

# PARENTING In the **DIGITAL** **AGE**

Clovis Unified School District  
Clovis West Area



## What is **DIGITAL CITIZENSHIP?**

Digital Citizenship is the ongoing development of skills and dispositions in our students that encourage **SAFE, RESPECTFUL, and RESPONSIBLE** behaviors online.

How can you encourage healthy and safe online habits at home?  
Below are some resources!



### Screen Time

Managing screen time can be challenging, but studies continue to show the value of limiting the amount of time children spend on screens and the potential impact on children developmentally and social emotionally if we don't. The American Academy of Pediatrics recommends children under the age of two have very limited time on screens and older children limit to two hours a day. For more information and some practical tips, read an excerpt of an article from The Mayo Clinic.

[Screen Time: How Much is Too Much?](#)

### Resources

Wondering how to better monitor your child's iPhone or iPad? Set controls by clicking the following link:

[Parental Control Set up for iPhone and iPad](#)

## Parenting Tips

### TALK WITH YOUR KIDS

- Stay calm, talk early and often, be open and direct.

### EDUCATE YOURSELF

- Search online for anything you don't understand.
- If your child tries new technology, **TRY IT WITH THEM.**

### USE PARENTAL CONTROLS

- Use parental controls on your children's phones, tablets, and game consoles.
- Keep track of your child's screen time and how it is being used.

### SET GROUND RULES

- Create Family Rules.
- Set time and place limits for tech usage.
- Be consistent about enforcing expectations you have set.

### SEEK BALANCE

- Balance respecting your child's online space with teaching them to be safe and well-behaved online.
- Instill in them your values and the importance of a good online reputation.

### BE A GOOD DIGITAL ROLE MODEL

- Know when to unplug.
- Model for your kids positive online behavior.
- Balance online time with face to face time.