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PARENTING THE SCREENAGER: TIPS FOR PARENTS

!!! Sign up to be updated about SA's soon to be launched movement to ban smartphones in primary schools <https://forms.gle/4YiNWFVGqSpaTd8X6>

Busy Parents' Summary

- Best resources to learn about settings, apps, websites and games:
 - o Common Sense Media
 - o Bark
 - o Protect Young Eyes
- Best tracking app – Life360
- Best monitoring app – Bark (Promo Code EMMABARK)
- Best free parental control – Google Family Link

- **Regular check-ins and conversations with your children about what they are up to online.** Remember – the best line of defence against all online harms is active, involved, engaged, aware parents
- Listen to / read **The Anxious Generation** by Jonathan Haidt and have a look at the resources available on www.anxiousgeneration.com/
- Look at the resources on <https://smartphonefreechildhood.co.uk/>
- Watch Childhood 2.0 on YouTube: <https://youtu.be/He3IJhFy-I>
- Watch The Social Dilemma on Netflix
- Rule of thumb: The billboard test - if you wouldn't put the content on a huge billboard next to your name, your face and your school's name don't let it exist ANYWHERE in digital format.
- Have a Smartphone contract with your child – download a free one here:
<https://www.thedigitallawco.com/parents/smartphone-contract-teenagers/>
- ALL devices out of the bedroom at a fixed time every night
- No social media until high school
- Agree on a time budget with your children. Set time limits on their devices.
- Learn more about the websites, games and apps that your children are using. Have a look at the ultimate parent guides released by:
 - o Common Sense Media - <https://www.common sense media.org/parents-ultimate-guides>
 - o Bark - <https://www.bark.us/blog/streaming-sites-safety-kids/>

- Turn off location services on your children’s devices – except tracking software (Free on most smartphones or download Life360 from the App Store)
- Install parental control software – for high-risk children have a look at Bark (promo code EMMABARK), Qustodio or Our Pact – otherwise Google Family Link on Android or Screentime on Apple are free and comprehensive, although Screentime can be a bit “buggy”
- Set up some ground rules for the sharing of personal information. All social media accounts **must** be private.
- Teach your children to presume everyone they meet online is dodgy until proven otherwise.
Do a reverse Google Image search (or use a website like Tin Eye) if you suspect that someone you meet online is not who they say they are. Catfishing is real!
- Teach your children the joy of blocking people and the power of a short, sharp NO! No need to give reasons or excuses. No means NO!
- Work with your child in setting up their social media accounts. Make sure that they have activated all privacy settings. Have a look at the parent guides for tips on which settings to activate.
- If your child is being cyberbullied – teach them to BET - 1) Block (don’t report, if you report the chat gets deleted) 2) Evidence and 3) Tell an adult
- Install filtering software on the WiFi at home. Turn off your home WiFi at night.
- Consider your child’s privacy when posting photos of them. No naked, embarrassing, shaming content. If your children are old enough, ask them if they are happy with you posting pics of them.
- Teach your children that if someone expresses suicidal thoughts to them – that is not a secret they have to keep. They must tell an adult.
- Model good phone behaviour. Check your own use and addiction!
- Device-free times and locations at home.
- Device-free meals.
- Remember the 6 P’s – If you wouldn’t want the content to be seen by any of the 6P’s, don’t let it exist in digital format.
 - o Police
 - o Parents
 - o Potential university/employer/scholarship provider/sponsor
 - o Paedophile or Predator,
 - o Principal
 - o Phisher
- The age of full criminal capacity is 14 but can be as young as 12. Crimes committed by teenagers on their phones include crimen injuria (infringement of dignity eg. cyberbullying, doxing, image-based violence, racism etc), hate speech, fraud, threats, incitement, sexting, sexual exploitation, grooming, exposure of pornography to a minor, hacking, password abuse, non-consensual distribution of private/sexual/images or films, extortion
- Civil capacity starts at 7- defamation, privacy, harassment, damages
- If you have young children and for toddler screentime recommendations, please see Jerrica Sannes website - www.raisewildflowers.com
- Books
 - Selfies, Sexts and Smartphones: A Teenager’s Online Survival Guide – on [Takealot](#) or [Loot](#)
 - The Anxious Generation – Jonathan Haidt

- So You've Been Publicly Shamed – Jon Ronson
- Irresistible – Adam Alter
- Facebook
 - Parenting in a Tech World <https://www.facebook.com/groups/parentinggeeks/>
 - The Village <https://www.facebook.com/groups/TheVillageHQ/>

Other thought leaders in the space:

- Wait Until 8th - <https://www.instagram.com/waituntil8th/>
- Protect Young Eyes - <https://www.instagram.com/protectyouneyes/>
- Bark - <https://www.instagram.com/barktechnologies/>
- Titiana Jordan - <https://www.instagram.com/titaniajordan/>
- Be Screen Strong - <https://www.instagram.com/bescreenstrong/>
- Scrolling To Death <https://www.instagram.com/scrolling2death/>
- Klikd - <https://www.instagram.com/klikdsa/>
- Be In Touch - <https://www.instagram.com/beintouch.org.za>
- FYI PlayItSafe - <https://www.instagram.com/fyiplayitsafe/>