered: 441 Skipped: 0

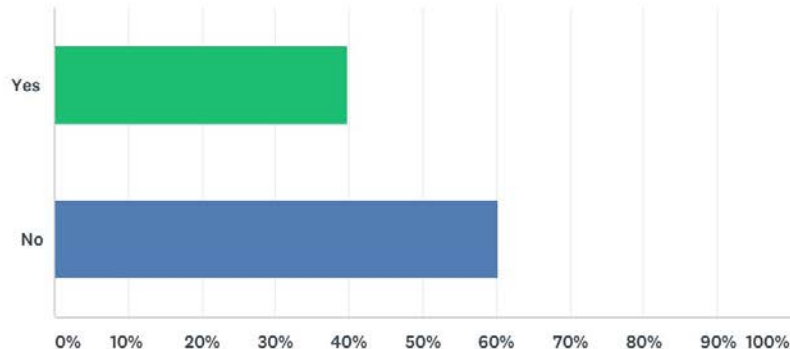


54% of our MS students use social media before 13 years old

# 40% Didn't Choose to Post Media

Q18 Have you seen photos or videos of yourself online that someone else posted without your permission?

Answered: 441 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	39.68%	175
No	60.32%	266
TOTAL		441

# Digital Footprint & Identity

## Conversations

- Considerations when posting pictures of others and yourself
- How to remove images/videos from social media if necessary
- How to build a positive online identity
- The importance of online and offline identity
- “Finstas”

## Grades 3-5

Family Activity

Family Tips

How to remove unwanted photos

## Grades 6-8

Family Activity

Family Tips

# Relationships & Communication

Students reflect on how to build positive relationships, avoid risky online talk, and understand why some topics and conversations can best lend themselves to certain mediums.

4

## 5th Grade

### Digital Friendships

How do you keep online friendships safe?

## 6th Grade

### Chatting Safely Online

How do you chat safely with people you meet online?

## 7th Grade

### My Social Media Life

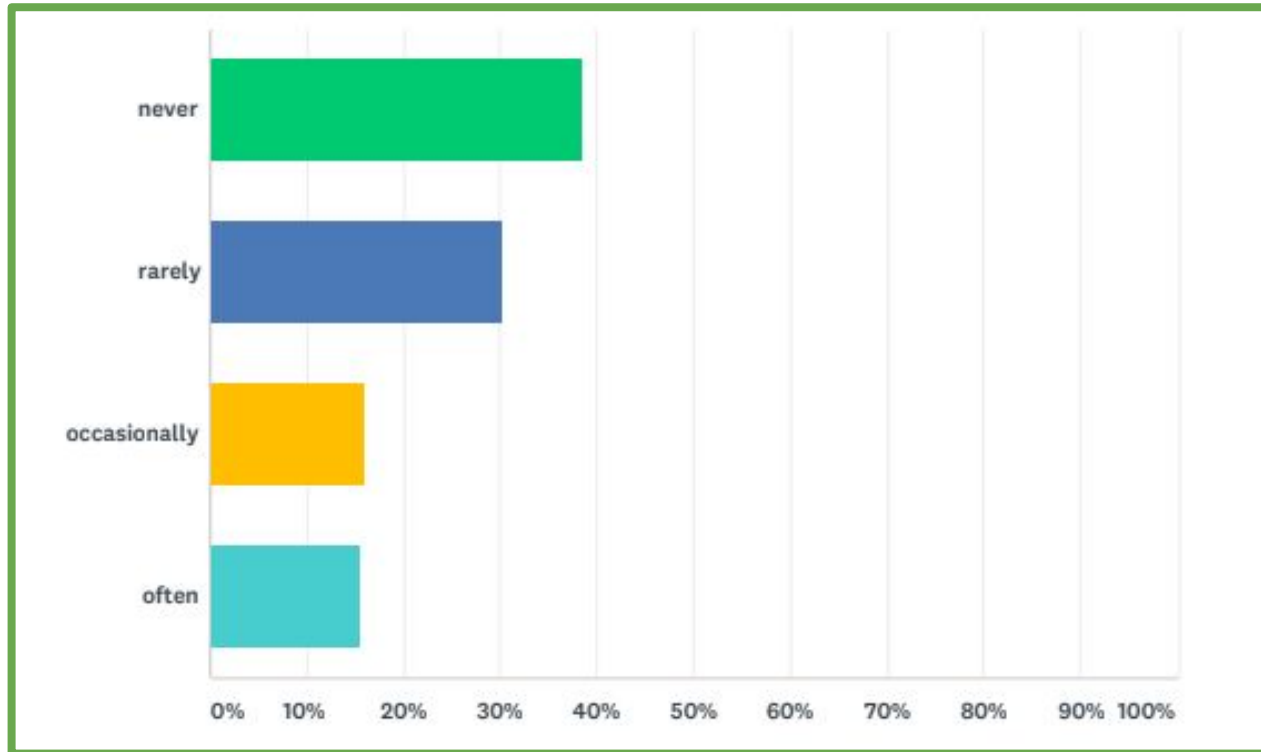
How does social media affect our relationships?

## 8th Grade

### Sexting and Relationships

What are the risks and potential consequences of sexting?

31% of ASL students interact with strangers online while playing video games “occasionally” or “often”



# Relationships & Communication

## Conversations

- Tone, punctuation, emojis, and writing style in online communication
- Navigating online relationships
- Narrate online texts/posts so your kids hear and can model
- Develop their instincts and talk about “red flag feelings”

## Grades 3-5

Family Activity

Family Tips

## Grades 6-8

Family Activity

Family Tips

## Cyberbullying, Digital Drama & Hate Speech

Students take on these tough topics and play the active role of upstander to build positive, supportive online communities and combat online cruelty.

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### 5th Grade

#### Is It Cyberbullying?

What is cyberbullying and what can you do to stop it?

### 6th Grade

#### Digital Drama Unplugged

How can you de-escalate digital drama so it doesn't go too far?

### 7th Grade

#### Upstanders and Allies: Taking Action Against Cyber

How can you respond when cyberbullying occurs?

### 8th Grade

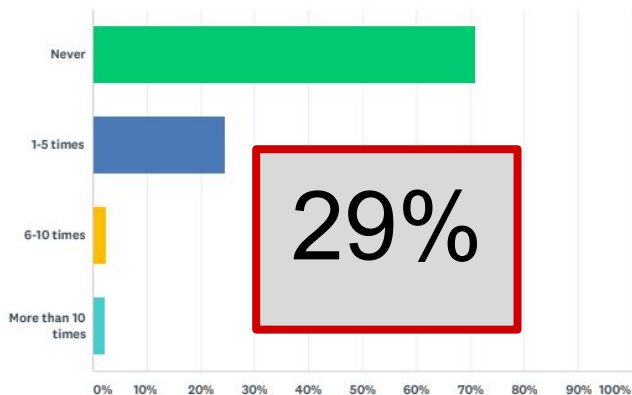
#### Responding to Online Hate Speech

How should you respond to online hate speech?

# Cyberbullying

Q21 How often have you received a mean or negative text or message (about you or someone else) since school started this year?

Answered: 441 Skipped: 0



ANSWER CHOICES	RESPONSES	
Never	70.98%	313
1-5 times	24.49%	108
6-10 times	2.49%	11
More than 10 times	2.04%	9
TOTAL		441



# Cyberbullying, Digital Drama & Hate Speech

## Conversations

- How and when to block someone on a site (do a demo)
- Bystanders versus upstanders
- Other's perspectives and empathy to help de-escalate
- When to unplug
- When & how to take screenshots
- Define and use terms: Cyberbully, hate speech, trolls
- "Red flag feelings"

Grades 3-5

Family Activity

K-12: Family Tips

Grades 6-8

Family Activity

# News & Media Literacy

Students identify credible and trustworthy information sources and reflect on their responsibilities as thoughtful media creators and consumers.

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## 5th Grade

### Reading News Online

What are the important parts of an online news article?

## 6th Grade

### Finding Credible News

How do we find credible information on the internet?

## 7th Grade

### The Four Factors of Fair Use

What rights to fair use do you have as a creator?

## 8th Grade

### This Just In!

How should we react to breaking news?

# News & Media Literacy

## Conversations

- Use words like “credible,” “trustworthy,” and “fair.”
- Talk about misinformation, bias, propaganda, satire, and clickbait.
- Reliable news sources
- Sources for school projects like articles, images, and videos
- When you should “retweet” or share stories with others
- Importance of citing sources

## Grades 3-5

Family Activity

Family Tips

## Grades 6-8

Family Activity

Family Tips

# Childnet International: Select Hot Topics

## Conversation starter ideas

A simple and effective way to support your child with online gaming is through discussion. An open dialogue is the best way to help your child access the amazing games the internet has to offer, whilst keeping them safe at the same time.

- 1 What is your favourite game to play online?
- 2 What things make you happy when playing online games?
- 3 What things make you unhappy/angry/sad when playing online games?
- 4 How long do you think you spend playing online games each day/ week?
- 5 What happens when you've been playing online games for too long? What happens to your body, to your mood, and to your device?

# Supporting Young People Online

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There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

**1** Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

**2** Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

**3** Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

**4** Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

**5** Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Find out more ways of starting a conversation about online safety at [www.childnet.com/have-a-conversation](http://www.childnet.com/have-a-conversation)

# Comprehensive Digital Citizenship Guide for Parents, 2017

## Public Safety Canada and MediaSmarts

### Being a positive influence online?

It's not enough to teach kids to protect themselves and avoid hurting other people. One of the great things about the internet is that kids' voices can be just as loud as anyone else's, and we all have a duty to make sure that things like bullying, racism and sexism aren't acceptable anywhere. Tell your kids that their voices can make a difference: it can take just a few people speaking out against something to change people's minds about it.

**YOU CAN SAY:** *You can help if you see bullying, racism or sexism online. If you feel safe speaking out, you can say things like "That's not how we do things here" or "Stuff like that ruins the game for everyone." If you don't want to say something public, you can reach out to whoever's being targeted to help them feel better and find out if there's any way you can help. You can report it to the people who run the game or social network where it's happening, too.*



# Resources for Conversations

Canadian Centre for Child Protection  
[Needhelpnow.ca](https://www.needhelpnow.ca)

Childnet International (UK) <https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>

Common Sense [Family Engagement Resources](#)

Comprehensive Digital Citizenship Guide for Parents, 2017  
Public Safety Canada and MediaSmarts  
<http://mediasmarts.ca/sites/mediasmarts/files/guides/digital-citizenship-guide.pdf>

Common Sense Media Cyberbullying Video Tips for Parents

- <https://www.youtube.com/playlist?list=PL1YCGfBa9BUbAqrHueDEO1PPvP2n-EMwT>
- <https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>
- <https://www.common sense media.org/parent-concerns>
- <https://www.common sense.org/education/toolkit/family-engagement-resources>

[“Internet Safety for Kids: 17 Cyber Safety Experts Share Tips for Keeping Children Safe Online.”](#) *Safety.com*, 9 Oct. 2019.  
[www.safety.com/internet-safety/](http://www.safety.com/internet-safety/).

# Breakout Sessions:

1. Scenario discussions in small groups
  - MS Drama room - W103
2. Understanding the apps ASL students are using
  - The Commons (this room)
3. Strategies for home tech management
  - Band Room - Y102



Photo by [Marten Bjork](#) on [Unsplash](#)



# Thank you

- Exit Ticket - Can be found via the handout or we have it on paper, too
- Questions in the Commons or at TILM tables at parent conferences

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