



## GROWING UP DIGITAL



DIGITAL  
BALANCE



DIGITAL  
LITERACY



DIGITAL  
IDENTITY



DIGITAL  
SAFETY

# PARENTING TIPS

**PROACTIVE EXPECTATIONS  
FOR SUMMER TECHNOLOGY USE  
CAN HELP MAKE THE  
TRANSITION SMOOTHER FOR  
BOTH YOU AND YOUR STUDENT**

### Set Clear Screen-Time Boundaries

- Agree on daily tech limits that are right for your family (e.g., max 1-2 hours of passive screen use).
- Encourage "tech-free" zones (meal times, bedtime) to ensure unplugged family moments.

**Tip: Use a visible timer or screen time limits that automatically locks apps when daily limits are reached.**

### Balance Online & Offline Activities

- Plan tech-integrated activities: digital photography nature walks, coding camps, or family video-chat check-ins with out-of-town relatives.
- Promote hobbies that don't involve screens—sports, reading, art projects—to keep them engaged and healthy.

**Tip: Kick off each morning by choosing one non-screen summer activity—like a walk or craft—to pair with any screen time.**

### Practice Safe Sharing

- Remind kids to think before posting: once something's online, it's hard to take back.
- Review privacy settings together on social media apps and game platforms—ensure profiles are private and location sharing is off.

**Tip: Before posting, have your child do a "privacy check" by listing three things strangers shouldn't know and confirming none are visible.**

### Build Critical Thinking Around Content

- Encourage them to question what they see: Who made this? Why? Is it accurate?
- Teach them to identify clickbait and to verify news or claims with two reputable sources before believing or sharing.

**Tip: When they see a sensational headline, challenge them to name one trusted source they'd check before believing it.**

### Model Respectful Online Behavior

- Discuss the importance of kindness in comments and texts—treat online friends as they would face-to-face peers.
- Talk about cyberbullying: what it looks like, how to respond (block/report), and when to come to you for help.

**Tip: After any family text or comment exchange, ask your child to identify one respectful phrase they used or could use next time.**

### Protect Personal Information

- Stress that passwords are like toothbrushes—private and changed regularly.
- Role-play scenarios: What personal details (school name, home address, phone number) should never be shared in a chat or on a profile?

**Tip: Turn password updates into a monthly family ritual—everyone changes at least one password together.**

### Foster a Positive Digital Footprint

- Challenge them to create something constructive: a summer blog, a family newsletter email, or a curated playlist with reviews.
- At week's end, review their creations together—celebrate good choices and discuss any red flags.

**Tip: Set a weekly "creation challenge," like a photo collage or blog post, and celebrate the most creative entry each Sunday.**