CounselorTalk Elementary School Letter About Technology Responses from March 2018

You might use this site as a resource:

<https://www.commonsensemedia.org/youtube>

George Mugford

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While I don't have a letter, I know those social media outlets have clauses on their sites saying they are not recommended for children under 14.

Also, I have a pamphlet in my office from Woodburn Press called "the internet and Social Media" a guide for parents. It's by Seth Rockman, LSW and Linda O'Brien, Med.

[woodburnpress.com](http://woodburnpress.com/)

maybe they can send you some for free!!

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If this is what you were looking for feel free to use it.  It was written by one of our former counselors.

Julie

Social Media & Gaming Safety

More and more students at Concord have smartphones gaming systems or tablets of their own. While these devices are fun and educational, they also expose kids to inherent dangers that can’t be ignored. Your children are the first generation with access to technology posing unlimited dangers. Kids are vulnerable to online predators and harassing behavior from peers and adults. Elementary students are not developmentally able to understand the full scope of dangerous online behavior. How can you keep your kids safe?

 14 questions and tips about safety procedures for children and technology:

Do you know which social media accounts your child are using?

Teach your children to not say things in a text or message they wouldn’t say to someone face-to-face. Once it’s written, there’s proof of harassing or inappropriate words.

Communicate with your children about cyber relationships. Know whom your kids are friends with online just like you do with their “real-time” friends.

Don’t allow your children to put their phone numbers or address on a social media profile or “check in” at a location. This gives predators instant access to your child.

Control who sees the information your children put on their walls, profiles, or news feeds. Make sure you have the passwords to their accounts and that settings are set for the strictest privacy from the general public.

Do you have passwords to those social media accounts so you can check who they’re connecting with?

Do you routinely check messages and interactions on their phones and social media accounts?

Are you familiar with the social media accounts they’re using? Have you set the privacy safeguards at the highest levels?

How often is your child using internet on tablets or phones without supervision? Do they have these devices in their rooms at night without adult supervision? What are the safety concerns with unsupervised internet use?

Are you aware of the apps on your child’s phone or tablet and how they’re used?

What games are your kids playing with others via internet? Do you personally know who they’re gaming against?

How safe are your children with unsupervised use of the internet via tablets, phone, and social media?

Teach your kids to make wise choices over who “friends” or follows them on social media. Monitor their friend list and who they friend.

Teach your children to not send pictures they wouldn’t feel comfortable showing to you. Pictures can remain forever in cyberspace even after the original is deleted by someone taking a screenshot, even with SnapChat. Sexual images shared by teens and tweens can also be considered child pornography.

At ten and twelve, kids don’t have the judgment to determine who is “safe” for them and who isn’t. As parents of kids in the age of technology, you are the gatekeeper for their safety.  The internet exposes your kids, their photos, and personal information to people who may be searching to exploit or hurt them. If you allow your child the freedom of having adult technology, think about your safety plan and procedures to keep them as safe as you can.

Popular social media apps:

Snapchat

Whisper

Yik Yak

Shush

[Ask.fm](http://ask.fm/)

AfterSchool

MeetMe

Omegle

Skout

Tinder

Down

Facebook Live

YouNow

Periscope

Meerkat

Kik Messenger

ooVoo

WhatsApp

Instagram

Tumblr

Twitter

Vine

Resources:

15 Apps and Websites Kids Are Heading to After Facebook

10 Social Media Safety Tips by Brenda L. Yoder, LMHC

From Julie Fell

Hi Allison,

You had asked about a letter for electronic usage. I have a few items on my website about cybersafety.  One is free, and some are paid.  I don't have a letter, but they are blog style items that can be easily edited into a letter format or shared in their original form if you would like to purchase the license to publish. I'll include the link below, let me know if I can help in anyway.

<http://www.calvalynday.com/shopnow/>

*Calvalyn Day*

*Wife. Mother. Family Coach.*

*As seen on*[*Huffington Post*](http://www.huffingtonpost.com/author/cgday-721)[*www.CalvalynDay.com*](http://www.calvalynday.com/)

[*www.TheWellToday.com*](http://www.thewelltoday.com/)

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