

Social Media: Crafting a Family Plan

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WHY

are we so drawn to the digital world?

**Social Media:
Crafting a Family Plan**



WHY

are we so drawn to the digital world?

1. STRESS

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WHY

are we so drawn to the digital world?

1. STRESS

2. BELONGING

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What is the goal of monitoring and managing our kids technology?

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The Goal of Monitoring

7 8 9 10 11 12 13 14 15 16 17 18

On their own →

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“These smartphones do open the world to kids, and there’s good and there’s bad,” said Michael Brody, from the American Academy of Child and Adolescent Psychiatry. “I understand that parents want to use [tracking services] to make things safer, but they may be defeating their purposes. The way you make your children safe is to make them able to take care of themselves by themselves.”

- USA Today

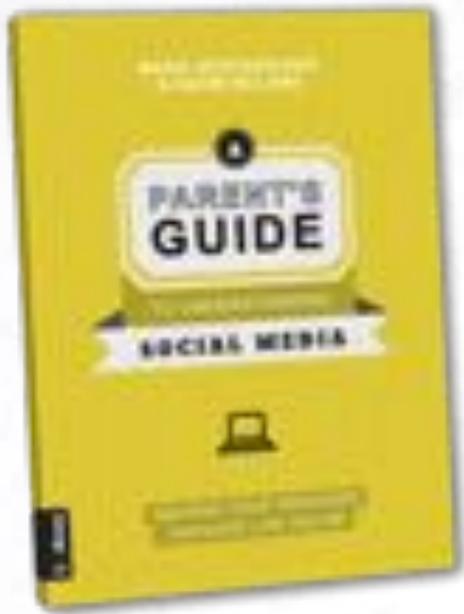
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The earlier you
implement monitoring
and managing, the
easier it will be!

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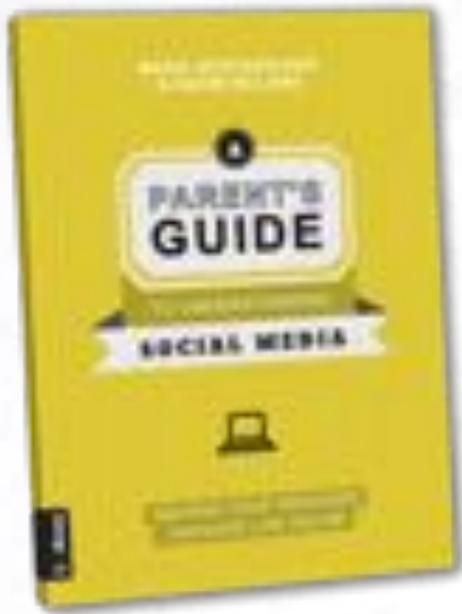


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Three Rules of
Internet Use:

#1: There's no
such thing as
anonymity online,
only perceived
anonymity.



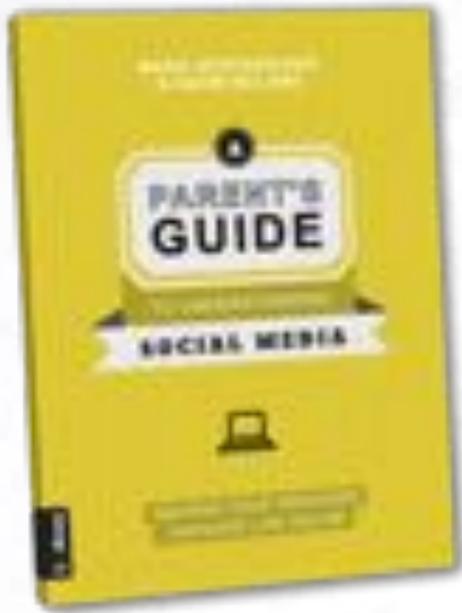
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Three Rules of
Internet Use:

#2: There's no
such thing as
online **privacy**,
only perceived
online **privacy**.

Three Rules of
Internet Use:
#3: Everything
posted online is
public



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What ages should my kids have devices?

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0-2 years - nothing

2-? - non-cellular device, very supervised

?-12 - cellular “dumb” phone, supervised

13 and up - smart phone and social media, *less* supervised

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How much screen time is ok for our kids?

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American Academy of
Pediatrics currently suggests
1 hour or less per day of
high-quality programming

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The more screen time, the more difficult it can be for a child/teen to recognize emotions and non-verbal social cues

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There is a difference
between screen
“watching” and screen
“interacting”

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Screen time an hour
before bed can cause
sleep disruption

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It's not what goes in to
a person that matters,
it's what comes out.

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Does technology impact motivation or self esteem?

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Technology can actually
increase both, however
social media can
decrease both.

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Network Software

OpenDNS

www.opendns.com

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Network Device

circle
WITH DISNEY

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AT&T LTE 6:44 PM 94%

Cancel Filter Settings Save

FILTER LEVEL

PRE-K KID **TEEN** ADULT NONE

PLATFORMS

	Amazon	Allowed
	Disney	Allowed
	FaceTime	Allowed
	Facebook	Allowed
	HBO	Allowed
	Hulu	Allowed
	Instagram	Allowed
	Minecraft PE	Allowed

Custom Filter >

AT&T LTE 6:45 PM 94%

Cancel Time Limits Save

Enable

+ ADD WEEKEND >

DAILY TIME LIMIT

Sean 2 hours

PLATFORMS

	Amazon	-
	Disney	-
	Netflix	-
	PBS	30 minutes

CATEGORIES

Kids	-
------	---

AT&T LTE 6:45 PM 94%

Cancel BedTime Save

Enable

M T W Th F Sa Su

BedTime 6:30 PM Awake 8:00 AM >

ADD WEEKEND

AT&T LTE 6:46 PM 94%

Cancel OffTime Save

Homework

M T W Th F Sa Su

Start 3:30 PM End 5:00 PM >

ADD OFFTIME

AT&T LTE

6:43 PM

94%

AT&T LTE

6:44 PM

94%

Back

Sean

Edit

Back

Home



Devices 1 >

Usage 0 minutes today >

Filter ● Pre-K >

BedTime Off >

Time Limits Off >

OffTime None >

History >

CONNECTIONS >

Devices 30 >

Usage less than 5 mins >

Filter ● Teen >

BedTime Off >

Time Limits Off >

OffTime None >

History >

CONNECTIONS >



Everything covered,
now everywhere.

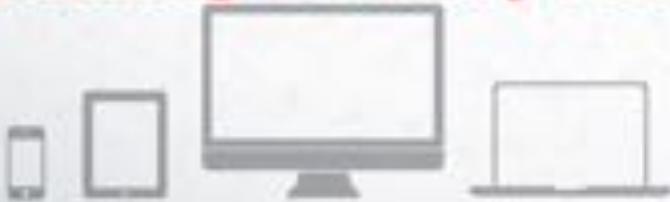
Mobile Protection



uknowkids

www.uknowkids.com

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- | | | |
|--|---|---|
|  Text Message Monitoring
Review incoming, outgoing, and deleted iMessages and text messages (SMS & MMS) |  Photo Reviews
See the images your child sends by text message or stores on the child's mobile phone |  Web Browsing & Search History
Monitor the list of all the contacts stored on your child's mobile phone |
|  Phone & Facetime Call Logs
Keep track of who your child is talking to via detailed phone and Facetime call history logs |  Mobile App Reviews
Know what mobile apps are installed on your child's Apple mobile devices |  Family Locator Tools
Review last known locations, schedule auto "check-ins," create geofences and receive alerts |
|  Social & Mobile Contacts
Monitor the list of all the contacts stored on your child's mobile phone |  Social Network Scanning
Find your child's social networking accounts including their hidden & "secret" profiles |  Digital Safety Resources
Educational resources on social trends, mobile apps, digital parenting and safety issues |
|  Facebook Monitoring
Monitor status updates, likes, comments, tags, photo and videos posts, and friends |  Twitter Monitoring
Analyze conversations, public or private, including direct messages & mentions |  Instagram Monitoring
View images your child publishes as well as "likes", comments, and your child's followers |

Mobile Protection



K9 Web
Protection
Browser



SecureTeen
Parental Control

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Mobile Protection



Mobicip Safe
Browser



WebProtectMe Safe
Browser

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Provider Controls



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Device Restrictions

[General](#) **Restrictions**

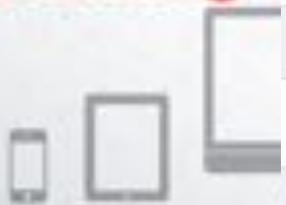
ALLOW:	ALLOWED CONTENT:	PRIVACY:	ALLOW CHANGES:
Safari <input checked="" type="checkbox"/>	Ratings For United States >	Location Services	Accounts >
Camera <input checked="" type="checkbox"/>	Music, Podcasts & News Explicit >	Contacts	Cellular Data >
Siri & Dictation <input checked="" type="checkbox"/>	Movies All >	Calendars	Background App Refresh >
FaceTime <input checked="" type="checkbox"/>	TV Shows All >	Reminders	Volume Limit >
AirDrop <input checked="" type="checkbox"/>	Apps All >	Photos	TV Provider >
CarPlay <input checked="" type="checkbox"/>	Siri Restricted >	Share My Location	Do Not Disturb While Driving >
	Websites Restricted >	Bluetooth Sharing	
		Microphone	GAME CENTER:
iTunes Store <input checked="" type="checkbox"/>		Speech Recognition	Multiplayer Games <input checked="" type="checkbox"/>
Music Profiles & Posts <input checked="" type="checkbox"/>		Advertising	Adding Friends <input type="checkbox"/>
Podcasts <input checked="" type="checkbox"/>		Media & Apple Music	Screen Recording <input checked="" type="checkbox"/>
Installing Apps <input checked="" type="checkbox"/>			
Deleting Apps <input checked="" type="checkbox"/>			
In-App Purchases <input checked="" type="checkbox"/>			

Family Plan





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Device Restrictions

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< Apple ID Family Sharing

FAMILY MEMBERS

-  **Jacob Kircher (Me)** >
Organizer
-  **Melissa Kircher** >
Parent/Guardian

[Add Family Member...](#)

Family members share music, movies, apps, photos, location, and more. [Learn more...](#)

SUBSCRIPTIONS & APPS

-  **Purchase Sharing** On >
-  **Apple Music** On >
-  **iCloud Storage** On >
-  **Location Sharing** On >

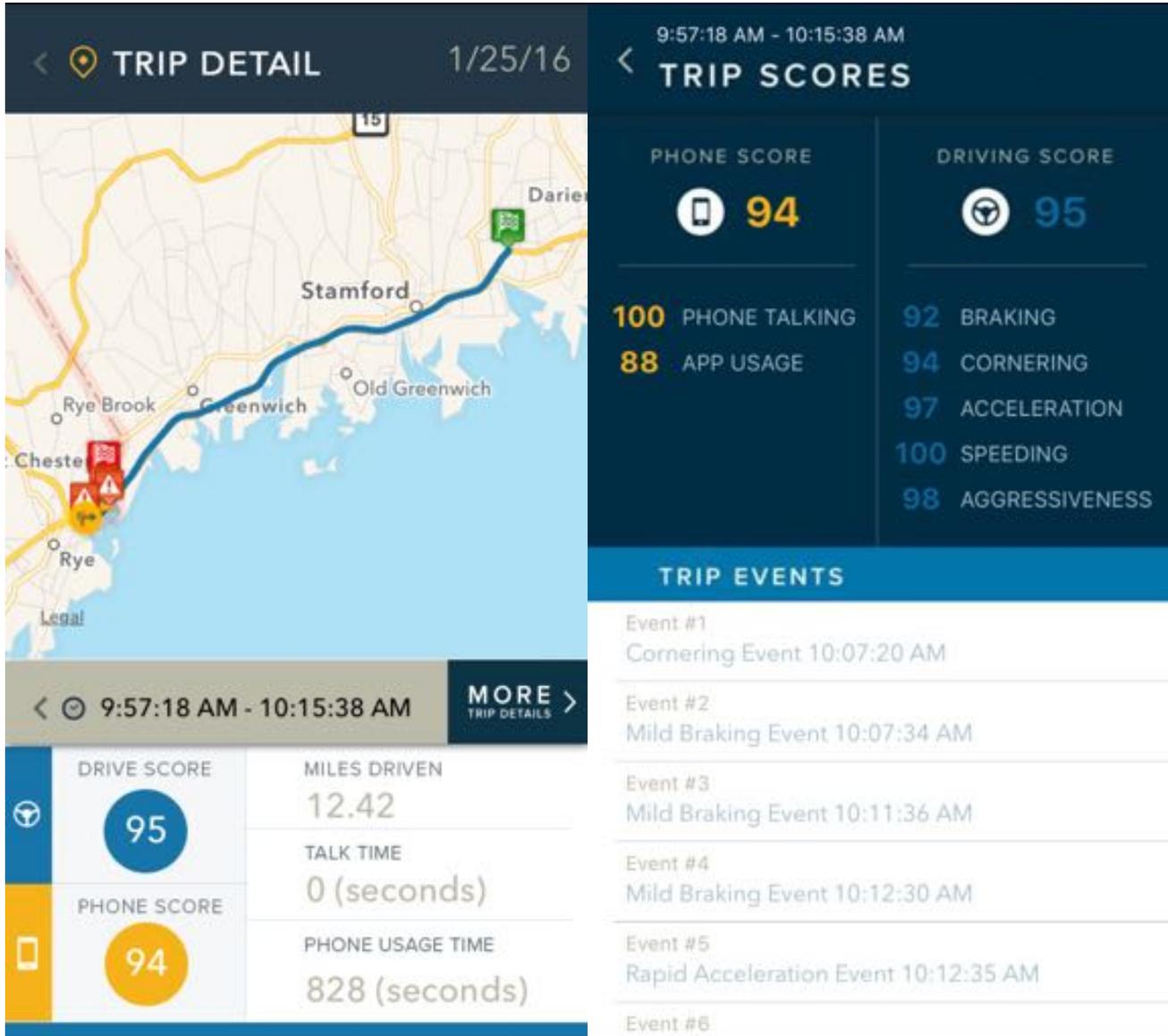
You can also share a family photo album, calendar, and reminders.



www.cellcontrol.com

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Dealing with Apps



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Dealing with Apps and Websites

Regularly ask your kids what they are using/check their download history on iTunes or Android app stores

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Dealing with Apps and Websites

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Check the privacy policies and terms of conditions

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Dealing with Apps and Websites

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Check the privacy policies and terms of conditions



s c snapchat

“By submitting User Content to Snapchat, you hereby grant us a nonexclusive, worldwide, royalty-free, sublicensable and transferable license to use, reproduce, modify, adapt, publish, create derivative works from, distribute, perform and display such User Content in connection with the Services.”



Dealing with Apps and Websites

Regularly ask your kids what they are using/check their download history on iTunes or Android app stores

Check the privacy policies and terms of conditions



“We cannot guarantee that deletion always occurs within a particular timeframe.”

s
c snapchat n



Dealing with Apps and Websites

Regularly ask your kids what they are using/check their download history on iTunes or Android app stores

Check the privacy policies and terms of conditions

Check the privacy settings

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Dealing with Apps and Websites



**common
sense
media**

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Gaming



With all the tools,
restrictions, settings, etc.

NOTHING

beats conversation with your kids!

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Talk about boundaries and come up
with them AND consequences

TOGETHER

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The best tech boundaries are

MODELED

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