

DIGITAL CITIZENSHIP

RESOURCES TO HELP YOUR
CHILD NAVIGATE THEIR
DIGITAL WORLD



Want to know more?

Check out these websites for more information about staying safe and being your best self while using technology!



- **Cybertip:**
www.cybertip.ca

SCAN ME



- **Common Sense Media:**
www.commonsensemedia.org



- **Media Smarts:**
www.mediasmarts.ca



Need help?



Feeling like you need support with what you are facing in your digital world? You are not alone!

Make sure you reach out to a trusted adult in your life. Here are some additional resources available to you:

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT
686868
AND BE CONNECTED TO TRAINED HELPERS



Text4Hope
393939

24hr free ONLINE support for Albertans
togetherall.com

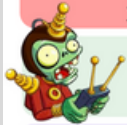
HAS YOUR YOUTH BEEN TAKEN OVER BY A TECH. ZOMBIE?

Welcome! If you are reading this, you have probably found yourself lost in the world of technology that has embodied your youth and left you in the dust. Hear this, **"You Are Not Alone! We Are Here To Help."**

Addressing your youths' sleep patterns and tech. use can be overwhelming, especially for parents who may feel like they've tried and failed. Teenagers need at least eight hours of sleep a night and without this they're less able to deal with stress and social pressures. The positive is there are a few tools that can boost your efforts to getting your youth sleeping again. We have compiled the common apps to help with encouraging digital health in your home and get your youth sleeping again.

Device Specific Controls: manage access to internet and data.
Network Specific Controls: only manage your home internet.

**** If your youth's device has a data plan they will still be able to go online, and it may run up costs on your bill.****



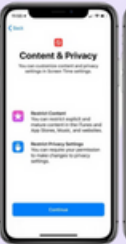
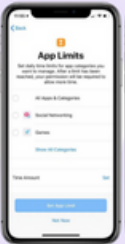
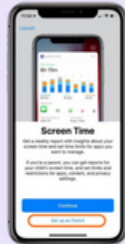
DEVICE SPECIFIC PARENTAL CONTROLS



IPHONE SCREEN TIME

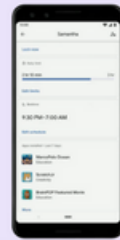
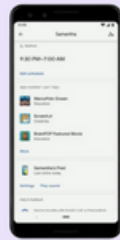
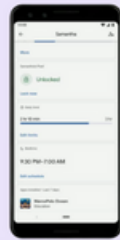
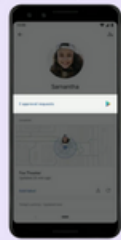
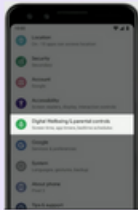
This program allows monitoring of virtual activities and the ability to regulate device's to operation of certain features. Parents can set up parameters to the time their children are consuming on their iOS devices.

Settings → Your Name → Family Sharing → Screen Time.



ANDROID FAMILY LINK APP

The feature sits right inside Digital Wellbeing. Here, parents can set up their children's phones and control daily limits, bedtimes, and get an insight into which apps their kids spend time in.



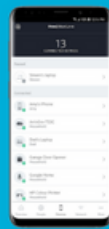
NETWORK LEVEL CONTROLS



SHAW

The Shaw BlueCurve App. gives you full control of your network and connected devices by allowing you to set up your network quickly, see who is online, and set schedules for users.

View devices connected to your home network



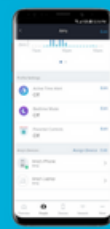
Easily create profiles for your family members



Set parental controls and bedtime schedules

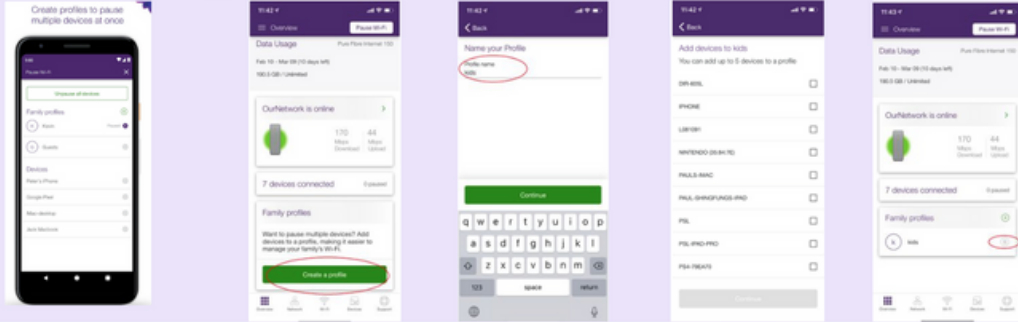


Monitor internet usage by profile and devices





The TELUS My Wi-Fi App. lets you easily setup and manage your TELUS Wi-Fi network directly from your mobile device. It puts you in control of your home network by allowing the regulator to assign devices to a family profile, and pause Wi-Fi access for a family profile or device



The Bell Wi-Fi App. allows parents to create user profiles for the people who use your Wi-Fi network so you can pause or block Internet access for all of a user's devices at once, rather than one device at a time.

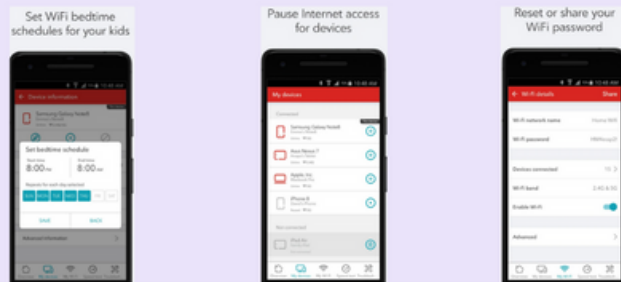


Create user profiles for the people who use your Wi-Fi network so you can pause or block Internet access for all a user's devices at once, rather than one device at a time.

1. Open the Bell Wi-Fi app and log in with your MyBell username and password.
 2. Touch **Devices** at the bottom of the home screen.
 3. Touch **Users** on the top left side.
 4. Touch **Add a user**.
 - Touch **User's name** and enter a name.
 - Touch the **camera** icon if you would like to add a photo.
 - Select devices from the **Assigned devices** list to add them to the profile.
 - Touch the **green check mark** when you're happy with the profile you've created.
- To pause Internet access for a profile, touch **Pause** beside the profile name. This will block all devices assigned to the profile.
- Touch **Pause** once to block Internet access for 15 minutes, twice for 30 minutes, or a third time to remove the block.



Rogers Mywifi App. allows parents to control online access for kids with automatic Wi-Fi off bedtime schedules, pause or block Internet access for devices as you choose, and easily reset or share your Wi-Fi password.



Rogers Ignite App. allows parents to create individual profiles and stay in the know about who is online from anywhere. There is also the ability to pause internet to specific devices as well as set up parental controls and protected browsing.





TOP APPS KIDS USE TODAY



Min. Age: 18 or 13 w/parent consent YOUTUBE

This video sharing service is the most popular social media app among the 13-18 year old age group. Users create profiles, upload, watch, like and comment on videos. While parental controls are strong, inappropriate content has been spliced into many videos. YouTube Kids may be a better option for children.



SNAPCHAT **Min. Age: 13**



Popular private messaging app that lets users put a time limit on pictures and videos they send before they disappear. Also allows for private chat between users. While many kids use it to send goofy photos- the automatic deleting feature gives a false sense of security to send "riskier" photos to others.

Min. Age: 13 FACEBOOK

While Facebook has been losing popularity with teenagers, it still has enough users in this demographic to make the list. Facebook is a media app that allows for messaging, video chatting, sharing videos and pictures. The app has strong security features and keeps things pretty secure.



INSTAGRAM **Min. Age: 13**



Instagram lets users snap, edit and share photos and videos publicly or within a private network of followers. It is known as "selfie central". Searchable content is unfiltered and direct messages can be sent to anyone.

Min. Age: 13 TIKTOK

New mobile device app that is very popular with kids. The platform is used for creating and sharing short videos. This app has very limited privacy controls, users are vulnerable to cyber bullying (through comments) and mature or explicit content.



WHATSAPP **Min. Age: 13**



Messaging app that allows users to send texts, photos, voicemails, make calls and video chats worldwide for free. The app uses internet connection. Chats and messaging between users must be approved by each person.

Min. Age: 13 KIK

Kik is another mobile messaging app. It allows anyone to contact and direct message anyone (including children). Kids can bypass traditional text messaging features. Kik gives users unlimited access to anyone, anywhere, anytime. The company that makes Kik offers a safety guide to parents.



HOUSEPARTY **Min. Age: 13**



The app has become very popular during the pandemic, currently the fourth most downloaded app. Houseparty is a live video chatting app. The app doesn't monitor chats between users which raises concerns of kids being exposed to inappropriate content. However, users can only add people they already know through Facebook or their contact list.

It's important that kids stay connected to their friends and peers, especially during Covid. Social media and apps are a great tool to afford that opportunity to children. However, it is important that caregivers are aware of who their children are connecting with and the apps they are using to do so.

DIGITAL FOOTPRINT

A digital footprint is personal map made up of all the online presence a person has had. This trail of information is a permanent track record that includes a complete history of web searches, social media posts, emails, instant messages and any other online interactions.

Helping your young person to understand the importance of having a positive digital footprint will not only keep them safe online now, but will also benefit them as they move towards post secondary school and employment.

Below are common themes to collaborate and discuss at home to help everyone stay safe and positive online.



PRIVACY

- Never share personal information about yourself or others online
- Create passwords that are unique and secure
- Never share your password with anyone.



CONSIDER YOUR FUTURE

- Be aware of what you post online
- Post secondary schools and employers commonly search information about you online.
- Know that hitting send or post is like publishing forever.
- Any negative information connected to you, such as racist or sexist, may impact admissions and employability



POST POSITIVE ONLINE

- Online platforms can allow you to use words, photos and videos to tell a story about yourself and showcase yourself positively. Use this!
- Write a blog about a book you read
- Upload digital artworks
- Create digital media for your school or organization.



THINK BEFORE YOU POST

- Use self regulation before venting online.
- Ask yourself if you would want someone you look up to read it. Would you want your grandmother to see your post?



THINK BEFORE YOU SHARE

- If the content does not belong to you, it is not yours to share. Everyone is entitled to their own privacy.
- If risky content is shared with you do not pass it on.



SEARCHES ARE SOCIAL

- Social media platforms track searches, likes and interactions to determine specific marketing specific for you.
- Google has similar tracking habits logging every keyword searched and web page visited.
- Less profit-motivated search engines like DuckDuckGo.com and Bing make clearer efforts to protect browsing privacy.

Cyberbullying

WHAT IS IT? AND HOW TO HELP YOUR CHILDREN.



Definition: An aggressive, intentional act carried out by a group or individual, using electronic forms of contact, repeatedly over time against a victim who cannot easily defend themselves.

WHERE CAN IT HAPPEN?



HOW IS IT DIFFERENT THEN BULLYING?



WHAT ARE THE WARNING SIGNS?



Worried your child might be cyberbullying others? Look for:
 -Aggressive or defiant behavior
 -Justifying or excusing their inappropriate behaviour towards others
 -Trouble at school

BE PROACTIVE - BY BEING INVOLVED IN YOUR CHILD'S ONLINE LIFE

WHAT CAN YOU DO?



As a Parent:
 Find out when it started

Notify the school

Report the website or app

Keep record of messages

Contact police if needed

Try to **keep tech use to shared family spaces** - so activity is visible

Create an **agreement on tech use** as a family - including times of use and what can be accessed

Update **privacy settings** and **password protect** all devices and accounts

OTHER TIPS:

