Counselor Connection

Parenting Tips for Today

NOVEMBER 2019 | VOL. 1 ISSUE 2

Technology: The Good, The Bad, The Ugly

Park City School District promotes digital citizenship and internet safety in a variety of ways. Please contact your school's counselors or administrators if you have questions.

According to *Cyber Savvy Kids:*

- The average age for a child getting their first smartphone is now 10-years-old.
- 64% of kids have access to the internet via their own devices, compared to 42% in 2012.
- 39% of kids get a social media account at 11-years-old.
- On average, kids in the 4th and 5th grades have their hands on a powerful device that leaves them unsupervised and open to a whole lot of trouble. Whatever trouble they can get into, you can be sure that a phone will magnify that trouble 100x.

Phones have become a ubiquitous part of ours and our childrens' lives, providing instant access to the internet.   And while they are incredibly *convenient* for staying connected, there are some potential negative impacts we can't overlook. Cell phones impact learning, relationships, and overall well being in ways that none of us could have predicted before cell phones (BCP.) And because they've never been without phones and internet access, digital natives are challenging our parenting and teaching in dramatic ways.

So how can we help our children develop healthy cell phone and online habits? How can we keep them safe, gain that all-important sense of belonging and prevent them from developing

TIPS FOR STUDENTS
DIGITAL CITIZENSHIP AND INTERNET SAFETY

1 LAWS Many sites and web tools are 13+. Most images and work online are protected by copyright.

2 TALK Tell your parents what you're doing online. Always ask a trusted adult if you're unsure of anything.

3 FRIENDS Don't add or meet online friends without parent permission. Don't trust everything friends tell you.

4 PRIVACY Keep personal info private: **Y**our full name, **A**ddress, **P**hone number, **P**asswords, **Y**our plans and birthday.

5 REPUTATION Don't post anything you wouldn't want teachers, family, friends, and future employers to see.

6 QUESTION You can't believe everything you read and see online. There's a lot of incorrect and biased info.

7 BULLYING Tell someone if you think cyberbullying is happening to you or other people you know.

8 ACCOUNTS Choose sensible email addresses and usernames. Use strong passwords and don't share them with others.

9 MANNERS Be polite and respectful at all times. Treat others online how you'd like to be treated.

10 UNPLUG Balance your screen time and green time. Get outdoors, move, play, and interact face to face.

If in doubt, **think** about and **talk** it out

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substance abuse or mental health problems? How can schools and parents partner so students can benefit from the innovative technological and educational opportunities an online world provides?

There are terrific resources for parents in our second issue of *Counselor Connection*. In addition, we want to share what counselors and social workers in our schools are doing related to each *Connection* topic to promote academic, social, emotional, and behavioral wellness.

Important Reads This Month
[Students' Social Media Lives Insights](#)
[Impact of Cell Phones](#)
[Internet Safety for Kids](#)

School News
So what's happening in our schools with internet safety, cell phones and technology? Note: *All district devices require a signed contract for use, and apply filters for safety.*
- Elementary: Netsmartz presentations, Digital Citizenship lessons
- Middle: Netsmartz presentation, SAFE UT App, Digital Citizenship lessons in Advisory
- Jr. High: Collin Kartchner Assembly (videos), SAFE UT App, Parent Evening Out (Oct. 22)
- High School: SAFE UT App, Discussions about "Phone Free Fridays," Lessons on cyberbullying & digital citizenship, Celling Your Soul Movie in Miner Advantage, Hope Squad Peer Mentoring, and Nick Vujicic Assembly

More Resources
- [Common Sense Media](#)
- [How Electronics Impact the Brain](#)
- [5 Ways to Protect Tweens and Teens from Cyberbullying](#)
- [Bullyology: Cyberbullying (Youtube.com)](#)
- [Collin Kartchner - Fighting Social Media's Influence on Teen Mental Health](#)
- [Dangerous Internet Challenges – Understanding their Appeal](#)