

# 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!



### Cyberbullying is Real

Parents of older children are far less likely to monitor screen usage than children ages 6 to 9.  
Did you know that up to 7 in 10 young people report having been cyberbullied online?

What can you do as a parent?

- **ENGAGE!** Keep device use in the main living space of the home as much as possible. Ask your child to show you what they are doing online.
- **OBSERVE!** Look for changes in behavior.
- **TALK!** Create a safe environment for your child to share with you.

### 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.