Raising Good Digital Citizens

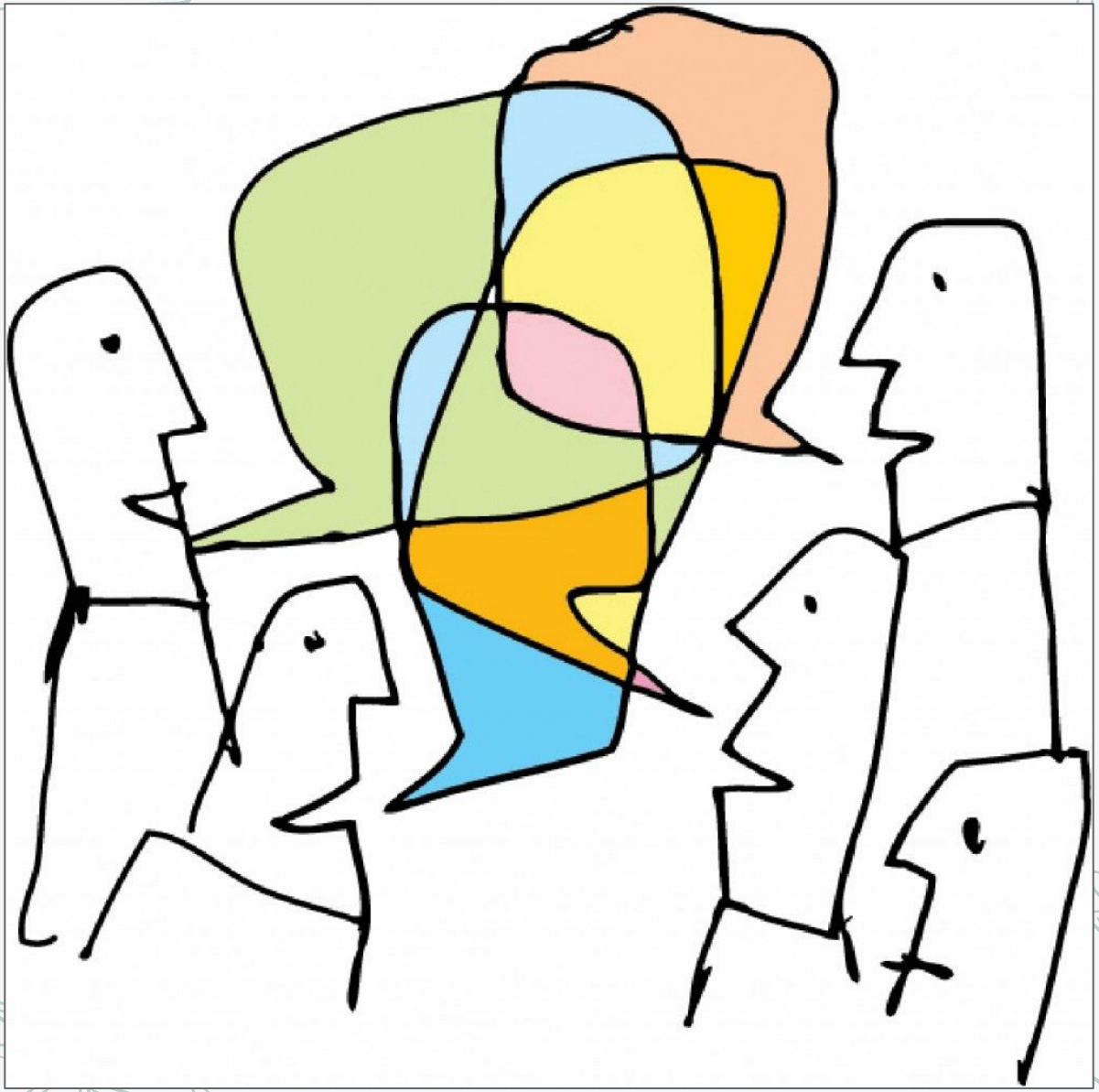
Ventura Unified
SCHOOL DISTRICT

Raising good digital Citizens

Tonight's topics

- Why we are here today
- What does current research say
- What does VUSD do to create good digital citizens and a safe environment for our students
- Staying Informed
- What can parents do to create good digital citizens and a safe environment for their children

Why are YOU here today?



Why we are here today...

Why are YOU here today?

Where do your kids spend their digital time?

bit.ly/vusdparents

WHY ARE YOU HERE TODAY?

Post Questions Here

bit.ly/vusddigcit

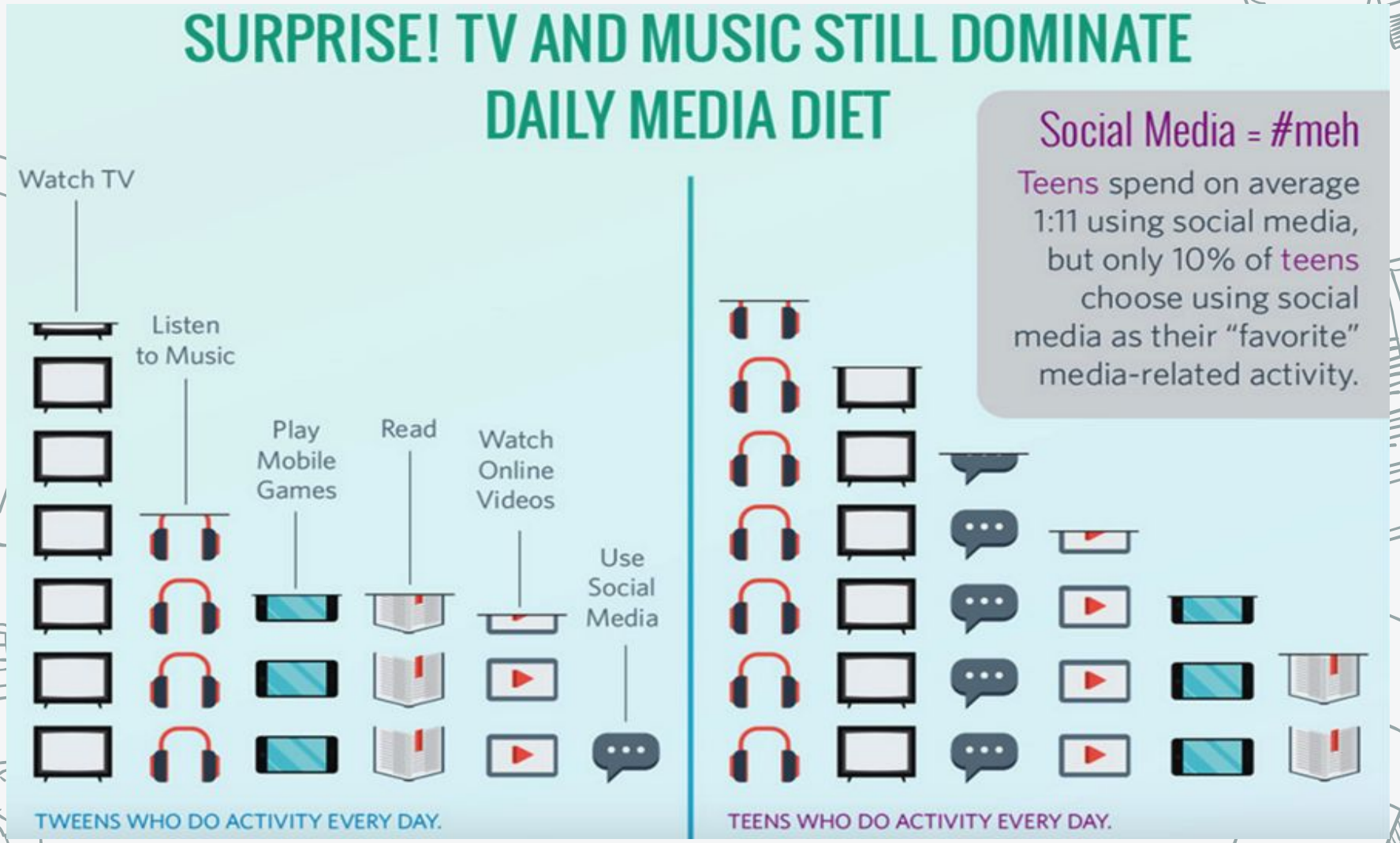
Research

What does current research say?

On any given day, **Tweens** (8- to 12-year olds) use an average of about **six hours** (5:55) worth of entertainment media daily.

American teenagers (13- to 18-year-olds) average about **nine hours** (8:56) of entertainment media use, excluding time spent at school or for homework.

What does current research say?



[The Common Sense Census: Media Use by Tweens and Teens]

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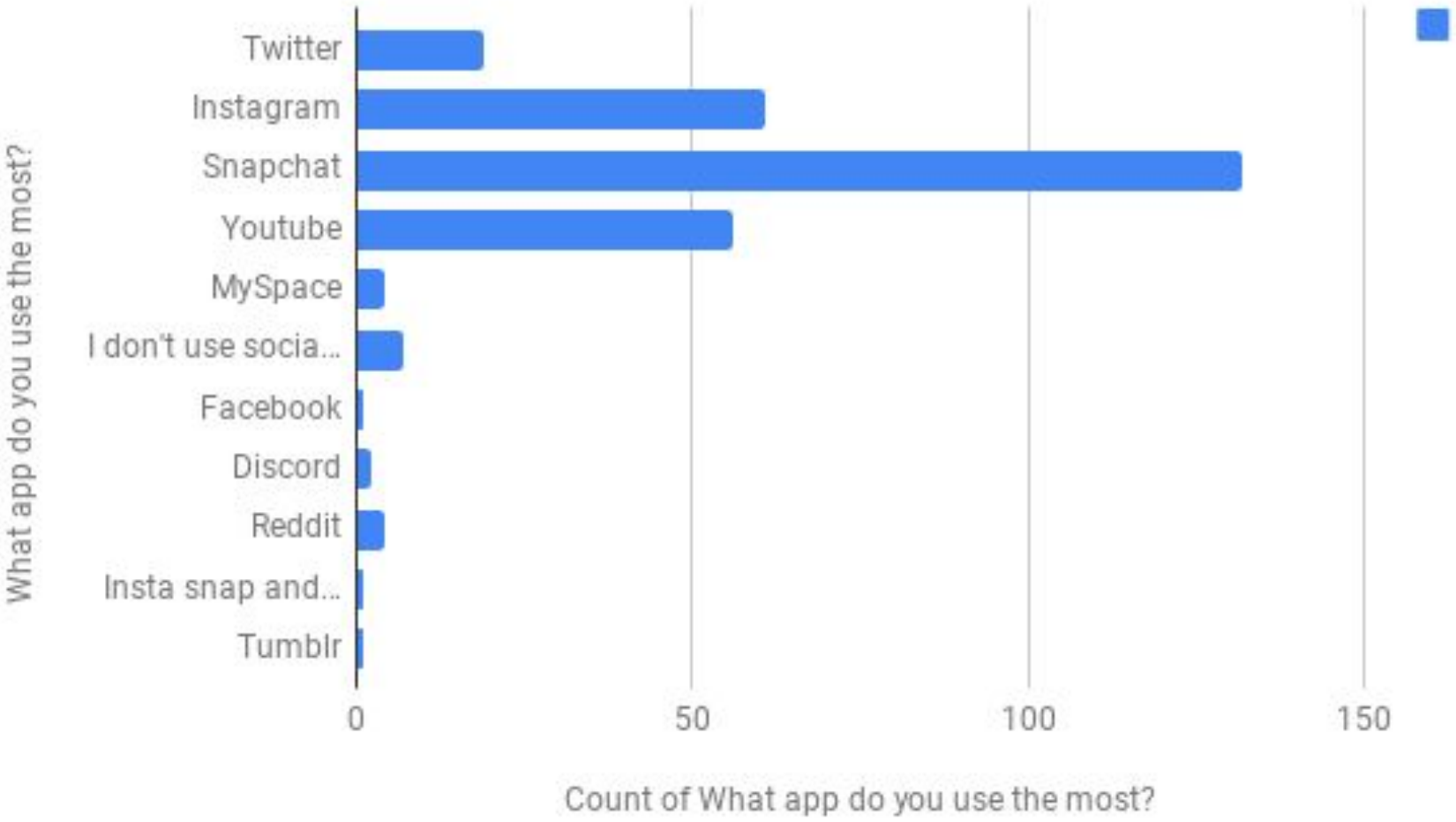
What does current research say?

TABLE 7. TIME SPENT IN EACH MEDIA ACTIVITY: AVERAGE TIME SPENT PER DAY

Among Tweens		Among Teens	
Watching TV/DVDs/videos	2:26	Watching TV/DVDs/videos	2:38
Playing video, computer, or mobile games	1:19	Listening to music	1:54
Listening to music	:51	Playing video, computer, or mobile games	1:21
Reading	:29	Using social media	1:11
Using social media	:16	Doing other activities on computer/mobile device	:32
Doing other activities on computer/mobile device	:13	Browsing websites	:36
Browsing websites	:12	Reading	:28
Video-chatting	:06	Video-chatting	:13
Going to the movies	:02	Going to the movies	:03
Total screen media	**4:36**	**Total screen media**	**6:40**
Total media	**5:55**	**Total media**	**8:56**

Buena Speaks



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What does current research say?

The myelination process starts from the back of the brain and works its way to the front. That means the prefrontal cortex, the area of the brain involved in **decision-making, planning and self-control,** is the last part to mature.

It's not that teens don't have frontal- lobe capabilities but rather that their signals are not getting to the back of the brain fast enough to **regulate their emotions**.

It's why **risk-taking** and **impulsive behavior** are more common among teens and young adults.

[Why Teenage Brains Are So Hard to Understand]

What does current research say?

The teen brain's rapidly growing connections carry some negative side effects.

About 70% of mental illnesses, including **anxiety,** mood and **eating disorders,** and psychosis, appear in the teen years and early adulthood.

Risks for health issues like **addiction** are also higher during this time period.

Why Teenage Brains Are So Hard to Understand

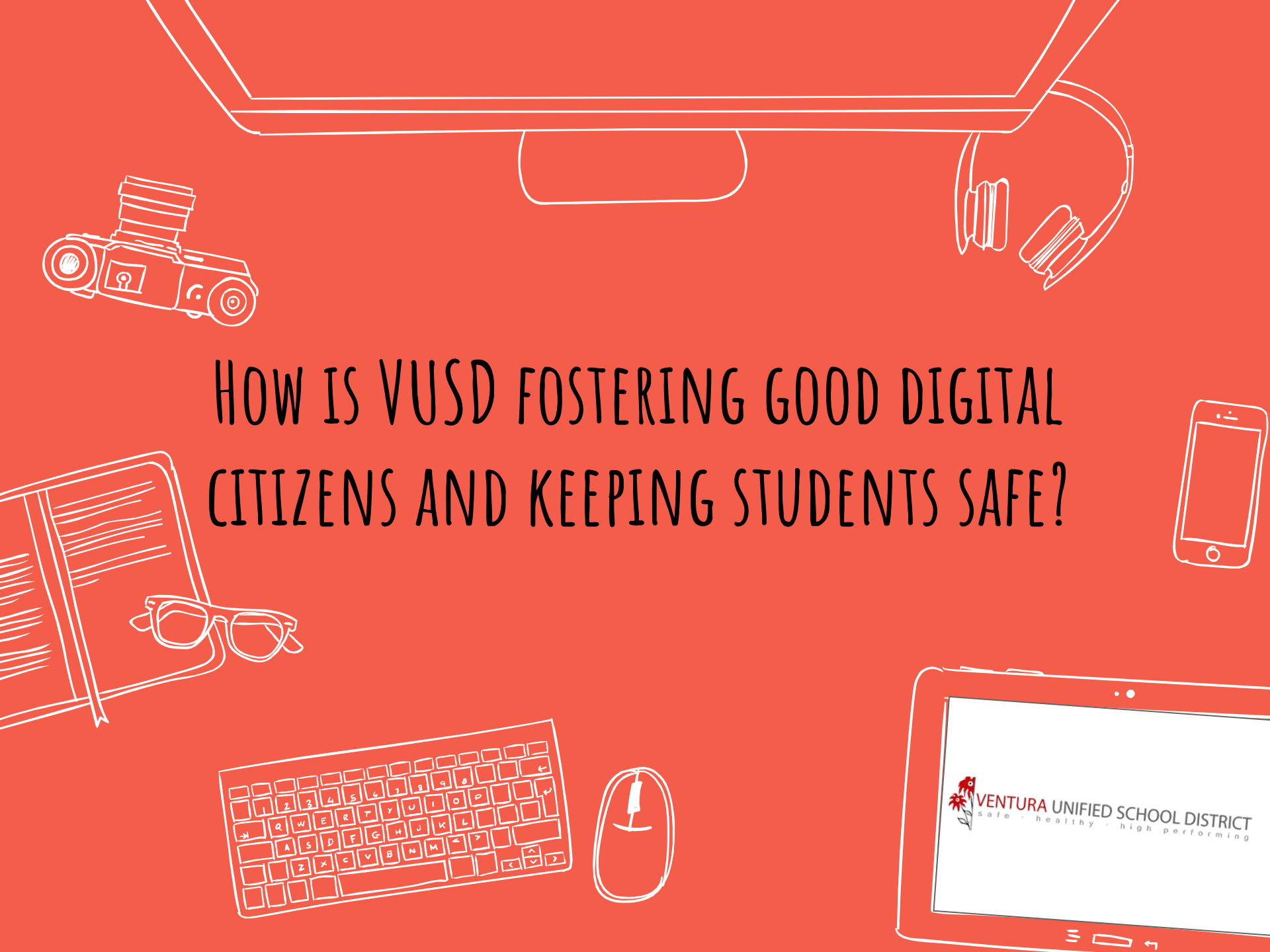
What does current research say?

In March 2016, research from the University of Pittsburgh School of Medicine in Pennsylvania found that the ***participants who checked social media most frequently during the week had 2.7 times the likelihood of depression***, compared with those who checked least frequently.

Social media use and depression linked in large study

We all need to remember that making mistakes is normal and part of growing up.

How is VUSD fostering good digital citizens and keeping students safe?



common sense education

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Safety Nets

Digital Citizenship lessons

Unique Usernames and passwords

iBoss content filter

Antivirus & Firewall

Student Sensitive Information compliance AB- 1584

G-Suite is protected

Google Passwords are changed annually

MDM and Chromebook management systems

Guest WiFi access

Stay informed

Digital Citizenship

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

Adults don't get it.

They think I'm addicted to technology — but I'm not.

I'm addicted to my friends.

Common Sense Media Focus Groups, 2014

kik
askfm
common sense media

Instagram is a mobile, desktop, and Internet-based photo-sharing application and service that allows users to share pictures and videos either publicly, or privately to pre-approved followers.

rinsta & finsta

Snapchat is an image messaging and multimedia mobile application created by Evan Spiegel, Bobby Murphy, and Reggie Brown, former students at Stanford University, and developed by Snap Inc., originally Snapchat Inc.

What is Snapchat?
¿Qué es Snapchat?

Generation L, the...

Like Us

Generation

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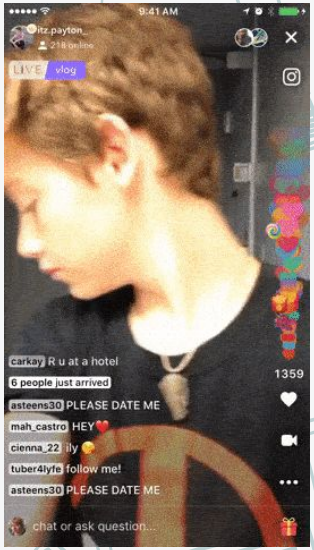
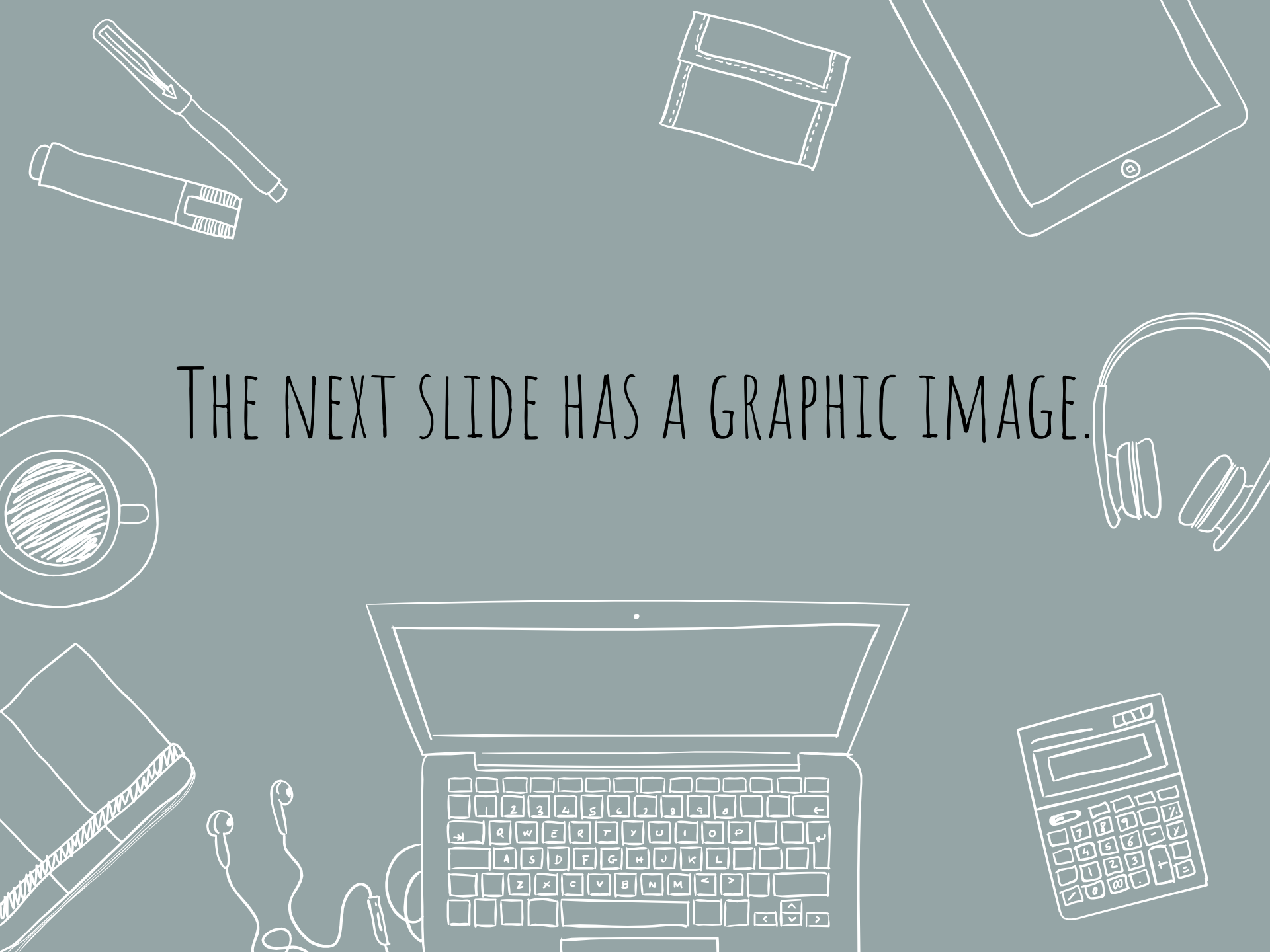
Live.ly is a "live video streaming platform created by musical.ly. You can start a live.ly to broadcast to your fans and friends, and have real-time interactions..." Basically, you can take advantage of something that used to only be available to network TV and broadcast yourself real-time, anytime to anyone who is on the app. Take a snapshot, comment, send digital gifts, follow broadcasters, etc.

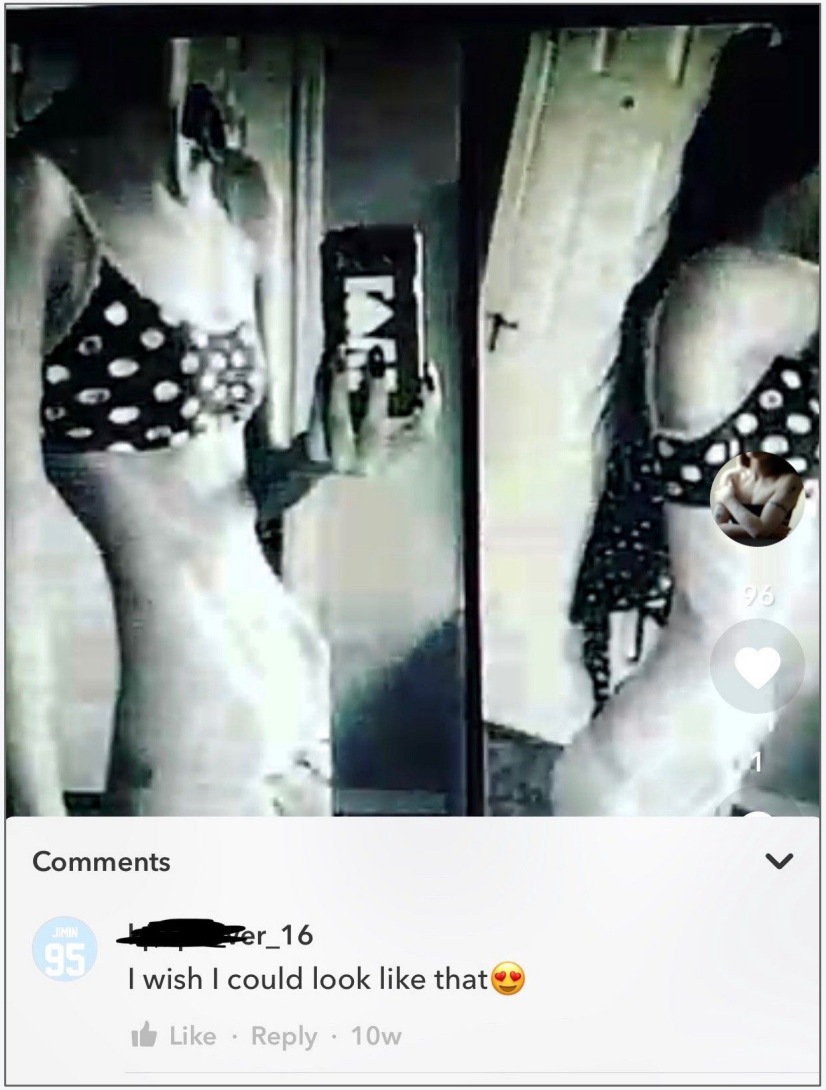


musical.ly is a video community that allows you to create, share, and discover short music videos. Videos can be up to 15 seconds, and by combining many of the attributes of Vine (looping video app) and Instagram (custom photo filters) and layering on popular music.

¿Qué es Musical.ly?

The next slide has a graphic image.





#killingstalking

#selfharm

#cutter

#triggerwarning

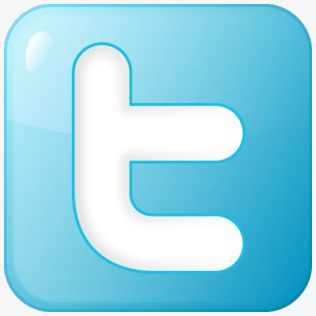
#anorexic videos.

#selfhate videos.

These Secret Hashtags Teens Use On Social Media Promote Dangerous Behavior

1. **#deb** for "depression"
2. **#sue** for "suicide"
3. **#ana** for "anorexic"
4. **#mia** for "bulimia"
5. **#ednos** for "eating disorder not otherwise specified"
6. **#thinsp** for "thinspo" or "thinspiration"
7. **#borderline** for "borderline personality disorder"
8. **#svv** for "selbstverletzendes verhalten" or self-harming behavior
9. **#secretsociety123** for a community of people who engage in NSSH, or non-suicidal self harm
10. **#420** for "weed" or "pot," which can also be represented by the maple leaf emoji, any of the green leaf or tree emojis, the pineapple (a reference to stoner flick *Pineapple Express*), and the green check mark, as in "Yes, I have or can get some."
11. **#Bonespiration** celebrating extreme thinness

Facebook is an American for-profit corporation and an online social media and social networking service.



Twitter is an online news and social networking service where users post and interact with messages, called "tweets."

bit.ly/vusddigcit

Kik Messenger, commonly called Kik, is a freeware instant messaging mobile app

Kik is known for its features preserving users' anonymity, such as allowing users to register without providing a telephone number.

Send texts/SMS completely anonymously.

YouTube is an American video-sharing website.

*** YouTubers** are a class of Internet celebrity and videographers who have gained popularity from their videos on the video-sharing website, YouTube. Some YouTube personalities have corporate sponsors who pay for product placement in their clips or production of online ads. Networks sometimes support YouTube celebrities.

ASKfm is a global social networking site where users create profiles and can send each other questions. It was once a form of anonymous social media that encouraged questions to be submitted anonymously.

Keeping Our Kids Safe

Worst-case scenarios exist, but they are not the norm!

20–54%

of teens have sent or posted sexy pictures of themselves. Most sexy pictures are sent to a significant other.

51%

of girls say they felt pressure from a guy to send sexy pictures.

30-40%

of teens say nude photos are shared beyond intended receiver.

9%

of kids receive unwanted online sexual solicitations (as of 2010).

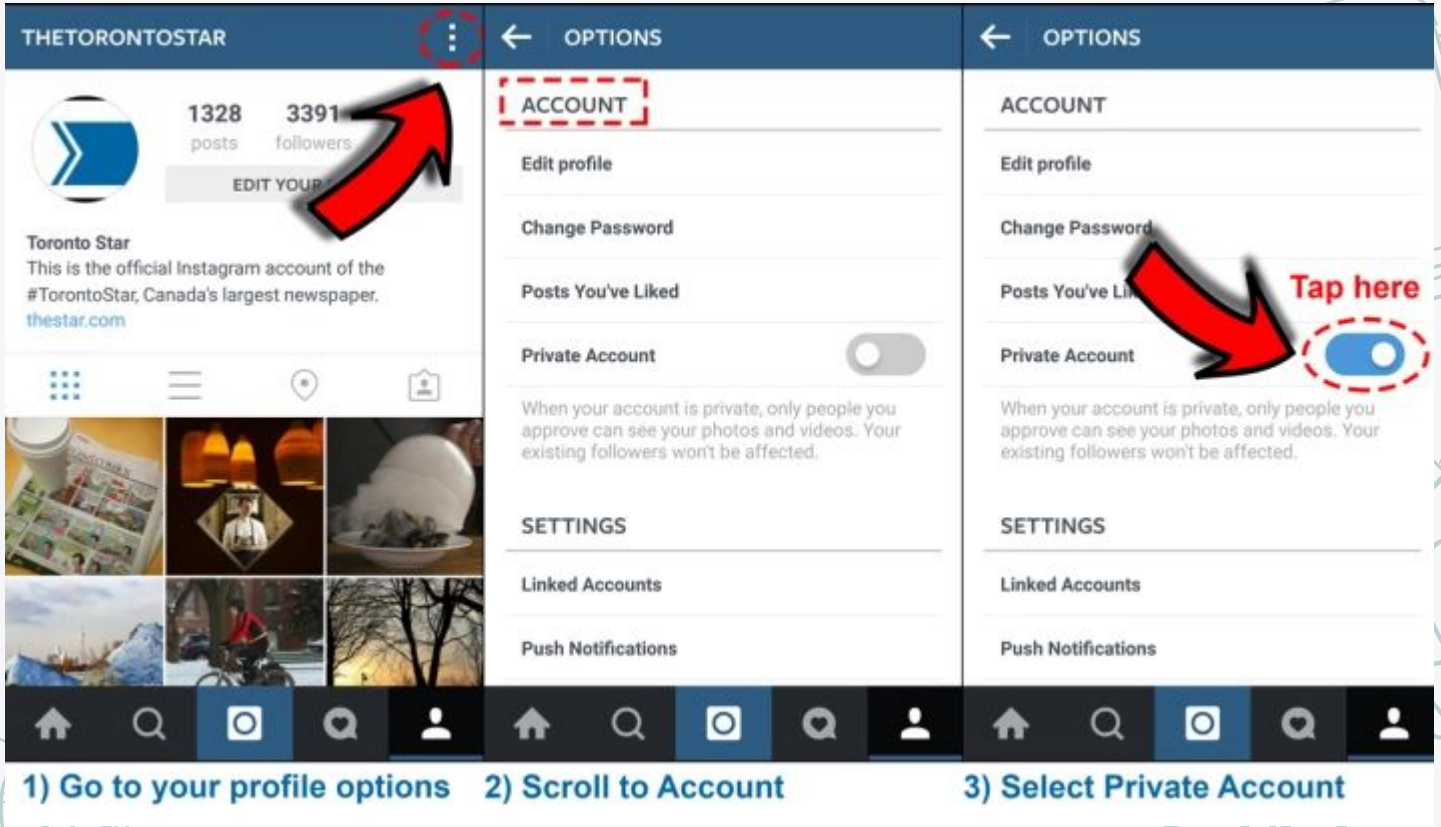
4%

of kids have online interactions where a predator attempts to make contact offline

GuardChild citing Pew Internet and American Life Project, National Campaign to Prevent Teen Pregnancy, Cox Communications Teen Online and Wireless Safety Survey, YISS study

Protecting Privacy

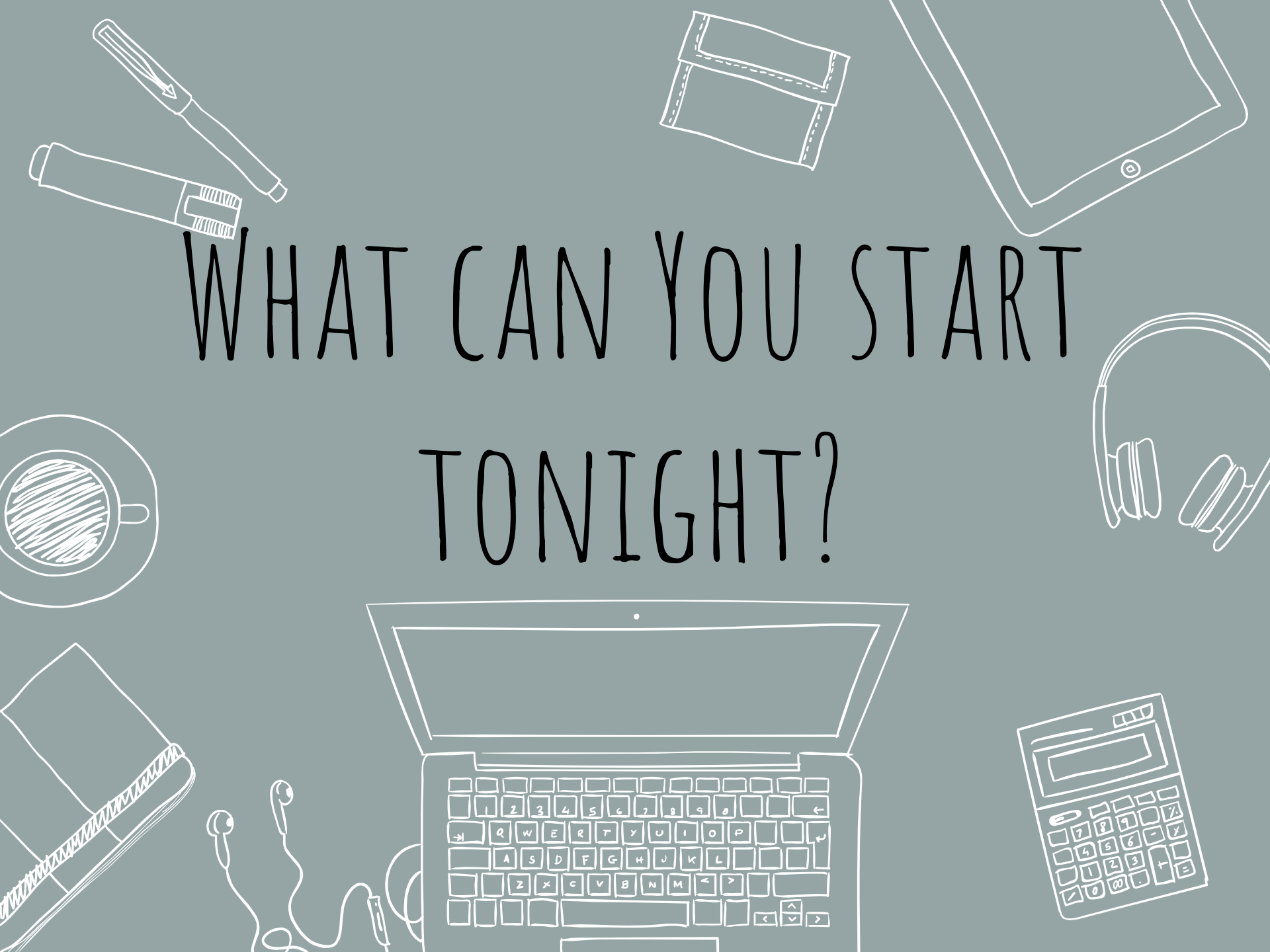
In any app if you see that gear icon, investigate and adjust privacy settings.



Social Media Red Flags

- Look for age-inappropriate content
- Keep setting private
- Turn off location tracking and sharing
- Watch for in-app purchase$$
- Disappearing pictures don't disappear
- Know how to report/block
- Watch for cyberbullying or negative culture

Positive Media Use


What can You start
tonight?

SHIFT

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 teens make some choices on their own.

IT IS OK
TO SAY
" NO "

Family Media Use Agreement

COMMON SENSE

Family Media Agreement: Grades 9–12

I, _____ , will:

... stay safe.

- ☐ I know that I have a choice in the kinds of relationships I have online. I will stop talking to anyone who makes me feel pressured or uncomfortable or who acts inappropriately toward me.
- ☐ I will read the privacy policies of any social-networking sites or apps that I want to use, and I will pay attention to the types of information these companies can collect about me.
- ☐ I know that there are scams online that I can avoid. Unless I am filling out a trusted form with my family's permission, I will not give out my private or financial information.

... think first.

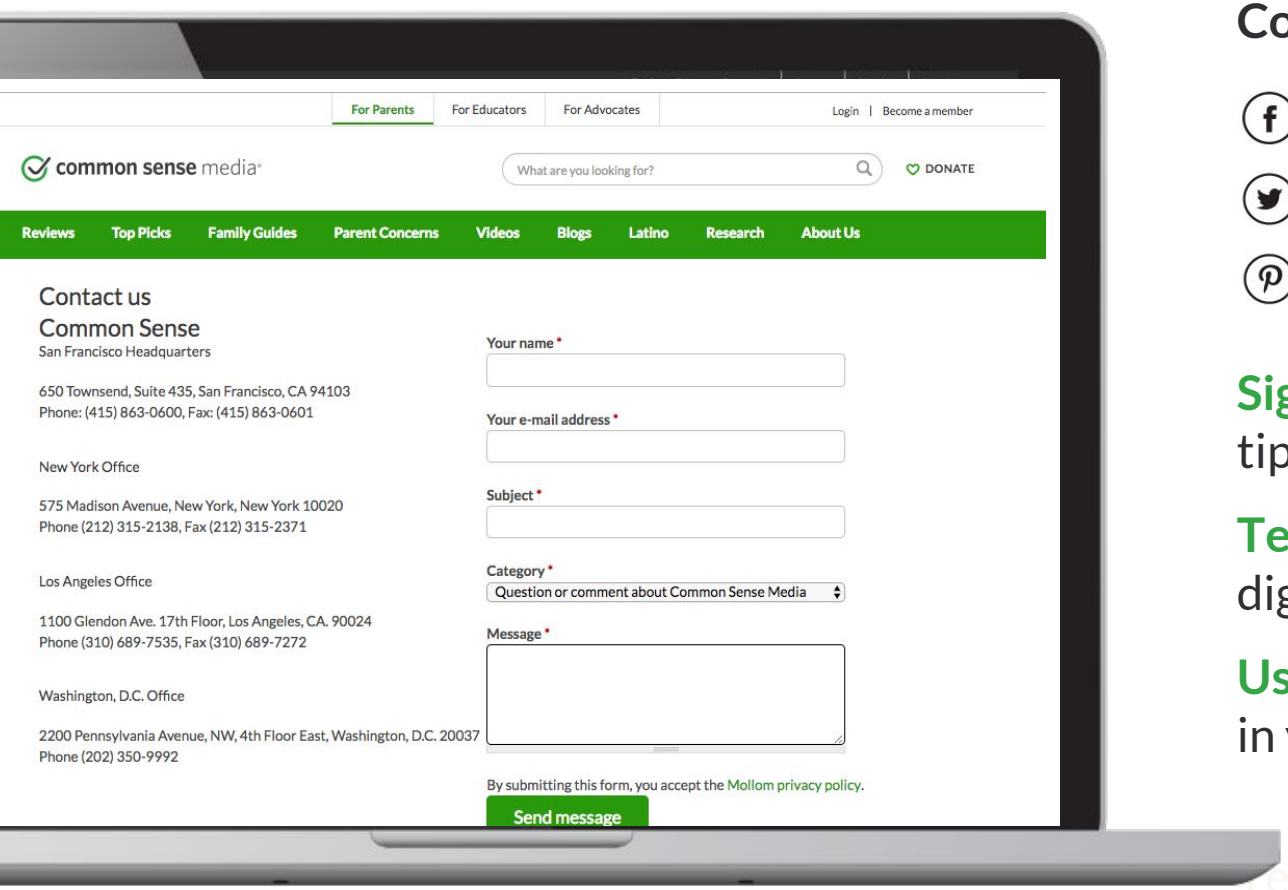
- ☐ I know that the photos and videos I post, and everything I write about others and myself online, can be saved and shared without my knowing. I will not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see.
- ☐ I will model kind behavior online. I will not bully, humiliate, or upset anyone online or with my phone — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will try to stand up to those who do.
- ☐ If I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist. I also know that I have a right to receive credit for any original work I share online.

... stay balanced.

- ☐ I will be open with my family about how I spend my time with media and show them that I use it responsibly.
- ☐ I know that not everything I read, hear, or see online is true. I will consider whether a source is credible. As an online contributor, I will share information thoughtfully and honestly.
- ☐ I will be mindful of how much time I spend in front of screens — including my phone — and I will continue to enjoy the other activities, and people, in my life.

Resources for Support

commonsensemedia.org



Connect with us

- @commonsensemedia
- @CommonSense
- commonsenseorg

Sign up today for our tips and updates.

Tell your school about our digital citizenship curriculum.

Use Connecting Families in your community.

Think about it..

- Permanent
  - Once something is out there...

- Raising Digital Citizens
  - Even the best kids sometime slip up and when it's online it can be a much bigger deal than when it is face to face.

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Rules of the Road for parents

- **Embrace their world**: don't be an expert but explore and talk to your kids, share your usernames and passwords
- Encourage **balanced use**
- **Monitor media use** as best you can: Discuss what sites they can visit
- No Cyberbullying
- Family **Media use contract**
- **Filter** your home wireless network

PROTECT YOUNG EYES | DEFENDING KIDS FROM ONLINE DANGER

common sense for FAMILIES

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5 Simple Steps to a Healthy Media Diet

- ★ Choose the Good stuff
- ★ Watch listen and play together
- ★ Walk the walk
- ★ Keep a balance
- ★ Watch the clock

VUSD
Digital Citizens

Thank you

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