



The Social Emotional Development and Technology (SET) Program is a collaboration among the HNC Academic Technology Coordinator, the OSP Library/Media Specialist, and the HNC and OSP Psychologists. The SET Program looks at the overlap of the devices our students use, the social media they participate in, and the multiple forms of media that surround them in their everyday lives.



## **Parenting in the Digital Age: SET Coffee – 2<sup>nd</sup> & 3<sup>rd</sup> Grade Parents Tuesday, January 23, 2018**

Presenter Intro

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Ambassador



**Certified Educator  
EdTech Mentor  
2016-2017**



THE  
**FRANCES XAVIER WARDE**  
SCHOOL

# Helping Kids Thrive in the 21st Century



## **RATE**

Helping families make smart choices in the digital world



## **EDUCATE**

Empowering teachers and students to harness the power of digital technology for learning and life



## **ADVOCATE**

Making kids America's top priority through policy, advocacy, and awareness

This 2015 national survey details the media habits and preferences of American 8- to 18-year-olds and shows just how central a role media plays in the lives of Generation Z.

**TWEENS**



8-12 Years Old

**TEENS**



13-18 Years Old

## AVERAGE DAILY MEDIA USE

Excluding time spent using media for school or for homework

TWEENS

TEENS

**6 hours**

5:55 Total Hours

4:36 Hours of Screen Time

**9 hours**

8:56 Total Hours

6:40 Hours of Screen Time



# MEDIA CONSUMPTION IS HIGHLY MOBILE

Mobile devices account for nearly half (41%) of all screen time used among tweens and 46% among teens.

## TWEENS

**53%**

of Tweens Have  
Their Own Tablet



**24%**

of Tweens Have  
Their Own  
Smartphone



## TEENS

**37%**

of Teens Have  
Their Own Tablet



**67%**

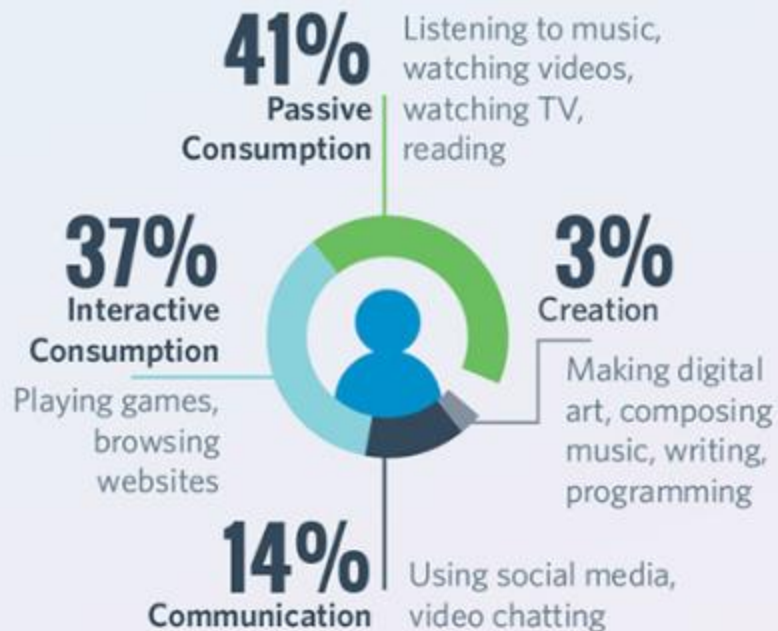
of Teens Have  
Their Own  
Smartphone



# MANY MEDIA ACTIVITIES MAKE UP A MEDIA DIET

The time youth spend with digital devices includes many types of activities, from passive consumption to interactive consumption to communication to content creation.

## TWEENS



## TEENS



# Digital Citizenship



Internet Safety



Privacy & Security



Relationships &  
Communication



Cyberbullying &  
Digital Drama



Digital Footprints &  
Reputation



Self-Image & Identity



Information Literacy











Creative Credit &  
Copyright

It's never too early to talk to your kid about digital citizenship, being kind online, and calling out cruelty.



# Scope and Sequence: 1<sup>st</sup>-3<sup>rd</sup> grade

Digital Citizenship Curriculum	K - 2			3 - 5			6 - 8			9 - 12			
	UNITS			UNITS			UNITS			UNITS			
	1	2	3	1	2	3	1	2	3	1	2	3	4
 Internet Safety	●	●		●		●		●			●		
 Privacy & Security	●	●	●	●	●	●	●		●			●	●
 Relationships & Communications	●	●	●	●	●	●	●	●	●	●	●	●	●
 Cyberbullying & Digital Drama		●		●		●	●		●	●		●	●
 Digital Footprint & Reputation		●		●	●	●		●	●	●	●	●	●
 Self-image & Identity				●	●	●	●	●	●	●	●		
 Information Literacy	●	●	●	●	●	●	●	●	●	●	●	●	●
 Creative Credit & Copyright	●			●	●		●	●	●	●		●	●




# Resources for Families: See **LIVE** links below:

**Our Family Toolbox**

And, we have even more resources in the **FAMILY TOOLBOX** to further support the home-school connection. [Pick from and share](#) the following resources (printed or electronic) throughout the year to help parents continue authentic conversations at home with their children.

**1 Family Toolbox**

<b>Digital Glossary</b>	<b>Blog Widgets</b>	<b>Parent Concerns</b>
		
<a href="#">Digital Glossary</a>	<a href="#">Blog Widget Code</a>	<a href="#">Parent Concern Menu Page</a>
<b>Digital Life Survey</b>	<b>My Media Log</b>	<b>Got Media Smarts? Quiz</b>
		
<a href="#">Digital Life Survey</a>	<a href="#">My Media Log</a>	<a href="#">Got Media Smarts? Quiz</a>
<a href="#">Encuesta de la Vida digital</a>	<a href="#">Mi hoja de registro de los medios</a>	<a href="#">Usa los medios con inteligencia cuestionario</a>
<b>Family Media Agreements</b>	<b>Customizable Device Contract</b>	<b>Tech 101 Videos</b>
		
<a href="#">Family Media Agreement K-12</a>	<a href="#">Customizable Device Contract</a>	<a href="#">Tech 101 Videos</a>
<a href="#">Acuerdo familiar sobre el uso de los medios: K-12</a>	<a href="#">Contrato adaptable sobre uso de dispositivos</a>	
<b>Bundled Family Tip Sheets</b>	<b>Bundled Digital Dilemmas</b>	<b>Parent Advice Videos</b>
		
<a href="#">Bundled Family Tip Sheets</a>	<a href="#">Bundled Digital Dilemmas</a>	<a href="#">Parent Advice Videos</a>
<a href="#">Páginas de consejos familiares fáciles</a>	<a href="#">Dilemas digitales fáciles</a>	

0-9	ABC	DEF	GHI	JKL	MNO	PQR	STU	VWX	YZ
<b>People</b>									
Often referred to as the "Yelp for humans," the app allows users to review others with a rating between 1 and 5.									
<b>Periscope</b>									
Video-streaming tool with big privacy implications.									
<a href="#">Related Terms</a>									
<b>Pheed</b>									
Best described as a hybrid of Facebook, Instagram, Twitter, and except that you can require other premium to access your personal									
<b>Pinterest</b>									
An online site on which									
<b>personalized learning</b>									
The content, pace, structure, and goals of instruction vary depending on the individual student's learning habits.									
<a href="#">Related Terms</a>									
<b>PIR</b>									
Parent in room									

**2 Digital Glossary**

**Parenting, Media, and Everything In Between**

**Help Preschoolers Handle Strong Emotions**

by Christine Elgersma - Apr 01, 2016

**3 Newsletter Sign-Up**

**Our Contract**

This contract outlines my family's expectations for how I use my device at home. We agreed upon the following:

**Where, When, & How Long**

We talked about what it means to use a device appropriately and respectfully at home. We agree to:

**Checking In**

We talked about how we, as a family, agreed on how the device is used and what it's used for. We agree to:

**Privacy**

We talked about how we, as a family, agreed on how the device is used and what it's used for. We agree to:

**Care & Maintenance**

We talked about what it means to take good care of my device at home, and what might happen if it's broken, stolen, or lost. We agree to:

**Communicating Responsibly Online**

We talked about the different ways I might communicate with other people using my device, and what safe, responsible, and appropriate communication looks like. We agree to:

**5 Article on Digital Diet**

**Device Distraction in the News**

"Kids don't need a cell phone; they need a digital diet." [Read more](#)

**common sense education**

CONNECTING FAMILIES © 2014 [www.commonsense.org/educators](http://www.commonsense.org/educators)

# Device-Free Zones and Times



## #DeviceFreeDinner

A movement for happier,  
healthier kids

Get your whole family on board with tips for a  
balanced digital life.

Get tips

Watch video

Endorsed by the American Academy of Pediatrics



<https://www.commonsensemedia.org/device-free-dinner>

## Model

Be a media mentor  
and set the standard.

## Monitor

Use limits, not lectures,  
and be up front about  
checking their media  
use.

## Mediate

Be ready to step in if  
necessary, but let tweens  
make some choices on  
their own.

