PARENTINGTHATSTICKS

Kids, Teens, and Technology Resources

A Parent's Guide to Technology

TABLE OF CONTENTS

How To Be Safe In Social Media

Teach your child to:

- Be as anonymous as possible
- Use privacy settings
- Think before they post
- Avoid in-person meetings
- Be honest about their age
- Remember social networking sites are public spaces
- Avoid posting anything that could embarrass them later or expose them to danger
- Remember that people aren't always who they say they are
- Check comments regularly
- Avoid inappropriate content and behavior, and, if encountered, report it to the social networking site

Parents should search social networking sites their children visit to see what information they are posting. Make sure you are added to your child's "friend list" so you can view their information and verify that their profiles are set to private (as they should be!). If you're uncertain whether your child has a profile, do a simple online search by typing your child's name into a search engine like Google, or into the search option of the site in question.

How to Report Abuse on a Social Networking Site

- Learn what constitutes abuse according to the Social Networking Site's Terms and Conditions page. Click the 'Report Abuse' link and type a description of the abuse in the text field labeled 'Message.' Be sure to include a detailed description of the nature of the abuse you are reporting. Also, try to include the name or profile name of the person whom you are reporting, and submit it to the Social Networking Site.
- If you feel you and/or someone you know are in danger, contact law enforcement immediately.
- Do not respond to messages from the individual and be sure to keep copies of messages or correspondences from the individual.
- Block the individual from contacting you and remove the individual from your "Friend List."
- Delete any comments the individual has left on your profile page.

Controlling Or Removing What Others Post On Facebook

To turn off your friends' ability to post, click the little down arrow on the top right of your screen and select Privacy Settings. Then click Edit Settings next to How You Connect and click on Friends next to Who can post on your timeline? To change the setting to Only Me.

You can hide or delete any posts to your timeline at any point. Hover over the post till you see a little pencil to the right and then click on that pencil and select Delete Post, Hide from Timeline or Report/Mark as Spam. You can also delete comments on your timeline by clicking on the X to the right of the comment.

PARENTINGTHATSTICKS

If you comment on someone's post, anyone who has access to that post also has access to your comment, regardless of your privacy settings. So if someone posts something that can be seen by everyone (anyone on Facebook or even anyone on the Internet).

How To Untag a Photo

1. Click your timeline and then Photos, which is near the top (below and to the right of your profile picture).

2. Navigate to the photo you wish to untag.

3. Click on the photo and then on the gear icon to the right of the picture, then select Report/Remove Tag. Even though untagging is part of the reporting process; it does not necessarily generate a report to Facebook, to the person who tagged you or to the person who posted the photo.

Checking into a Location

One of the features on Facebook's mobile applications is the ability to "check in" to a location, which is a way of telling people where you are or have been. While it can be fun to share your location, it can also be dangerous in some situations; so young people need to understand that this feature should be used cautiously.

When you check in, Facebook will use your phone's geo-location features (including GPS and proximity to local Wi-Fi stations and cellular towers) to try to locate places near you. Often it will find more than one nearby place so you're asked to choose the best match. If it can't find you, you can always type in your location.

It's also possible to "tag" friends who are with you at a place. That means that not only can your child indicate where he or she is, but friends can too. If you have "push notifications' for Facebook enabled on an iPhone or Android phone, you will be notified that someone has checked you in.

You Can Disable the Ability for Friends to Check You In

You can disable your friends' ability to check you into places, which is a good idea for teens. To do this, select Privacy Settings from the down arrow in the top right corner of any page and then click on Edit Settings to the right of How Tags Work and change if from On (Enabled) to Disabled.

You can also turn off the Geolocator on their phone.

Reporting Problems

Here's how Social Reporting works: If people want to report a photo, for example, and click on "Report" under it, they'll get a pop-up window asking if the report is about them or a friend. If it's about them, they can choose "I don't like this photo of me" or "It's harassing me." They can also choose "It's harassing a friend."

If it's harassment, they'll have the option to block the person who posted the photo or "Get help from an authority figure or trusted friend." If they choose the second option, Facebook lets them forward the photo (with Facebook's standard message or one the user writes) to someone they think should know about it or could help them deal with it. The user will be able to send the message and photo either via email to someone outside of Facebook or via in-site messaging to a fellow Facebook member.

If there is something a user is doing that you think violates the law or Facebook's terms of service, you can file a confidential report by going to the user's page and clicking on the down arrow just below their cover photo and clicking Report/Block.

PARENTINGTHATSTICKS

Top 5 Questions Parents Have About Cyberbullying

1. What *is* cyberbullying anyway?

For the most part, cyberbullying is bullying, only it happens online or on phones or other connected devices. As for what bullying is, that depends on who you ask, but most experts agree that it involves repeated harassment and some type of power imbalance – and, when young people are involved, it usually has something to do with what's happening with peers at school. It's important to remember that not every mean comment or unpleasant interaction rises to the level of bullying. Sometimes it's just what kid's call "drama." We mention this because too many kinds of behavior are called "cyberbullying," which can cause overreaction and inappropriate responses.

2. How likely is it that my child will be cyberbullied?

Some studies say only 4.5% of teens have ever been cyberbullied and others say the figure's as high as 24% (more on this below). Either way, too many students have experienced cyberbullying, but it's important to note that most have not, and most don't bully others. We point this out not to minimize a serious problem, but to emphasize that bullying is not a norm. Kindness, not cruelty, is the norm and, just as with other social problems, communicating the facts reinforces positive behaviors and actually reduces the problem.

For just about all kids, "online" is social – a shared experience – so no single individual has complete control over what happens in digital spaces. Research has found that a child's emotional makeup and home and school environments predict online risk better than any technology he or she uses. Treating others (and oneself!) with respect and kindness can really help keep social media use positive.

3. How do I know if my child is being cyberbullied?

Even if you have a good feel for your kids' emotional state, social skills, and peer relations – key factors in how well their online (as well as offline) experiences go – it's a good idea to ask whether cyberbullying's going on with them or any of their friends. You may not get a clear answer right away, but engage your kids in occasional conversations about how things are going online as well as offline. See what they know about cyberbullying, ask if they know others who have experienced it, if it's a problem at their school and what they would do if they were cyberbullied or knew about others who were. If they seem obsessed about checking text messages and social apps, it could be because they're worried about what's being said about them. It may not be bullying, but it may be a sign your child needs a little extra support. The federal government's StopBullying.gov website suggests that parents be on the lookout for signs such as difficulty sleeping, frequent nightmares, declining grades, not wanting to go to school, feelings of helplessness or decreased self-esteem.

4. What's the best way to keep cyberbullying out of my child's life?

There isn't a single answer for everybody, because each child's social experience is unique. If your child does experience cyberbullying, as a target or a bystander, supportive parenting can go a long way toward minimizing the impact. Loving support sometimes means listening or offering perspective, sometimes talking through strategies for regaining a sense of control over the situation – helping your child grow the resilience that lessens the impact of social cruelty. It may sound simplistic, but since young people make no distinction between online and offline, parents shouldn't either. The same values of respect and kindness toward self and others that you've modeled and taught your kids in everyday life apply in social media too, and they will have a positive effect on their experiences in digital spaces just as in offline life. [If you know of a child in

crisis, go to our Web page, Resources for Youth in Crisis (ConnectSafely.org/crisis). If there's a serious threat of physical harm, call 911],

5. What do I do if my child is cyberbullied?

Cyberbullying cases are as individual as the people involved. So the general advice that's all over the Web – not to react or retaliate, block the "bully," and print out and keep evidence in case it'll be needed – can help in some cases. But the most important thing to do is talk with your kids about what's going on; help them think through what happened, how they feel about it, and what they're going to do about it. No one knows how to resolve a situation without understanding it fully. It's important to involve your child in the process, not just take over yourself, because the main goal is to help him or her strengthen the self-confidence that might've been shaken and restore a sense of physical and/or emotional safety.

Top 5 Questions Parents Have About Cybersecurity

1. What are the biggest security threats to kids?

Children and teens can be caught by the same kinds of security problems that affect adults (drive-by downloads, links to malicious sites, viruses and malware, etc.). But there are some special ways criminals get to kids, such as links to "fan sites" that contain malicious links or "free stuff," messages that look like they're from friends, offers of free music or movies or ring tones or anything else that a child might be tempted to download.

2. How do I talk with my child about security?

Actually security is one of those topics that are pretty easy to talk with kids about, because, just like adults, they don't want to be exploited, tricked or ripped off either. Just talk with them about how there are some people who try to take advantage of others by stealing their money or their information. Explain that not everything is what it appears to be – why it's important to think before we connect. Don't make it a one-time conversation; revisit it from time to time. Ask them what they think and if they've gotten anything suspicious lately. Your kids might know more about cybersecurity than you think.

3. How do we protect our family's computers?

It's important to use up-to-date security software and make sure that your operating system and the software you use are up-to-date. Software companies sometimes find and then fix security flaws via updates. Follow the rest of the advice in this guide – such as being careful about the websites you and your kids visit and links you and they click on – and always make sure you have strong passwords.

4. How do we protect our mobile devices?

There are security apps for mobile devices, but the best way to protect mobile devices is to use a PIN (personal identification number or password), to be careful about what apps you use and to have a way of wiping your data if your phone is lost or stolen. Visit ConnectSafely's security center at connectsafely.org/security to find out about apps that will remotely wipe or lock your phone and help you find it

5. Why do we always hear "Never share your passwords"?

Because it can be tempting to share passwords with friends, and it's not sound cybersecurity. The more widely passwords are shared, the more your data, identity and property are out of your control. Sometimes friends become ex-friends or are just careless with all that's behind your password, so it's important that passwords are kept private, easy to remember and hard to guess.

PARENTINGTHATSTICKS

Talk with your kids about why it isn't a good idea to share their passwords – except possibly with you. But if you want to model *not* sharing passwords, you can check your kids' accounts *with* them rather than knowing and using their passwords when they're unaware you're in their accounts. For more on this, visit passwords.connectsafely.org.

Top 5 Questions Parents Have About Snapchat

1. Why do kids love Snapchat?

They love the spontaneity of it. It's been (rightfully) drummed into their heads for years that photos and videos you share are on the Web forever and are really hard to take back, so Snapchat's a relief in a lot of ways. It's playful and "in the moment" – a nice change from the self-presentation and reputation issues in social media services that display photos indefinitely. They don't have to worry about some invisible audience.

2. Does Snapchat have a minimum age?

Yes, the minimum age is 13, in compliance with (COPPA). But, when you download it, Snapchat asks for your date of birth, and if your birth year tells it you're under 13 – you're redirected to the kid version, called "SnapKidz." SnapKidz users can't add friends or share anything, and the app doesn't send any information to the company. Instead, kids' photos, etc, in SnapKidz on your own device – not share with them. So you'll be looking for work-arounds such as sharing with them with a different media-sharing tool on your phone, such as texting, email, Facebook, etc., - or kids can just delete Snapkids and start over with a fake birth date.

3. What are the risks in using Snapchat?

Though there's nothing inherently dangerous about Snapchat, it's often referred to as "the sexting app." There's no research showing that's true and plenty of anecdotal evidence that it isn't the focus for teens, but – like any media-sharing service – Snapchat can be used for sexting, harassment, etc. It can be particularly hurtful if that happens, because Snapchat is typically used among friends (or at least people who have each other's username or phone numbers).

4. Is it good that Snapchat photos and videos disappear in seconds?

Yes, because photos and videos aren't put on display, they're not "out there" forever, typically, so there isn't the self-presentation or reputation anxiety. The vanishing aspect of it adds a degree of safety, as long as people don't have a false send of security about it – because media can also be saved as screenshots or photographed with another phone and shared with or without the originator's knowledge. That can be good or bad – bad because a screen-captured image can embarrass the people in it, good because – if things do go wrong – it can be used for evidence against someone trying to hurt the people in it.

5. What's the best way to help kids stay safe in Snapchat?

As with all social media, respect toward self and others make us safer. Whether the experience is positive or negative depends so much on how people use the app or service, whether or not they're really friends, and how they treat each other in Snapchat. Friends may kid around, but most kids treat their friends well. It just never hurts to have a conversation with them about how they use Snapchat to be sure.

Top 5 Questions Parents Have About Instagram

1. Why do kids love Instagram?

Because they love media, sharing it and socializing with it on their phones and Instagram makes all that doable in a simple, eye-catching way. Teens like taking, cropping, enhancing, sharing and commenting on photos and videos. But the commenting isn't just commenting – in effect, they're socializing in mixed-media conversations that include plenty of likes and links too.

2. Does Instagram have a Minimum Age?

Yes, it's 13, in compliance with the Children's Online Privacy Protection Act (COPPA). But Instagram doesn't ask users to specify their age, and there are many younger children who use the service, often with their parents' permission. Whether Instagram is "safe" depends more on how it's used than on the age of the user, but Instagram will delete underage accounts if they're notified and can verify the users are under 13.

3. What are the Risks in Using Instagram?

Though there's nothing inherently dangerous about Instagram, the main things parents worry about are typical of all social media: mean behavior among peers and inappropriate photos or videos that can hurt a child's reputation or attract the wrong kind of attention. Parents are also concerned that people their kids don't know can reach out to them directly.

4. Should my Child's Profile be Private?

For many kids, part of the fun of Instagram is developing a big following – a good thing for parents and kids to talk about. Having a public account on Instagram means anyone can follow you. A private account means that you have to approve anyone who wants to follow you; so many parents have their kids start using Instagram with a private account. But there's no guarantee your child won't be seen on Instagram or any other photo-sharing service, because people post photos of each other. *Even not having an Instagram account can't ensure a child won't appear in a photo there.* How positive or negative a young person's experience is on Instagram or anywhere online depends as much on the person and his or her friends as on the app.

WHAT CAN HELP CYBERBULLYING? For kids and teens

Each case is individual, but there's some general, tried-and-true advice that you could consider sharing with your child:

Know that it's not your fault.

What people call "bullying" is sometimes an argument between two people. But if someone is repeatedly cruel to you, that's bullying and you mustn't blame yourself. No one deserves to be treated cruelly.

Don't respond or retaliate.

Sometimes a reaction is exactly what aggressors are looking for because they think it gives them power over you, and you don't want to empower a bully. As for retaliating, getting back at a bully turns you into one – and can turn one mean act into a chain reaction. If you can, remove yourself from the situation. If you can't, sometimes humor disarms or distracts a person from bullying.

PARENTINGTHATSTICKS

Save the evidence.

The only good news about bullying online or on phones is that it can usually be captured, saved, and shown to someone who can help. You can save that evidence in case things escalate. [Visit ConnectSafely.org/cyberbullying for instructions on how to capture screens on phones and computers.]

Tell the person to stop.

This is completely up to you – don't do it if you don't feel totally comfortable doing it, because you need to make your position completely clear that you will not stand for this treatment any more. You may need to practice beforehand with someone you trust, like a parent or good friend.

Reach out for help

E*specially* if the behavior's really getting to you. You deserve backup. See if there's someone who can listen, help you process what's going on and work through it – a friend, relative or maybe an adult you trust.

Use available tech tools.

Most social media apps and services allow you to block the person. Whether the harassment's in an app, texting, comments or tagged photos, do yourself a favor and take advantage of that. You can also report the problem to the service. That probably won't end it, but you don't need the harassment in your face, and you'll be less tempted to respond. If you're getting threats of physical harm, you should call your local police (with a parent or guardian's help) and consider reporting it to school authorities.

Protect your accounts.

 Don't share your passwords with anyone – even your closest friends, who may not be close forever – and password-protect your phone so no one can use it to impersonate you. You'll find advice at passwords.connectsafely.org.

If someone you know is being bullied, take action.

Just standing by can empower an aggressor and does nothing to help. The best thing you can do is try to stop the bullying by taking a stand against it. If you can't stop it, support the person being bullied. If the person's a friend, you can listen and see how to help. Consider together whether you should report the bullying. If you're not already friends, even a kind word can help reduce the pain. At the very least, help by not passing along a mean message and not giving positive attention to the person doing the bullying**.**

Used by permission ©Connect Safely

PARENTINGTHATSTICKS

Tools for Parents

TechGuide4parents.com – Tutorials on how to delete apps, privacy settings, talk to your kids about Internet Safety.

parenttechguide.com - complete website to guide and help parents navigate technology.

Life360 – Family tracker

MamaBear – Family tracker, monitor Facebook

Mobicip Safe Browser – Logs history, block sites

Mobiflock – Safe Browser, logs history, block sites

Find My Phone - Apple – Tracks phone when lost or stolen

#1 Filtering Software – **NetNanny** – Computers and phones. Monitors cyber bullying, blocks adult content, and monitors' social media activity.

Net Nanny has mobile, monitoring services for Android and Apple that will block adult content. Net Nanny Social allows their software to screen for cyber bullying or unsafe activity. If anything unsafe is detected, parents receive and alert. Parents can also login and see all social media activity in a dashboard.

Circle – Disney App – Pairs with your home Wi-Fi and allows you to manage each family members profile.

App Certain – Emails parents when their child downloads a new app.   App Certain provides an analysis on every app your child downloads. For example, it will inform parents if the app accesses their child's contact list or has expensive in-app purchases. Parents can also use "curfew mode" to remotely turn off their child's access to apps and games. It's free.

Norton Family Parental Control – Allows parents to see what websites their kids are visiting from a computer or mobile device. The app also allows parents to block specific sites and access a 7-day history of their kids' online activities. And it's free!

Covenant Eyes – Filtering and accountability software for Internet Pornography.

FightTheNewDrug.org – Resource for teaching on anti-pornography.

Mobile Watchdog – Allows us to monitor all cell phone activity on Android devices. For just $5 per month, this app sends an email detailing a child's mobile phone activity, including: text messaging, apps used and Internet browsing history.

Dangerous Apps for Children

Poof – This app allows users to hide other apps on their phone. Whatever apps you select will no longer show up on your Smartphone screen. If children have apps that they want to keep hidden from their parents all they have to do is download this app and poof, their screen is clear of any questionable apps. So, if you see the poof app on their phone, you may want to ask them what they are hiding.

Whisper – This app allows you to anonymously post secrets and chat with other users in your geographic area. Often kids seek to communicate with strangers, believing that their secrets are safer with them than with their parents or friends. This app allows kids and teens to communicate with others in close geographic area, which allows ill-intentioned strangers too-close-to-home access to your children.

YikYak – Users of this app are all anonymous, but able to post comments accessible to the nearest 500 people (within a 1-5 mile radius). Often kids seek to communicate with strangers, believing that their secrets are safer with them than with their parents or friends. This app allows kids and teens to communicate with others in close geographic area, which allows ill-intentioned strangers too-close-to-home access to your children.

Kik – This app is a free alternative to texting that allows user to send texts and pictures without being saved in the phone's history. (Similar apps: Viber, WhatsApp, TextNow). If you monitor your child's texts and who they are sending messages to, this app allows them a way to communicate without your knowledge. This app is often used for sexting and for communication with strangers as strangers can send your child a friend request.

Vine – Users are able to post and watch six-second videos. Many vine videos are harmless, however pornography videos can and do pop up in the video feed. This can expose your kids to sexually explicit material without their intent. For some kids one exposure is enough to incite curiosity that can begin the downward spiral to addiction. This app also allows porn to be easily searched and accessed. Predators can use this app to search for kids and find their location

ChatRoulette and Omegle – These apps allow you to video chat with strangers. Your child could begin chatting with strangers and fake strangers (fake profiles). Predators can convince your child to send pictures or personal information that reveals their location.

Tinder – This app allows users to post pictures and scroll through the images of other users. If a user thinks someone is attractive they can flag the image. If that person has also flagged them in return, the app allows you to contact them. (Similar apps: Down, Skout, Pure, and Blendr). This app is used primarily for "hooking up".

Ask. FM – This app is growing in popularity in the U.S. since its debut in Europe. It allows users to ask other users questions. Responses are limited to 300 characters. The questions asked are unmoderated and can be from a named user, but can also be asked with anonymity. Being asked questions that you answer seems relatively harmless. However, there are many problems with this app. The primary problem surrounds the anonymity of the messaging. Though somebody can block users and anonymous questions, this is rare, and there are no parental controls, and many are using it for cyberbullying and sexual content. In fact, there have been a number of linked teenage suicides to the app. Many teenagers today link their ask.fm account to Instagram.

PARENTINGTHATSTICKS

Resources To Teach Your Kids About Sex
- ¥ *Talking to Your Kids About Sex* Bible Study – Covenant Eyes.
- ¥ *A Sex Ed Family Bible Study* – Covenant Eyes.
- ¥ *Teaching Children Healthy Sexuality* – Focus On The Family.
- ¥ There are some good videos on **YouTube** for teaching your children about sex – watch some and see which ones are age appropriate for your child.

CLEANING-UP YOUR DIGITAL FOOTPRINT

__ SEARCH YOURSELF ONLINE
Google your first and last name. Don't forget to try slightly different spellings, too. Find something about yourself you don't like? If it's posted by a friend, ask them to take it down. Or try contacting the site administrator and request they remove any unwanted content.

__ CHECK PRIVACY SETTINGS
The privacy settings on your favorite website or social network may have changed since you last checked. Take time to understand current settings so you know just what you're sharing, and update them if there are things you don't want public.

__ USE STRONG PASSWORDS
Whether email or banking, it's a good idea to have different passwords for different sites. Change the passwords across your various accounts to a combination of words, numbers and symbols that are easy for you to remember but hard for others to guess.

__ UPDATE SOFTWARE
Computer viruses and spyware can wreak havoc on your computer. Check for software updates you may have previously ignored or download one of the many free, safe programs available online to ensure you have the most up-to-date security for your system. Schedule automatic updates and let your computer do the work for you!

__THINK BEFORE YOU POST
Your digital footprint is more than the information available about you on the Web; it's about your interactions too. Before you put anything online, ask yourself if it's something you really want others to see or know about you.

__ MAINTAIN YOUR MOBILE DEVICE
Take time to understand your mobile device settings and set a password. It's also a good idea to review any apps you've downloaded and their information-sharing policies. Delete ones you just don't use.

__ BUILD A POSITIVE REPUTATION
Use your online presence to build a positive reputation for yourself and inspire others! Make a virtual fundraising campaign for a cause that you're passionate about. Try to make positive Facebook posts and tweets about your professors and classmates.

(Adapted from Family Online Safety Institute)

PARENTINGTHATSTICKS

Pledge for kids and teens

I will not touch or look at my phone when it's dangerous to do so, such as while driving, biking or walking.

I will be considerate of others and not use my phone to text or talk when it may disturb others or at inappropriate times or places, such as in class or theaters.

I will take care not to damage or lose my phone and will let my parents know right away if it is damaged, lost or stolen.

I will only use apps from legitimate app stores (like the Apple App Store or Google Play) and do a little research to make sure they're appropriate and safe to use.

I will carefully review the privacy policies of any apps I use including what information the app collects or shares.

I will only use apps that share my location with family or personal friends I know from the real world.

I will not let my phone interfere with sleep, schoolwork or other important activities. I will respect my own and other people's privacy in pictures and posts that I share.

I will only share pictures and videos where everyone is appropriately dressed and will avoid sharing any images that could embarrass me or others or get anyone in trouble.

I will treat others respectfully and with kindness in what I post, what I text and how I interact socially.

Signed,

_____

PARENTINGTHATSTICKS

Parents' pledge

I will be a good role model and never text or use apps while driving or during other activities where phone use might be dangerous.

I will be considerate of others, including my family members, by refraining from using the phone when it might disturb people around me.

I will talk with my kids and set reasonable expectations about their smartphone use.

I will be considerate of my child and not text him or her at inappropriate times, such as while he or she is in class.

I will take whatever action is appropriate if I feel my child has misused his or her phone or broken a family rule, but I will be thoughtful about such actions and not overreact.

Signed,

_____

CHILD'S PLEDGE FOR USING THE INTERNET RESPONSIBLY

Because I respect my parent's wisdom and loving care to protect me from any harm the Internet might cause, I promise to do the following:

1. I agree to talk to my parents so that we can set up very clear rules about when and how I can use the Internet. I agree to abide by whatever time limits that they set for using the computer or any other communication device.

2. I will never give out my Internet password to anyone (even my best friends) or let anyone besides family members have access to my Internet connection.

3. I will always follow the directions of my parents on how to use the Internet and will never go to any site that I know would displease them. If I am in any doubt I will talk to my parents about it.

4. Whenever a friend or anyone else tries to get me to do something or go somewhere on the Internet that does not seem right or that scares me, I will tell my parents about it right away.

5. I will never agree to meet or go with someone, or have any contact whatsoever, with anyone I "meet" on the Internet without my parent's permission.

6. If anyone I meet on the Internet tries to give me information or send me something that my parents would be upset about, I will tell them right away.

7. I will never give out any information over the Internet, like my family's address, or my telephone or cell phone number. If anyone asks for any information I will tell my parents right away.

8. I will never "bully" anyone over the Internet or anywhere else, but always try to be a good friend, even to those I do not like.

9. I will never send any sort of picture of myself or any family member to anyone who asks for it, without my parents' permission.

10. I will never download any pictures or information from the Internet, or install any software or program that could possibly harm our computer or tell others about our family, without my parents' permission.

11. If anyone tries to send me inappropriate pictures about sex or even nudity, I will report this to my parents right away.

12. I will try my best to show my parents that I can be a responsible user of the Internet, so that they can be proud of me for behaving like a responsible child.

13. (Parents: Feel free to add any other conditions here.)

I agree to all these pledges: Child signature: _____

TEENAGER'S PLEDGE FOR USING THE INTERNET RESPONSIBLY

Because I respect my parent's wisdom and loving care to protect me from any harm the Internet might cause, I promise to do the following:

1. I agree to stay in touch with my parents at all times and be open about my use of the Internet. While they agree to respect my right to privacy I will nevertheless try to be as transparent as possible in my use of the Internet so that they can come to trust me completely.

2. My parents and I will regularly review my use of the Internet and I will respect their wisdom in responding to any cautions they may alert me too.

3. Together, we will establish rules about when and how I can use the Internet. I agree to abide by whatever time limits and access sites that they may set for using the computer or any other communication device, acknowledging that these are privileges that they are granting.

4. I will never use any other computer or device to access the Internet (such as a friend's computer) without keeping them informed.

5. I will never give out my Internet password to anyone (even my best friends) or let anyone besides family members have access to my Internet connection.

6. I will never agree to meet or go with someone, or have any contact whatsoever with anyone I "meet" on the Internet without my parent's permission.

7. If anyone I meet on the Internet tries to give me information or send me something that my parents would be upset about, I will tell them right away.

8. Realizing that identity theft is now epidemic I will never give out any information over the Internet, like my family's address, telephone or cell phone number, or any other personal information. If anyone requests personal information about myself or any other family member, I will report it to my parents right away.

9. I will never use the Internet inappropriately, such as to "bully" or threaten anyone over the Internet or anywhere else.

10. I will never send any sort of picture of myself or any family member to anyone who asks for it, without permission.

11. Because Internet pornography addiction is now rampant I will never access or download any pictures or information of a sexual nature that my parents would disapprove of.

12. I will not install any new software or program that could possibly harm my or our family computer without informing my parents ahead of time.

13. I will be conscious of how much time I spend on the web, phone and other devices and will not let the use of these distractions interfere with my sleep, schoolwork and face-to-face relationships.

14. I will try my best to show my parents that I can be a responsible user of the Internet, so that they can be proud of me for behaving responsibly.

I agree to all these pledges: Teen's signature: _____

PARENTINGTHATSTICKS

THE DIGITAL WELLNESS PLEDGE

Because I desire to have a healthy use of technology and steward it well.

I pledge the following:

1. I acknowledge that technology is a tool to be used to make my life simpler, more productive and embrace the many benefits.

2. I will be alert for how digital technology can become an idol to me and continue to ask for God's help to keep it in its place.

3. I will enlist an accountability partner to help keep me balanced and pure in my digital use.

4. I will not waste my real life on a virtual life but seek out ways to daily engage in real life and relationships.

5. I will incorporate face-to-face conversations and connections as much as possible and limit my virtual connections.

6. I will practice being present and in the moment with the people I encounter during my day.

7. I will have tech free times and take a digital fast to detox as needed.

8. I will not use my digital technology as an escape from my feelings and emotions.

9. I will protect my 'Godspace' and daily practice spiritual disciplines that cultivate my relationship with God

10. I will not access inappropriate content through the Internet and will install Covenant Eyes if it becomes a problem.

11. I will model good digital stewardship to my family, friends and co-workers.

I agree to all these pledges:

Your Signature: _____

CENTER FOR DIGITAL WELLNESS

PARENTINGTHATSTICKS