

Thank you for attending the Social Media Night. Below are some good links to the monitoring sites and information that was shared. I appreciate your time and interest. I believe Mentoring and Monitoring are very important and the more we know the better we can be.

"Technology has changed virtually every part of our lives: how we interact with friends and family, how we raise our children, how we announce major life news, how we find love, and how we manage our careers. For our society, it's like the wild, wild west – social norms and etiquette are changing constantly as we get used to life with smartphones, 24/7 access to one another, and more emails than one person could ever humanly respond to." Randi Zuckerberg - DotComplicated

Please do not hesitate to contact me with questions and I appreciate your openness to listen about the national trends on social media and teens technology usage.

Topline Tips -

- There's no such thing as "private" online
- Find a Balance: - Create a Family Media & Tech Plan or Agreement
- Lock the App Store and agree on downloads
- The Golden Rule applies in cyberspace
- Encourage critical thinking
- Review your own habits carefully
- Better safe than sorry
- Keep Screens out of the Bedroom and Screen time-limited right before bedtime
- Talk about phone usage at friend's houses
- The power of permission
- Talk about "Alone Together"
- Teach - Digital etiquette
- Be open with your student on why and how you are monitoring
- Parents are Role Models for Technology usage
- Most students express that they wish their parents were on phones less

Thank you again for last night. Below is the link for the video that did not work. I was only going to show the last few minutes.

<https://www.youtube.com/watch?v=7QWoP6jJG3k>

A few good sites for monitoring your phones/devices and screentime. It is important to monitor and mentor your students.

<http://www.curbi.com/>

<http://www.teensafe.com/>

<http://screentimeapp.com/>

[NetNanny](#)

Video that was shown on the brain - https://www.youtube.com/watch?time_continue=3&v=7QWoP6jJG3k

Pornography Information

- <http://www.teensafe.com/blog/web-pornography-addiction-affects-teenage-brain/>
- <https://www.netnanny.com/assets/brochures/NetNanny-Infographic-PornIsGrowing.pdf>
- <https://www.thefix.com/content/youth-and-pornography-addiction>

Good and Bad App Guide - <https://safesmartsocial.com/app-guide-parents-teachers/>

Screen Addiction - <http://www.teensafe.com/blog/fight-screen-addiction/>

Devorah Heitner -PhD - Book recommendation and good blogs and Ted Talks --
<http://www.raisingdigitalnatives.com/>
<http://www.raisingdigitalnatives.com/blog/>

Good Resource on media - <https://www.common sense media.org/>

NetSmartz - Teen Presentation - <http://www.net smartz.org/Presentations/Teens>

Screen time article in the news - <http://www.cnn.com/2016/10/21/health/screen-time-media-rules-children-aap/index.html>

Overview from TeenSafe on Media usage - http://www.teensafe.com/wp-content/uploads/2014/12/DigitalParentingManifesto_Printable.pdf

Building a Contract for your Kids –

<http://www.irules.co/builder/>

FYI - Chelsa's e-mail address is: chelsaressetar@yahoo.com