

Tips for Supporting Safer Student Access to Technology Over the Summer

This summer, with camps, childcare, and other activities curtailed, it may be more challenging than ever for families to support children's safe use of technology. While each family will have different perspectives and will make different choices, we want to share some suggestions and resources for how you can protect your children and encourage them to develop responsible and healthy habits for technology use.

Learn

- Learn about the types of media your children are consuming online, the potential hazards they pose, and ways to protect children.
 - [Common Sense: Social media guide](#)
 - [Net Cetera: Chatting with Kids About Being Online](#)
 - [Protecting Kids Online | Proteja a los niños en línea](#)

Talk to Your Children

- Talk about the difference between appropriate and inappropriate online content.
- Explain that not all information online is credible. Consider the source and bias of what you see online.
- Make a plan for what children should do if they encounter anything frightening or inappropriate.
- Talk about what information should stay private.
- Discuss how online actions have consequences and information and messages posted online are persistent, potentially for their entire lives.

Set Expectations and Limits

- Consider using a [family agreement](#) to open a conversation with your child about their use of social media and to help set family rules and expectations around using technology.
- Consider limits on when, how long, and where technology can be used.
- Establish a daily night-time routine for technology devices, including "lights-out" at least 30 minutes prior to bedtime, and a designated charging area outside of the child's bedroom.
- For specific information about setting parental controls such as privacy settings and content filters: [Common Sense Media: Parents Ultimate Guide to Parental Controls](#)