



# Let's Talk Safety



In today's time, students are more tech savvy than ever before. For this reason, I must make sure they are taking the proper precautions when using technology and the internet. I also believe that there are other precautions to take as well. For many children, screen time is extremely important part of their daily life. Devices are great educational tools and are amazing for entertainment, but sometimes, children can spend too much of their time in front of these devices. Here are some tips to help your children spend less time in front of a TV, computer, or video games – and more time being active. Please sign at the end of this packet, so that I know you have read through the information, and return tomorrow. Thank you! - Ms. Eryn

## **Internet Safety**

Internet safety is something that I will explain fully to your child. The internet can be such a great educational tool, but sometimes, inappropriate pop-ups happen. It is important for your child to understand that they need to be responsible enough to tell an adult when something inappropriate or uncomfortable is seen on the internet. Here are some great tips for teaching your child internet safety.

1. Be aware of laws | Many sites are 13+ and most images / work is protected by copyright.
2. Discuss online activity | Be aware of what your child is doing on the internet. Make sure they feel comfortable enough to talk to you if something inappropriate happens while using technology.
3. Online Friendships | Yes, online friendships do occur, but should be done with the fullest precaution. Make sure your child knows that there are bad people who will do anything to get their attention (even pretend to be their friend).

4. Reputation | Express how important it is for your child to not post anything on social media or the internet that he or she would not want his or her teachers, family, friends or future employers to see. A digital footprint will never go away.
5. Bullying | Cyber bullying is real. Make sure your child is aware that they need to tell someone if they think cyberbullying is happening to them or anyone else.
6. Manners | Digital etiquette is something that many people forget to express to their children. Students need to be polite and respectful, even behind a computer screen.
7. Yappy | Your child needs to understand how important it is to not spill all their personal information on the internet. Identification theft is real.
8. Truth & Lies | Not everything they read or see on the internet is true, but sometimes, things are true. Sometimes they will learn more things that they need to at their age. Stay aware of what they are looking up on the internet, and make sure what is in their mind is the truth.
9. Unplug | Yes, the internet is amazing for connection between others, entertainment, and so many great educational resources, but it is good for screen time to be controlled. Make them go outside and play. I promise they will burn more energy outside than inside.
10. Passwords & Usernames | Choose sensible passwords, usernames, and email addresses. Make sure your child understands that changing your information could cause lots of headache down the road. They need to be aware that they also can lock themselves out of certain educational sites.

Parent signature: \_\_\_\_\_

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## Setting Screen Time



First step to limiting screen time is to set a specific amount of time that your child can be in front of a TV, computer, or video games each day. I have included a blank screen time contract if you wish to continue reaching your new goals. If you would like a modification, feel free to email me!

### Share goals and set limits:

- The goal of screen time is no more than 2 hours a day on a device.
- Try to be more active. The goal for physical activity for children is at least 60 min.

### Suggest active fun instead of screen time:

- Playing outside with siblings, friends, or family.
- Learning an active hobby. This could be a new sport

I encourage you to set some screen time limitations with your children, just as we do here at XYZ elementary. Here is an opportunity to brainstorm some ideas about how you would like to start reaching new goals.

### My goals:

- I will limit my children to no more than \_\_\_\_\_ hours of screen time each day.
- I will suggest that my children do these activities instead of screen time:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- I will give my family the following ideas for things to do instead of screen time:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

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