

# #FutureReady204

## Common Sense Media- We Have Answers!

If you have questions on how to support the technology in your kids' lives, check out this resource for ideas on approaching common parent concerns:

[www.common sense media.org/parent-concerns](http://www.common sense media.org/parent-concerns).

Thank you for your  
commitment to  
Digital Citizenship!

Digital Citizenship Resources:



<https://www.common sense.org/education/scope-and-sequence>



[beinternetawesome.withgoogle.com/](http://beinternetawesome.withgoogle.com/)

# The Tech Talk



*A Guide to Digital  
Citizenship at Home*



## It's Time to Have "The Talk"

You don't have to be an expert on texting, Instagram, Minecraft -- or whatever else your kids are into -- to have The Talk. Start by reading up on what's going on in your kids' world. Ask them to show you what they like online, and why. Make sure to listen :) Then, express a few basic expectations, with the understanding that this isn't a one-and-done kind of chat.

- **Be Kind**

Try to instill a sense of empathy with your kids. Remember: There is someone else on the other side of the screen.

- **Keep Private Things Private**

Talk about what's OK for kids to share online and what's not.

- **Don't Believe Everything You See**

Just because it is online doesn't make it true. Note everyone is who they say they are.

- **Don't Overshare**

Think before you post. Use privacy settings.

- **Stand Up for Others**

If someone's getting bullied or picked on, speak up, report it, or reach out.

## Set Some Ground Rules

For families, understanding and creating digital ground rules at home is an important step in educating children about their relationship with technology. By making it into a conversation, you can help your child understand why these rules are important.

- **Balance Screen Time**

Decide how much time your child should spend using their device is up to you, but it is important to have limits in place and understand that children need to have a balance set between screen time, and other activities.

- **Monitor Content Consumption**

Discuss with your child proper expectations for content consumption online. Monitor the apps and websites that they are accessing.

- **Manage Settings**

Turn on device location - talk to your children about why it's helpful to have this information available and prepare them to manage their own accounts.

- **Make a Family Commitment**

Digital citizenship is not just about your children. Make sure you are modeling appropriate digital citizenship, through balanced screen time and content consumption as well.

As a family, please consider signing the Be Internet Awesome Pledge  
[bit.ly/BeInternetAwesomePledge](https://www.getinternetawesome.usa.gov/)