

[Presenter to update School Name, Presenter Name & Date]



Be Internet Awesome

[School Name]
[Presenter Name]

[Date]



[Presenter to insert photo(s) of his/her children in two placeholders below]



Hi,
I'm [Name].

School

Chapel Hill Preparatory

PTA Role

Media Specialist/Librarian



To replace image:
1. Right Click on image
2. Choose Replace Image
3. Upload from Computer



Agenda



Digital environment
Raising families
in a digital age



Digital citizenship
& online safety
for families



Digital wellbeing
for families

Need to make a overarching Agenda:

- 1) Introductions
- 2) Activity
- 3) The Digital Environment: Context of Families & Technology
- 3 a) Activity
- 4) Digital Citizenship & Online Safety for Families
- 5) Digital Wellbeing for Families//Apps and Resources
- 6) Closing



Activity

Why is the Internet Awesome?

On your post-it notes
write down things that
make the internet awesome.

Only use one post-it per example.

Before we dive into today's workshop, I'd like for us to start thinking about the Internet and our families. We're going to do this as an ice breaker.

You'll notice post it notes all over the table. Pick some up and answer the following question: Why is the Internet Awesome? Post your stickies on the larger post its on the wall.

The internet brings great things to our everyday lives

Creates

efficiencies
(getting from A-B,
communication, etc.)



Connects

us to family
far away



Enables

new learning
opportunities



Helps

us figure out
hard questions



As you can see, there are a lot of ways the Internet is awesome. These are just some of the things the internet allows us to do. But as the Internet and technology become increasingly woven into our lives, it introduces brand new challenges that were not present for previous generations

The internet opens the world for our kids...



... but sometimes that can mean parts of the world we don't want them to experience:

- Sharing too much information
- Inappropriate content
- Online bullying

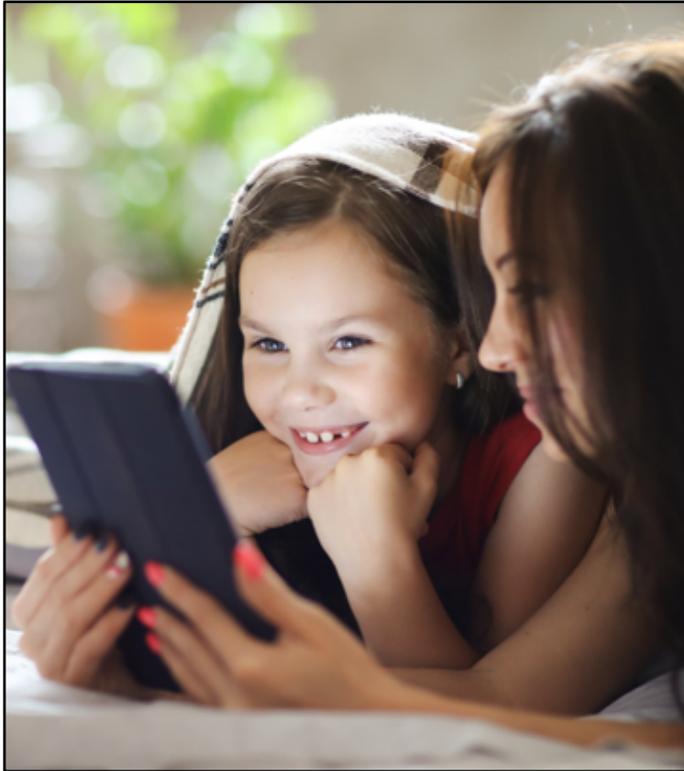
Smartphones put information at our fingertips...



... but sometimes they can distract from real-world experiences. This is having an impact on:

- Personal relationships
- Ability to focus
- Physical health
- Quality of sleep





**National
PTA[®]**
everychild.onevoice.®

**Together with Google,
the National PTA is helping families
learn how they can achieve their own
sense of digital wellbeing.**

This encompasses learning how to
confidently navigate the **online** world...
and balancing that activity with time
spent in the **offline** world.



Together with Google and the Family Online Safety Institute, the National PTA is helping families learn how they can achieve their own sense of digital wellbeing. This encompasses learning how to confidently navigate the online world...and balancing that activity with time spent in the offline world.

Digital environment

Raising families in a digital age



It can be difficult to understand technology and the Internet for our families, and let's be honest, for ourselves too. We're here to help you learn.

Many of us know what it's like to grow up without a computer or the internet.
However, kids today are born into a digital world.

1.6B

kids in the world today under the age of 13

50M

kids in the US



Let's start with a question: how many of you have kids that use a smartphone, tablet, or laptop once a week? Wow...keep them raised if it's twice a week...okay keep them raised if your kids use this technology on a daily basis..

Kids are accessing technology at younger ages

84%



of 6-12 year olds are using tablets on a weekly basis

77%



of 6-12 year olds are using smartphones on a weekly basis





It's our responsibility to talk about **online safety** and **model positive behavior** with technology for our kids by bringing our own family values into how we interact with others online.



While the prevalence of technology continues to grow with our families, we can mold the types of relationships we want to have with tech.

Families, and family values, come in all shapes and sizes

Google's dedicated to building technology that is truly helpful to all



Today, you'll walk away with tools and resources to help you navigate the Internet and build positive relationships with technology with your family.

Digital citizenship & online safety for families



It can be difficult to understand technology and the Internet for our families, and let's be honest, for ourselves too. We're here to help you learn.



**Be Internet Awesome
teaches five topics of
online safety and
citizenship to form the
Internet Code of Awesome**

1 2 3 4 5

It can be tricky talking to your kids about these topics when we may not know the Internet and technology as well as they do. Be Internet Awesome can help you and your family understand how to browse the internet - safely and positively.

So, what does it mean to **Be Internet Awesome**?

It means that you and your family know how to be...



SMART

you know how and what to share online and how it could affect your family positively or negatively



ALERT

you know how to spot a scam



STRONG

you know how to protect your private information



KIND

you know how to deal with negative behavior online



BRAVE

you know how to talk about the bad stuff you find online

Today, we are going to break into 5 groups. In each group, you will have the opportunity to discover and explore your Be Internet Awesome area. We will then come back together as a full group and share the tips that we learned. Unfortunately, we do not have time tonight for everyone to try every topic area. We hope that you will take your Family Guide home with you and explore the rest of the topics with your family.

Activity

How would you have a conversation about these topics?

 **SMART**  **ALERT**  **STRONG**  **KIND**  **BRAVE**

Please go with your breakout group

Using the numbers on your name tag - we are going to breakout into the five different areas of Be Internet Awesome.

After discussing your topic area for 15 minutes we will return to the full group to share out.



Share With Care Be Internet Smart

- 1
- 2
- 3
- 4
- 5

The first topic, is how to be internet smart. Group will share their definition and examples



Don't Fall for Fake Be Internet Alert

- 1
- 2
- 3
- 4
- 5

Group will share their definition and examples



Secure Your Secret Be Internet Strong



The first topic, is how to be internet smart. Group will share their definition and examples



It's Cool to Be Kind Be Internet Kind



Group will share their definition and examples



**When in Doubt, Talk it
Out
Be Internet Strong**

- 1
- 2
- 3
- 4
- 5**

Group will share their definition and examples

Digital wellbeing for families

a. Helping your kids manage screen time



Beyond the 5 areas that we can all work to Be Internet Awesome in, we also need to balance our lives online and offline. With a show of hands, how many people have heard the term “screen time” before? Does anyone have a definition they would like to share? [Pause and wait for answer]

Screen time is the amount of time that we spend looking at our phones, computers, emails, tv’s, video games and any other device that has a screen on it. These numbers can really add up. What we are doing while looking at our screens also matters, think about how much time you are spending consuming and how much time you spend creating online.



Help your family create healthy digital habits

Reviewing both the quality and the quantity of your child's screen time is important to help them find the right balance with tech.

Make time to talk to them about your expectations when they are on-device.

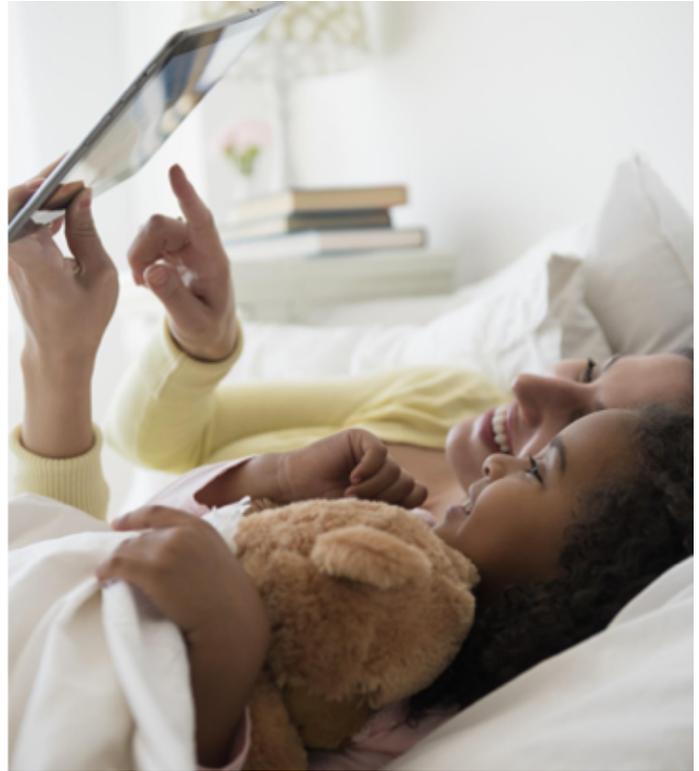


Setting digital ground rules for how and how much time kids are spending on their devices is an important step in educating children about their relationship with technology. But for many children, this can feel like a “power play” on the part of their parents – an exercise in control. It doesn't have to be this way. By making it into a conversation, you can help your child understand why these rules are important.

Help guide your child to good content

Not all screen time is created equal. Talk to your kids about:

- The types of apps you want them to use
- If it's okay to buy things in apps and games
- What they like!



How many of you have kids who seem to play the same game all day on their device? Do you wish they'd explore more of their many interests outside of that one game?

It's important to talk to your kids before they get their device and set expectations about what kind of content you want them to use and see, and what is acceptable when it comes to making purchases in the apps they use.

When discussing apps with your kids, talk to them about which apps and games they enjoy the most. It's a great opportunity to get to know what they are interested in, while also making sure they balance their usage of these apps appropriately with things like school, chores, or just playing outside.



Keep an eye on screen time

It's up to you to decide how much screen time is right. Talk to your kids about:

- How much screen time is right for each day
- When it's appropriate and not appropriate to be on their device



Believe it or not, kids are way better than us at understanding how much time they are on their devices, and even how it's making them feel. But every now and then, they need some help managing how much time they spend with tech.

Digital wellbeing for families

b. Tools for parents



As a parent, there are tools, such as Family Link from Google that can help you manage screen time and set device limits for your family. Family Link offers a daily limit feature, which helps you specify how much time your child can spend on their device.

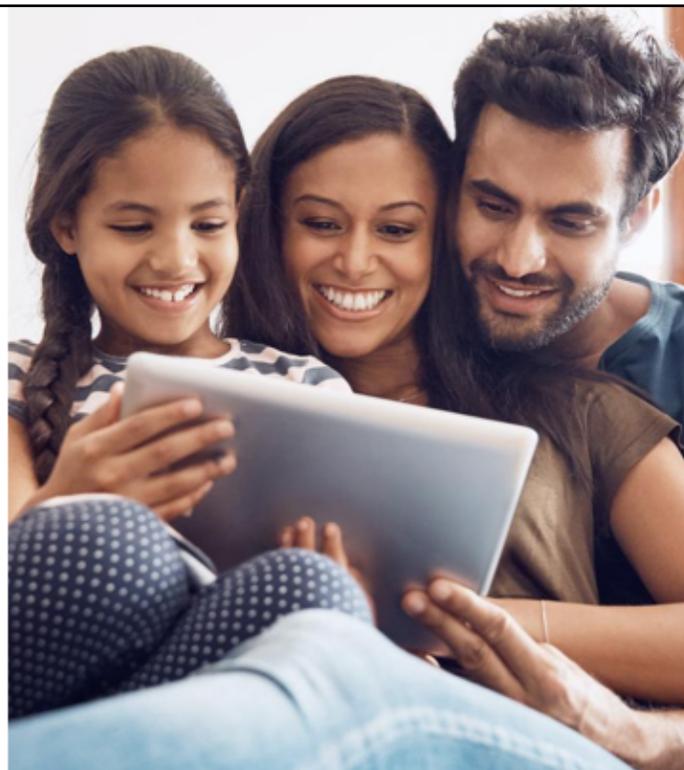
There is also a bedtime feature, so you can decide when it's time for the device to be put away, help your kids wind down before bed, and avoid them staying up late to chat with friends.

There are some times, particularly family time, that devices just aren't welcome at all. How many of you have found yourself craving a device-free dinner? Or wished your kids would look at the beautiful view instead of the screen while you're on vacation?

For those times, Family Link has a feature that lets you remotely lock your kid's device right from the app on your phone.

Kids look up to us

Let's do our part in setting a positive example of how to use technology.



We've learned about some tools and resources available to us to help tailor the best tech experience for kids based on your family's needs. Let's not forget that we're a part of the family equation too.

American parents spend more than nine hours a day on screens; kids see this.

Be strategic about when you use a mobile device around your children. Here are a few tips to get you started:



Limit screen use to **private time**



Use media **together**



Talk to your kids to see how you're doing!



Lead the way in protecting **family time**



Be mindful of being distracted during **school pickups**

Consider checking email and messages before the children get up, while they are in school, or after they go to bed

Use media together.

Of the 9 hrs parents spend a day, 82% of that is personal screen time (TV, social networking, video gaming, etc.) with limited opportunity to engage with others

Talk to your kids to see how you're doing!

Kids often feel like they have to compete with devices for their parents' attention, so it's important to check in with your kids and see how they feel about your tech use

Lead the way in protecting family time

Establish rituals & habits like device-free dinners and school drop offs and pickups.

The pickup from school can be an important transition time for kids when they are looking to reflect and process their day. Try to be mindful of if and how your device might be distracting you during this time - and any others when you know your kids are in special need of your focused attention.

Activity

Select your top 2 areas you would like to work on with your family

SMART
Sharing Information online

ALERT
Phishing & Scams

STRONG
Protecting personal information

KIND
Positive behavior

BRAVE
Inappropriate content

Using your sticker go around the room and place 2 dots on the areas that you commit to working on with your family. After this activity we will come back together for one final discussion.



Closing & Reflections

Now let's reflect on what we've learned today. Anyone want to call out their biggest aha moment?

[audience participation]

Use the family guides as a way to help foster conversations about online safety and digital citizenship at home. You'll find all of the information covered in this workshop, and we'll email you all of the resources as well.

Appendix

For additional information to use in your presentation, feel free to pull from these slides.



Share With Care Be Internet Smart

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The first topic, is how to be internet smart.



Share With Care | Be Internet Smart



A really important skill for kids to have is knowing what is and isn't ok to share. It's a skill we all need to practice, and the best place to start practicing is *at home*.

Whether it's a picture, a comment, a video, or a meme, what you post online can affect your reputation in the moment, or even later in life.



Share With Care | Be Internet Smart



So, how do you talk to your kids about being smart online?

Communicate responsibly

Understand

There are two different types of sharing families have: internal - stuff shared within the family; external - stuff shared outside of the family.

Encourage

Your kids to think about online communication like face-to-face communication; if it isn't right to say in real life, it isn't right to post online.

Create

Rules about what kind of communication is (and isn't) okay.

Keep

personal details about family and friends private.



Don't Fall for Fake Be Internet Alert

1 2 3 4 5



Share With Care | Be Internet Alert



With all the information available online, it can be hard to understand what's real and fake online. You'll see tons of information, real or fake, across emails, pop-up windows online, in apps, or when you search for stuff.

Some of stuff that you may see can be a scam, so you should stay alert and watchout for the fake.

1 2 3 4 5

Share With Care | Be Internet Alert



So, how should you talk to your kids about being alert online?

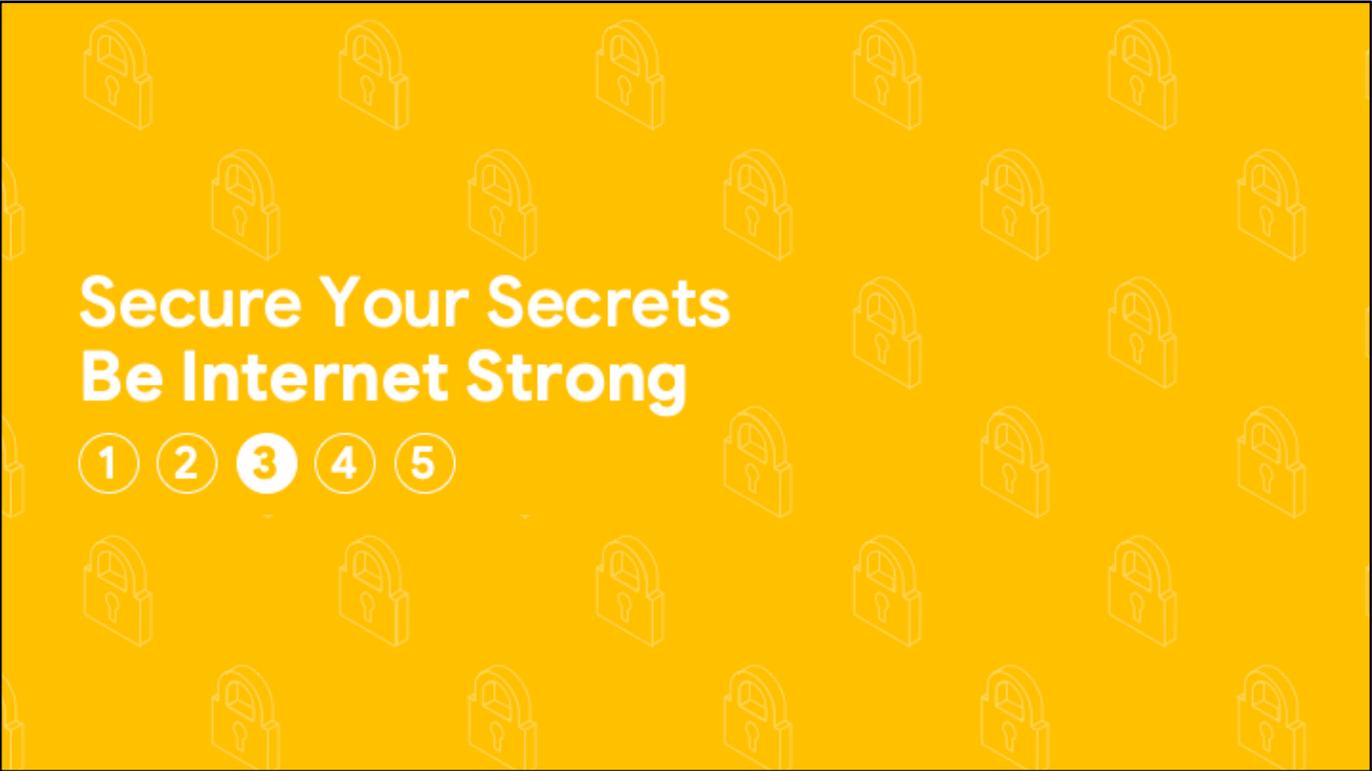
Know the signs of a **potential scam**

If statements about “winning” or getting something for “free” feel too good to be true, they most likely are.

Nothing real will ever ask for you to give away personal information online.

Pay attention to your online **searches**

think critically about search results and about how search engines work



Secure Your Secrets Be Internet Strong

1 2 **3** 4 5

1 2 3 4 5

Share With Care | Be Internet Strong



Personal privacy and security are just as important online as they are offline.

Personal information is protected in accounts with passwords. Everyone uses passwords, but we have to learn to **use them in the right way.**

- 1
- 2
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Share With Care | Be Internet Strong



So, how should you talk to your kids about having strong passwords online?

Create a strong password

Make it memorable, but avoid using personal information like names or birthdays.

Use a mix of uppercase letters, lowercase letters, symbols, and numbers: R3pl@ce le++ers wit# sYmb0ls & n^mb3rs 1ike Thi\$.

Switch it up

Do not use the same password for every website.

Create a few different versions of the same password for different accounts.



It's Cool to Be Kind Be Internet Kind

① ② ③ ④ ⑤



Share With Care | Be Internet Kind



The Internet is Awesome.

However, just as it's used to spread inspiring and positive information, it can also spread shocking and hateful comments and opinions.

Families are powerful influencers of their kids, and they can help them “take the high road” by teaching and showing them how to be kind in real life and online.

1 2 3 4 5

Share With Care | Be Internet Kind



So, how should you talk to your kids about being kind online?

Spread **positivity**

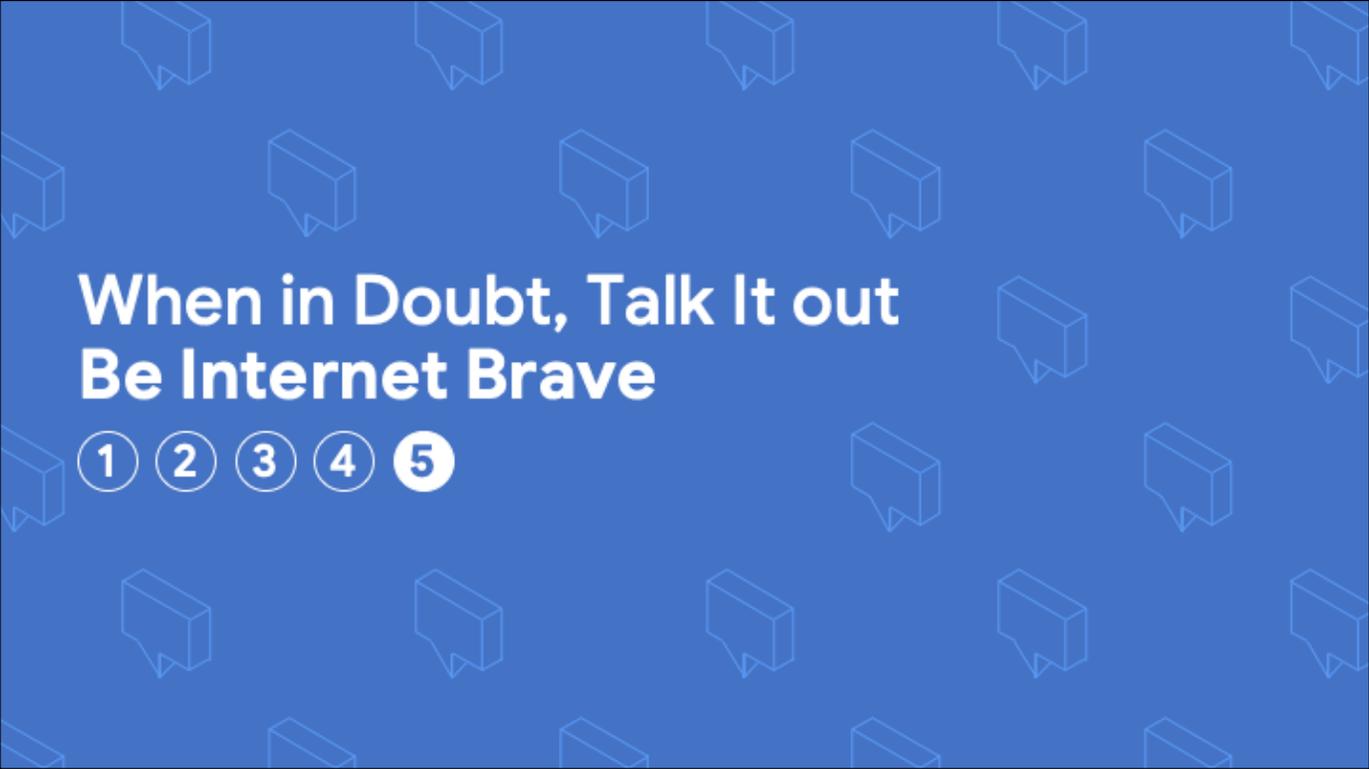
Teach and show them how to “**treat others as you would like to be treated**” in the real world & online.

Set an **example**

Respect others' differences.

Take **action**

Block mean or inappropriate profiles or comments online.
Be a friend to someone being bullied.



When in Doubt, Talk It out Be Internet Brave

① ② ③ ④ ⑤

1 2 3 4 5

Share With Care | Be Internet Brave



Kids may come across something questionable or that makes them feel uncomfortable online.

Whether it's a comment, a message, a picture, or a video that they watched, if it doesn't feel right, they should feel comfortable talking to a trusted adult.

Share With Care | Be Internet Brave



So, how do you talk to your kids about being brave online?

Encourage brave behavior

Be clear about family rules and expectations around Technology and the Internet, as well as consequences for bad behavior.

Keep the conversation going by checking in frequently and encouraging kids to ask questions.

Extend the conversation to other trusted adults like teachers, coaches, counselors, friends, and relatives.



All of this information is easily accessible online at no cost to you

Use the parent resources to help you talk to your kids about being safe and smart online.

Those resources can also help you better understand the Internet, too.



Be Internet Awesome can also be taught in the classroom.

Find out if your school currently teaches

Be Internet Awesome. If not, you may recommend the program and all of its resources to your school's tech coordinator, teachers, and principals.