DIGITAL PARENTING

∞ Meta | Digital Tayo

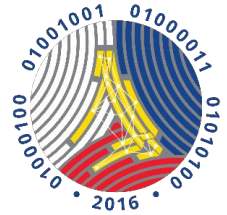# HELLO!

<NAME>

Digital Tayo Trainer

Building a global community of responsible digital citizens
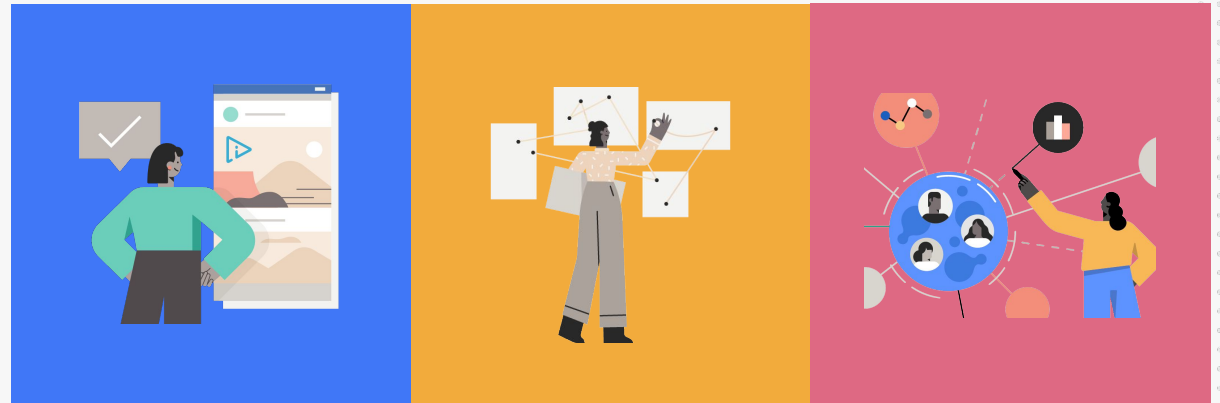
Build Awareness

Educate

Thought Leadership

Build Awareness

Learning Modules

You as a Digital Citizen

Be a Critical Thinker

Your Digital Footprint

Tips for Spotting False News

Resources

facebook
Digital Tayo
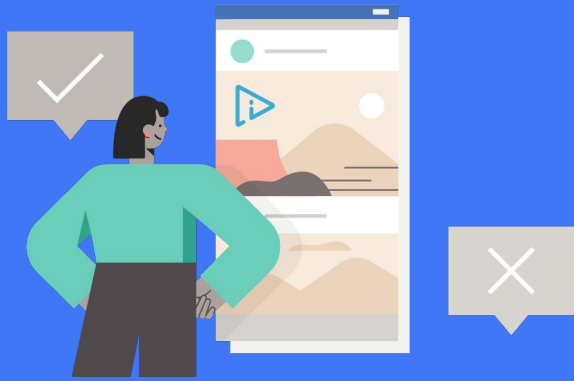
A better digital world starts with us
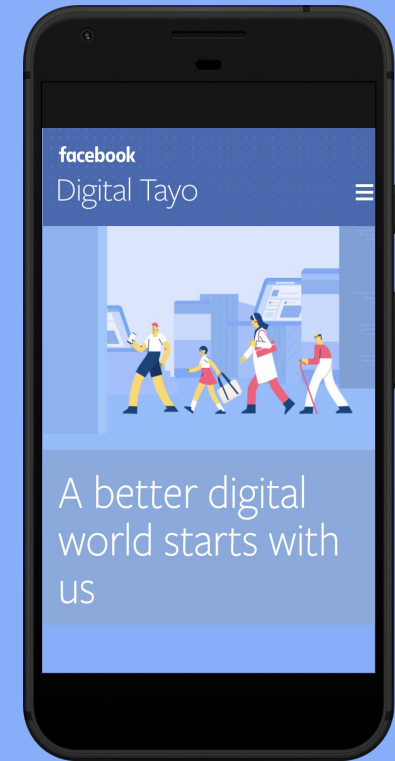
Digitaltayo.fb.com

Digital Citizen

A Digital Citizen is a person who confidently uses digital technologies to **understand information online** and **interact positively with others.**

How can we keep our families digitally safe?
CREATE A SAFE ONLINE ENVIRONMENT FOR THEM

1.
CREATE AND FOLLOW THE FAMILY MEDIA PLAN

2.
CREATE STRONG PASSWORDS

3.
KNOW WHAT TO SHARE AND WHAT TO KEEP PRIVATE

4.
BE MINDFUL OF YOUR ONLINE PRESENCE

5.
PRACTICE HEALTHY ONLINE HABITS

6.
UNDERSTAND AND SHARE THE FEELINGS OF OTHERS

1

CREATE AND FOLLOW THE FAMILY MEDIA PLAN
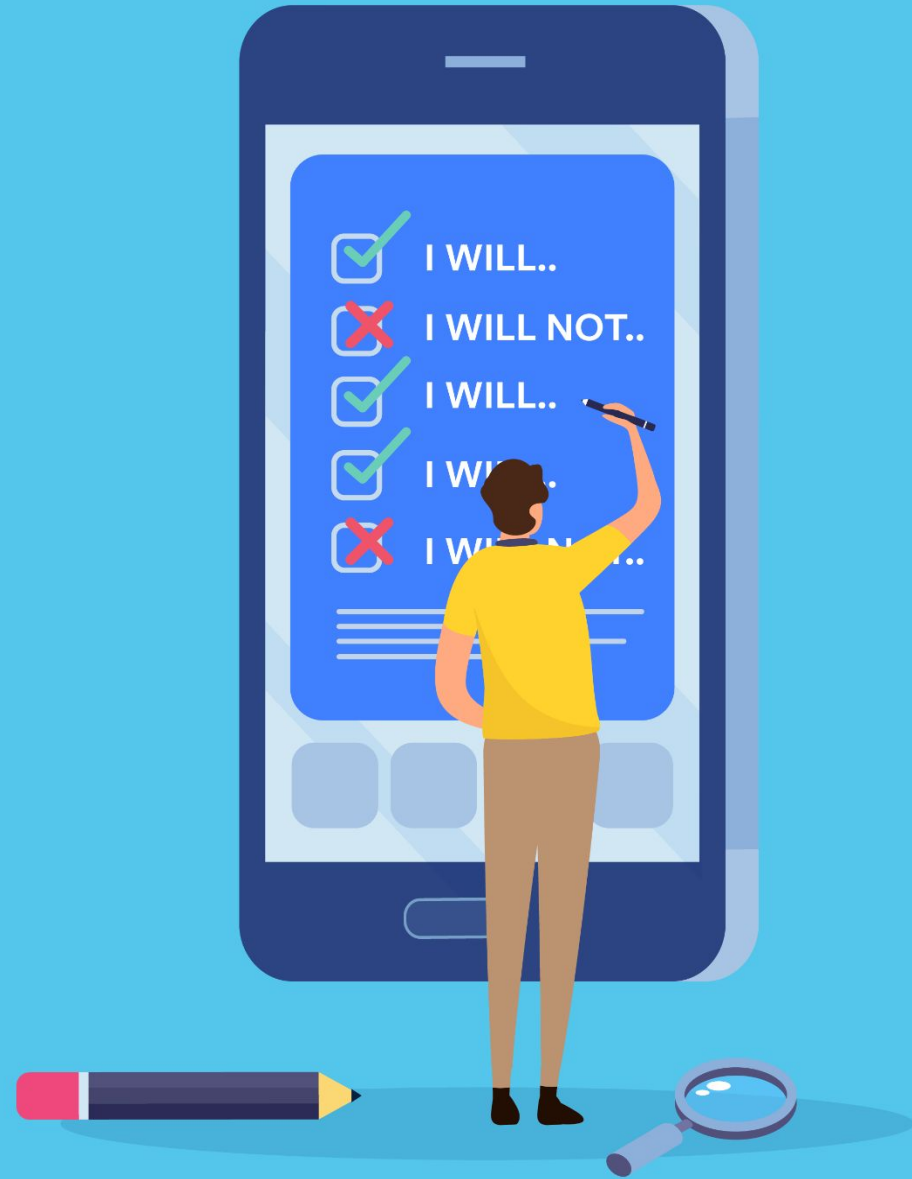
What is a Family Media Plan?

A set of agreements on the purpose of media for a family and how to use it to fulfill that purpose

What is in a Family Media Plan?

✔ Media Favorites
   ✔ Introduction of favorite apps
   ✔ One thing you hope to learn about your kids' favorite apps
   ✔ Commitment to try your kids' favorite apps
   ✔ Commitment to watch online shows together
✔ Managing screen time
✔ Safety agreements
✔ Discussion on consequences if the plan is not followed
✔ List of family social media values

Favorite Apps

You can:

- Learn your kids' favorite apps, movies, and TV shows
- Install and try the apps they have on their phones
- Make time to watch their favorite shows together
- Encourage other family members to do the same

Managing Screen time
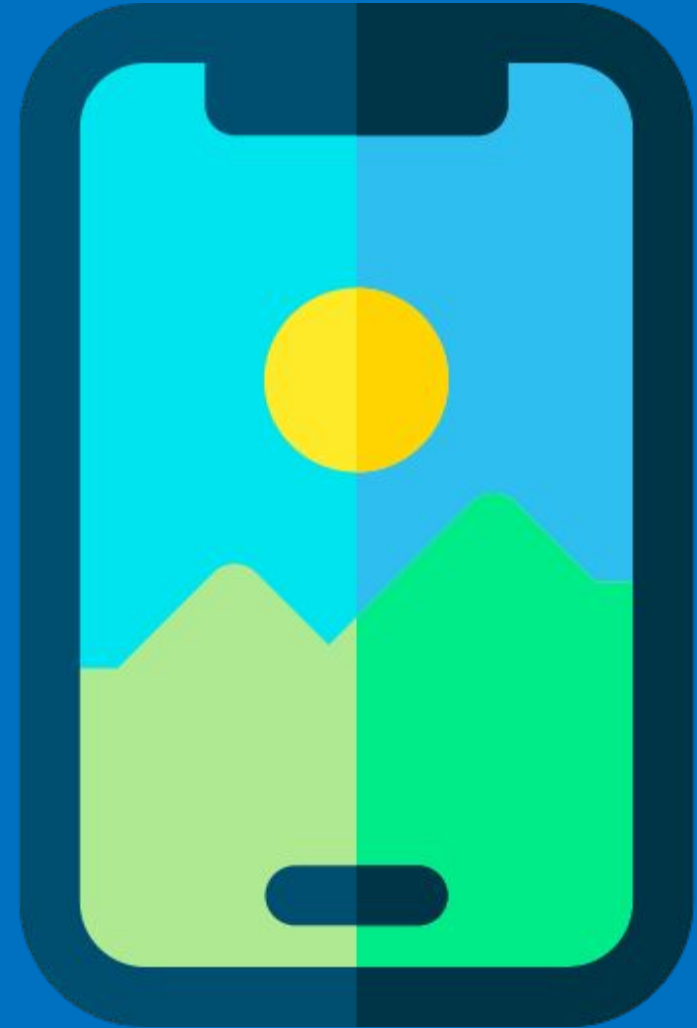
Screen time and Well-being

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.

More screen time means less time for activities that are good for your health and well-being.
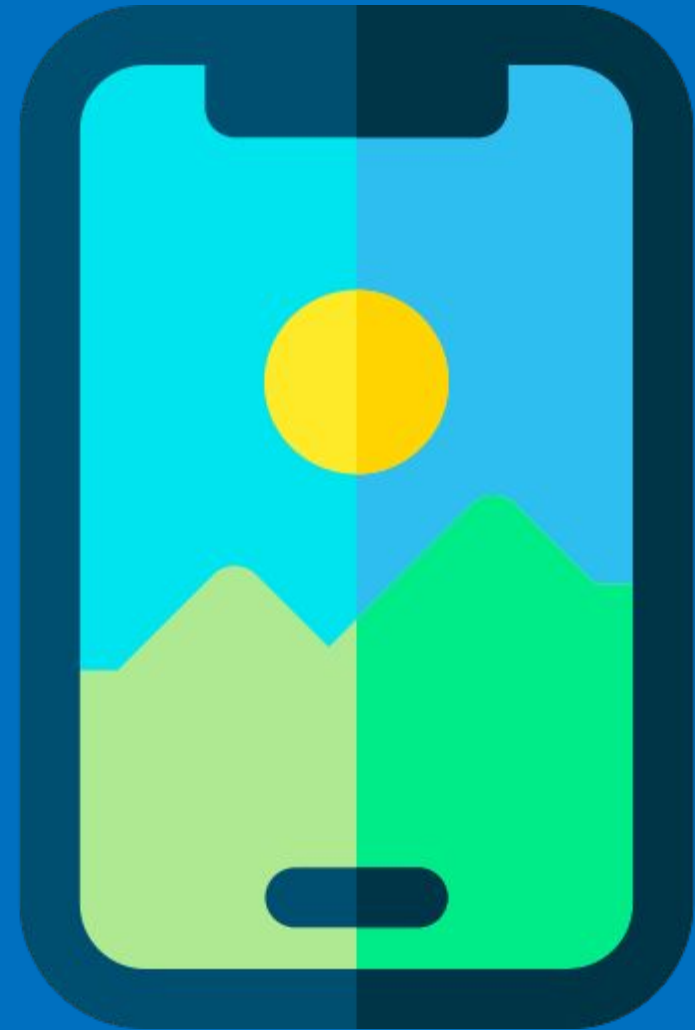
How does prolonged screen time affect you?

more screen time = possible weight gain

vision issues

chronic neck and back pain

poor sleep

impaired cognitive function

You can:

- Track your family's screen time
- Identify which tasks can be done off screen
- Schedule daily and weekly off screen activities with your family or friends (if feasible)
- Commit to increasing off screen activities on a weekly basis

You can:

- Agree on a set of rules on **social media off hours** and **zero phone hours** so the kids can focus on their schoolwork and assigned chores

- Support other family members in guiding the kids to manage their time on social media and gadgets

WANT TO?

Manage the time you spend on social media?

Improve your focus or lessen distractions?

SETTINGS TO TRY

"Your Time on Facebook"

'Do Not Disturb"

"Quiet Mode"

View Your Time on Facebook

You can:

- Tap the "Hamburger" menu tab. ≣

- In Settings & Privacy, tap "Your Time on Facebook"

- Tap "See Time" and slide to see activity log
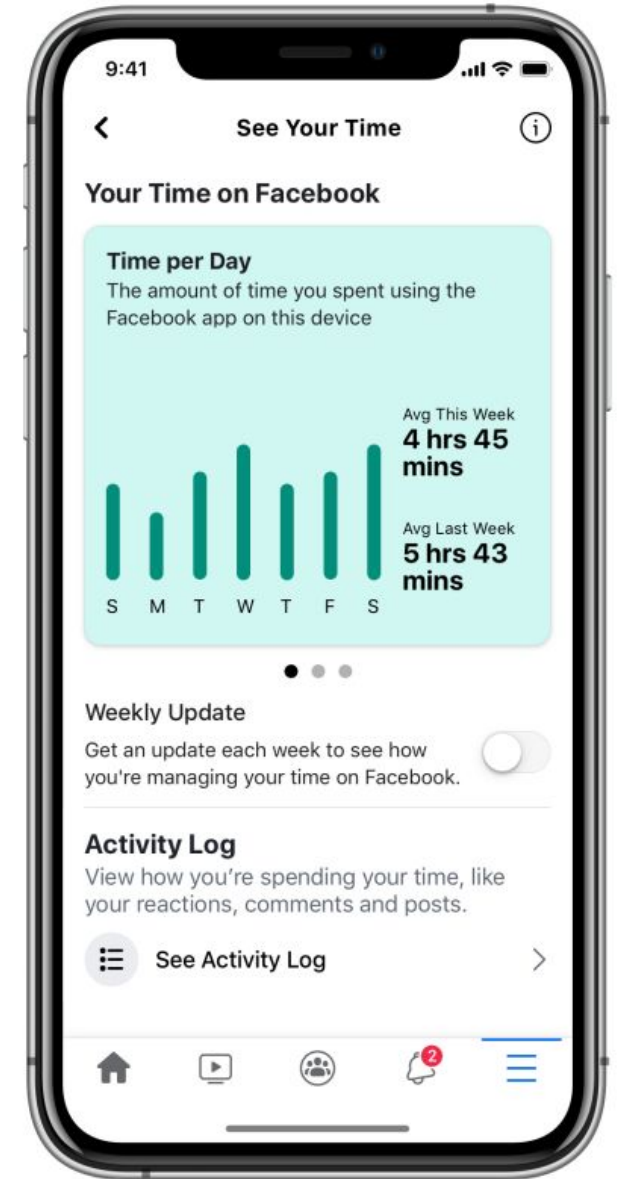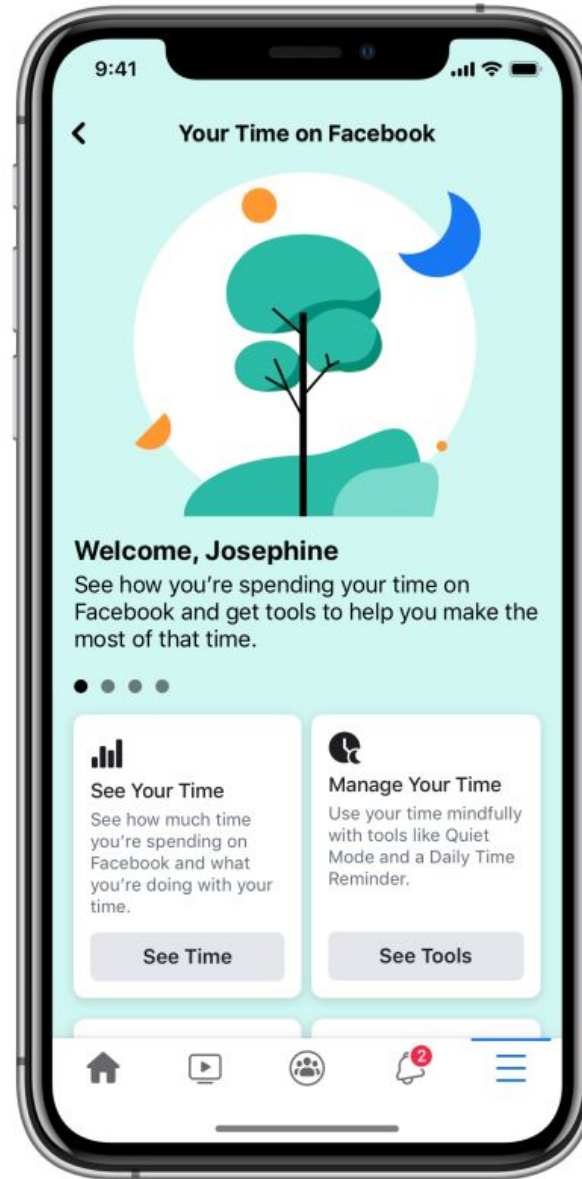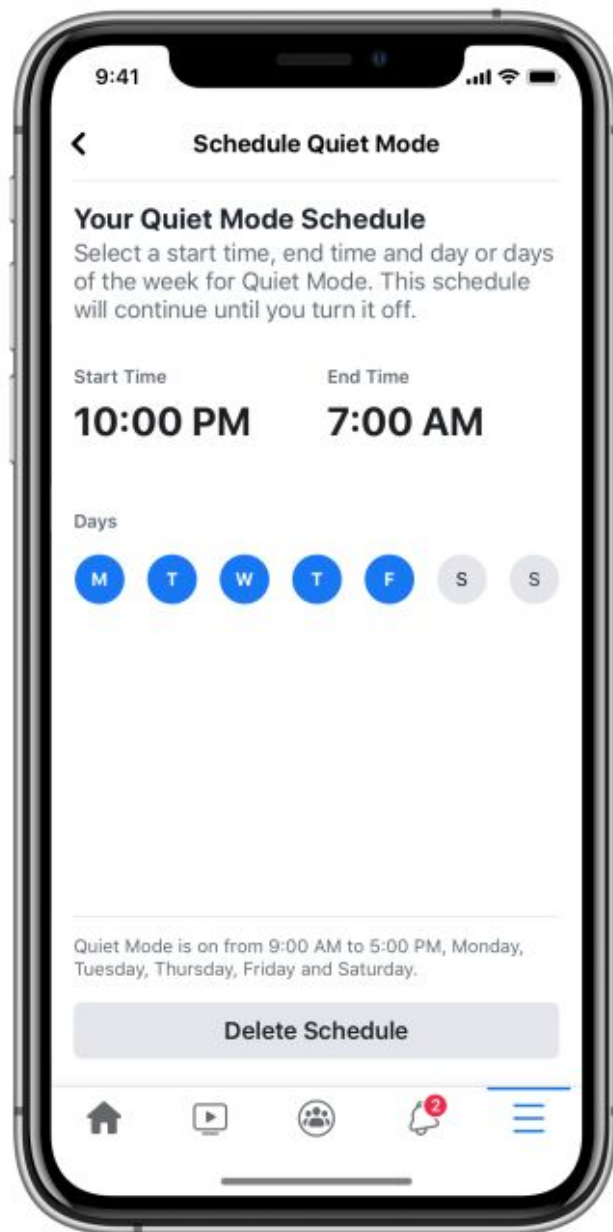
Set Quiet Mode

You can:
- Tap the "Hamburger" menu tab. ☰
- In Settings & Privacy, tap "Your Time on Facebook"
- Tap the slider next to "Quiet Mode."
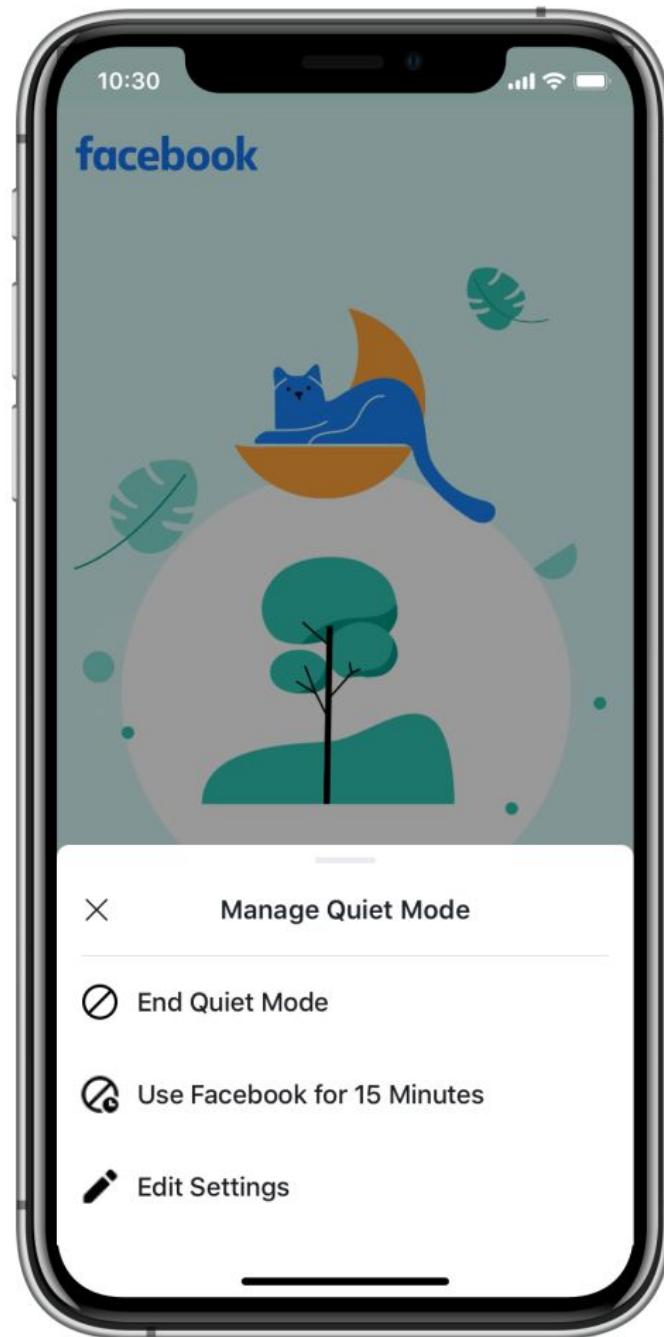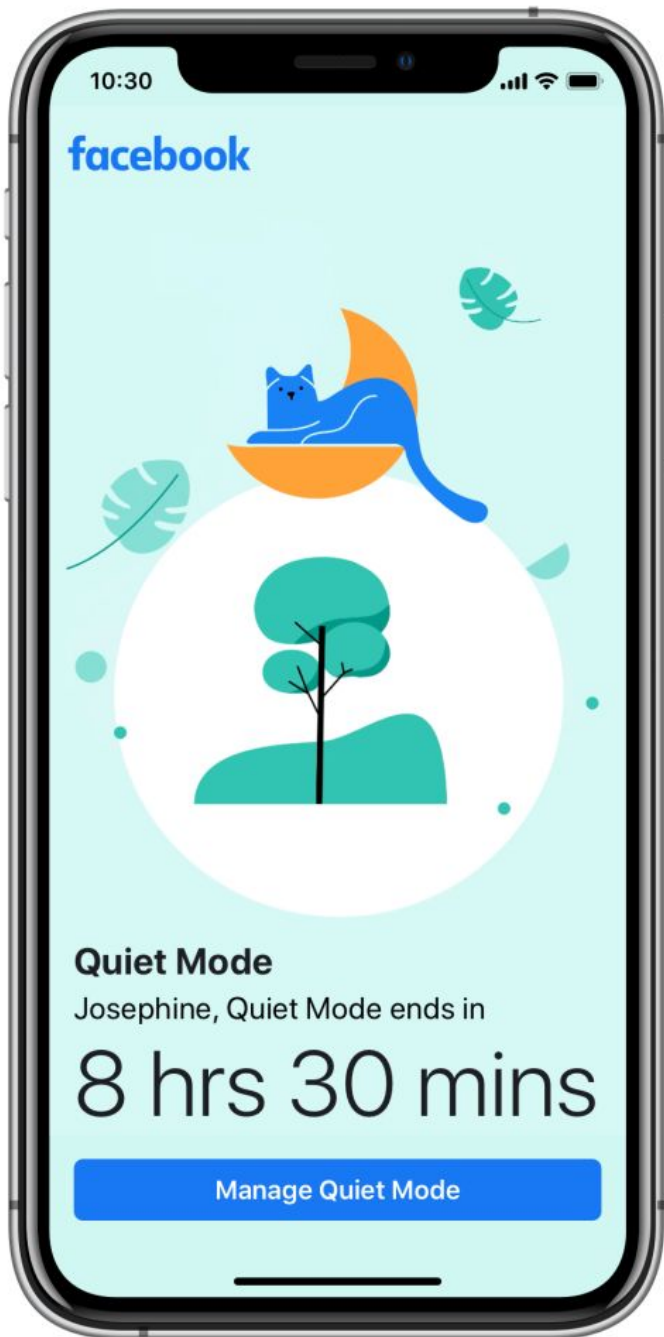
Set Quiet Mode

You can:

- Set length of quiet mode
- Schedule quite mode to give you more control
- Set daily time reminder

Social Media Values

Social Media Values

Social media values represent your philosophy on how you interact with people online. These can manifest in agreed-upon ways of interacting with others online in order to promote safety.

You can:

- Talk to your kids about some tips they can follow when thinking of who to add as friends, what to post, and what to do if they see something that makes them feel uncomfortable.

- Practice *what-if* scenarios for keeping safe and secure online

- Remind them that there is no tolerance for bullying, even online

- Encourage other family members to do the same

2

CREATE STRONG PASSWORDS

Examples of *ordinary* passwords

Qwerty
letmein
1234567
loveyou
(name)
(birthday)

Sign Up

It's free and always will be.

| First name | Last name |

Mobile number or email

Re-enter email

New password

Birthday

Feb ⇕ 26 ⇕ 1994 ⇕ Why do I need to provide my birthday?

● Female ○ Male

By clicking Sign Up, you agree to our **Terms**, **Data Policy** and **Cookies Policy**. You may receive SMS Notifications from us and can opt out any time.

Sign Up

FOR A STRONG PASSWORD, MAKE SURE IT...

Has a combination of small and big letters.

Has different characters.

Is not too short.

Sign Up

It's free and always will be.

First name | Last name

Mobile number or email

Re-enter email

New password

Birthday

Feb | 26 | 1994 | Why do I need to provide my birthday?

● Female ○ Male

By clicking Sign Up, you agree to our **Terms, Data Policy** and **Cookies Policy**. You may receive SMS Notifications from us and can opt out any time.

Sign Up

Change password

1. Go to the **Security and Login Settings,** click ▤ at the top-right hand corner of the Facebook page and click **Settings.**

2. Click **Security and Login** at the left

3. Click Edit beside **Change Password.**

4. Enter the current password and new password.

5. Click **Save Changes.**

For more resources, please visit

Digital Tayo
from facebook

You can:

- Do fun exercises with your kids on how to create strong passwords. Check out some sample exercises from Digital Literacy Library: https://www.facebook.com/safety/educators/security/passwords/overview

- Discuss the importance of being safe online

- Discuss the importance of having a strong password

Digital Tayo
from facebook

3

KNOW WHAT TO SHARE AND WHAT TO KEEP PRIVATE
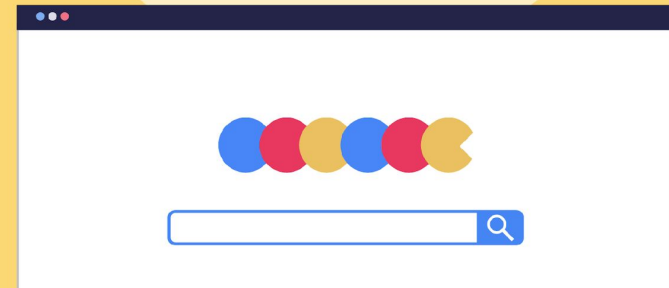
ACTIVITY

I will flash categories of personal information on screen.

Press 👍 if you would be willing to share that info with me

Press 😢 if you wouldn't be willing to share that info with me

ACTIVITY

Age

Press 👍 if you would be willing to share that info with me

Press 😢 if you wouldn't be willing to share that info with me

ACTIVITY

Home Address

Press 👍 if you would be willing to share that info with me

Press 😢 if you wouldn't be willing to share that info with me

ACTIVITY

Most embarrassing moment

Press 👍 if you would be willing to share that info with me

Press 😢 if you wouldn't be willing to share that info with me

We make
decisions about
our privacy
every day
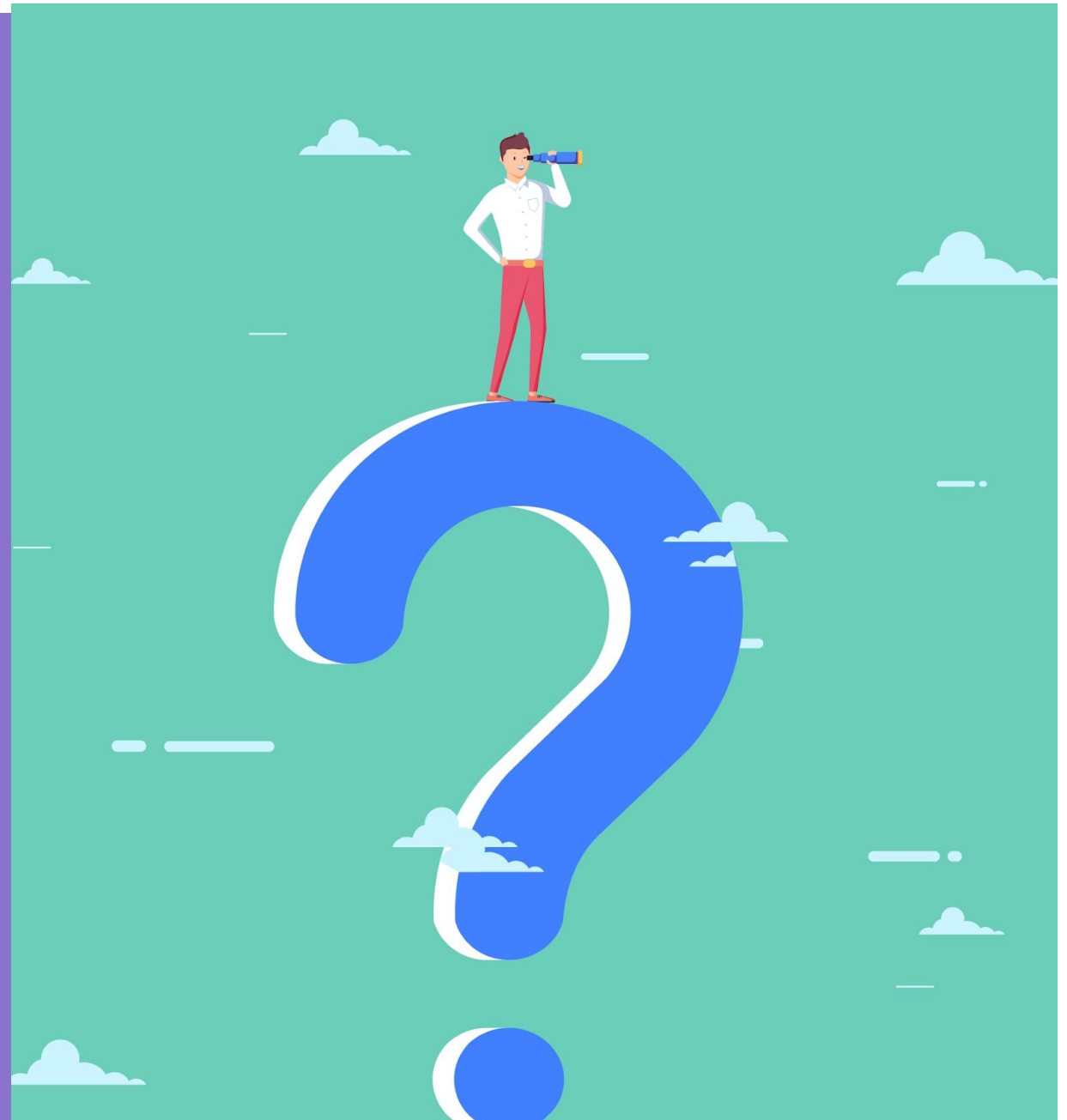
Privacy

Privacy

Privacy is the ability to control what people know about you.

It means different things to different people, but it is based on our own decisions.

Privacy

Knowing what we value as private and how our online behaviors affect our privacy can help us make better decisions about the type of privacy we want.

What we did was a game, but we make the same types of decisions every day in real life.

These decisions and reasons represent our personal understanding of privacy.

In today's digital world, there are more opportunities to share information about ourselves with others.

Because of this, we must become aware of our own understanding of privacy and decide whether we are comfortable with that understanding or not.

You can:
- Ask your kids to reflect on their concept of privacy
- Help them select which platforms to use, what kind of posts to make, and what their ideal privacy settings should be like

4

BE MINDFUL OF YOUR ONLINE PRESENCE

Online Presence

Online Presence

The public information that is available about you online comes from many sources.

You can control some of these sources, like the content you share (e.g. photos, videos, text-based posts) on your social media profiles.

You can:

- Ask your kids to reflect on how posts written about others (whether public figures, family, or friends) can make them feel and affect their reputation
- Go through some posts on their timelines and see what types of content they can directly control vs. those they cannot
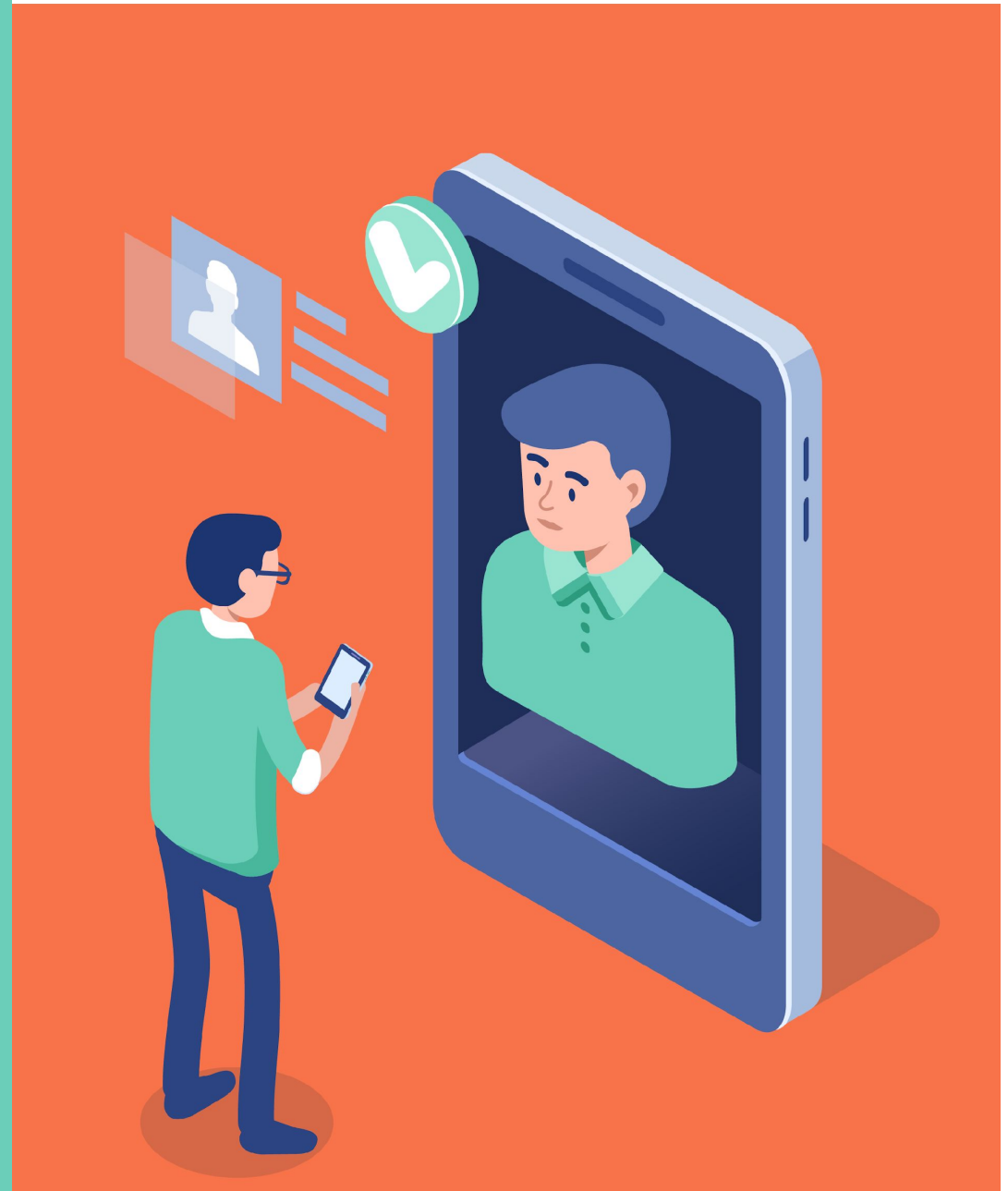
5

PRACTICE HEALTHY ONLINE HABITS

Healthy Online Habits

Healthy Online Habits

Healthy online habits represent the best ways to act when faced with a scenario about online privacy and reputation.

ACTIVITY

I will flash scenarios that students can encounter about online privacy and reputation.

Comment your answer to the questions.

SCENARIO 1

MAE

MIGS

Mae and Migs are best friends.

One day, they had a big fight. Afterwards, Mae shared a post about not being able to trust some people and tagged Migs.

Later that night, Migs calls her, and they forgive each other.

However, Mae's post is still online.

SCENARIO 1

What could happen?
Someone could see the post and report Mae for bullying or represent her and Migs's relationship and feelings toward each other.
Migs might see the post and might get mad at Mae again.

What should Mae do? What should Migs do?
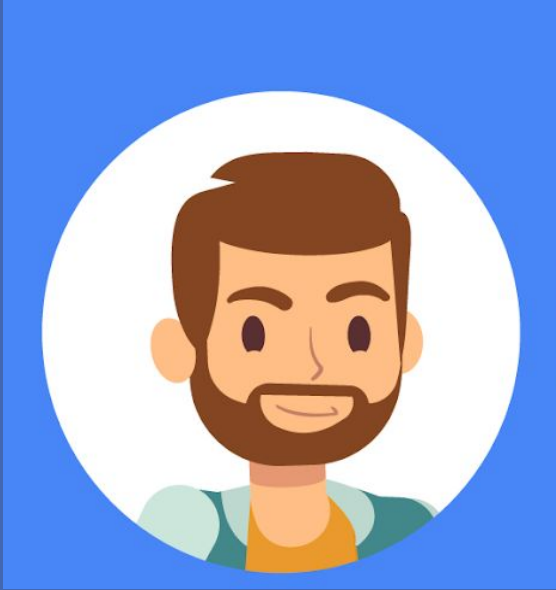It's probably a good idea for Mae to remove her post.

SCENARIO 2

JIM

This is Jim.

One day, his friends were joking around and acting silly. He took some photos of them.

They have an inside joke that they do not know why they are friends with each other, so Jim posts the photos on social media with the hashtags "#friendsforsale" and "#ineednewfriends"

SCENARIO 2

What could happen?
Another student is his school might not understand and be upset about the post, even finding it personally hurtful.

What should Jim do?
Jim should probably apologize or explain himself. He should consider how his actions **may be perceived differently than they were intended**, **and remember that other people's perceptions are valid.**

What if a classmate confronted Jim online about his post?
If Jim was confronted on the public post, others would be able to weigh in on the issue and explain the inside joke or why the statement was offensive. It may be resolved, or it may become a larger dispute among many other people.

If they confronted Jim via an online private message, then Jim would be able to discuss it with them.

Want to know more about healthy online habits?

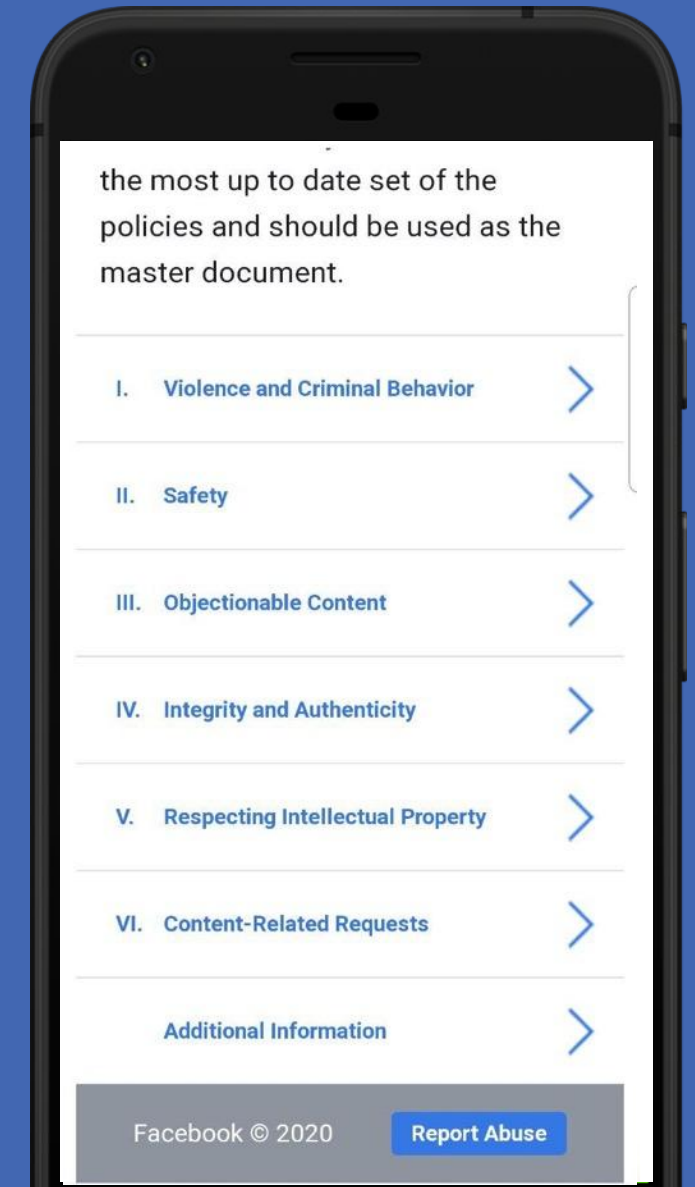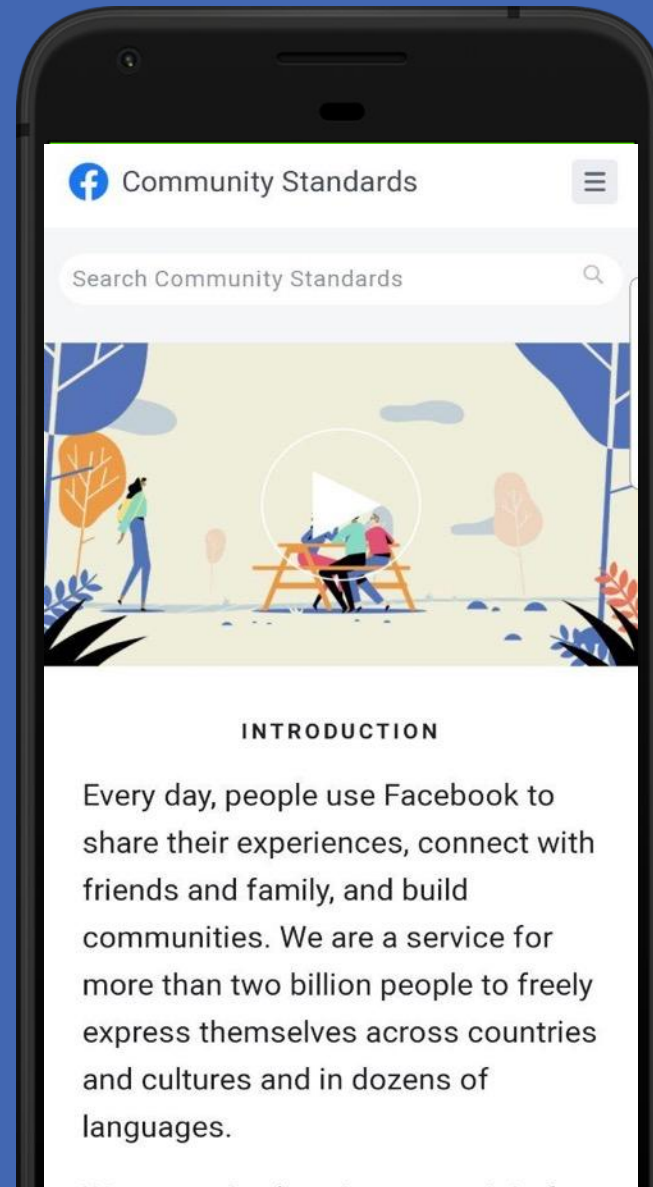Take the Facebook Privacy Checkup

https://www.facebook.com/about/basics

1. Click the ▤ at top-right hand corner of the Facebook page and click on Privacy Shortcuts.

2. Choose Review a few important privacy settings under the Privacy section.

3. Click next and check the following Settings.

Facebook Community Standards

Like a Code of Conduct or Student Handbook, this is an outline of what is and what is not allowed on Facebook.

These policies are inclusive of different views and beliefs, those of people and communities that might otherwise be overlooked and marginalized.

https://www.facebook.com/communitystandards

Community Standards

Search Community Standards

INTRODUCTION

Every day, people use Facebook to share their experiences, connect with friends and family, and build communities. We are a service for more than two billion people to freely express themselves across countries and cultures and in dozens of languages.

the most up to date set of the policies and should be used as the master document.

I.   Violence and Criminal Behavior

II.   Safety

III.   Objectionable Content

IV.   Integrity and Authenticity

V.   Respecting Intellectual Property

VI.   Content-Related Requests

Additional Information
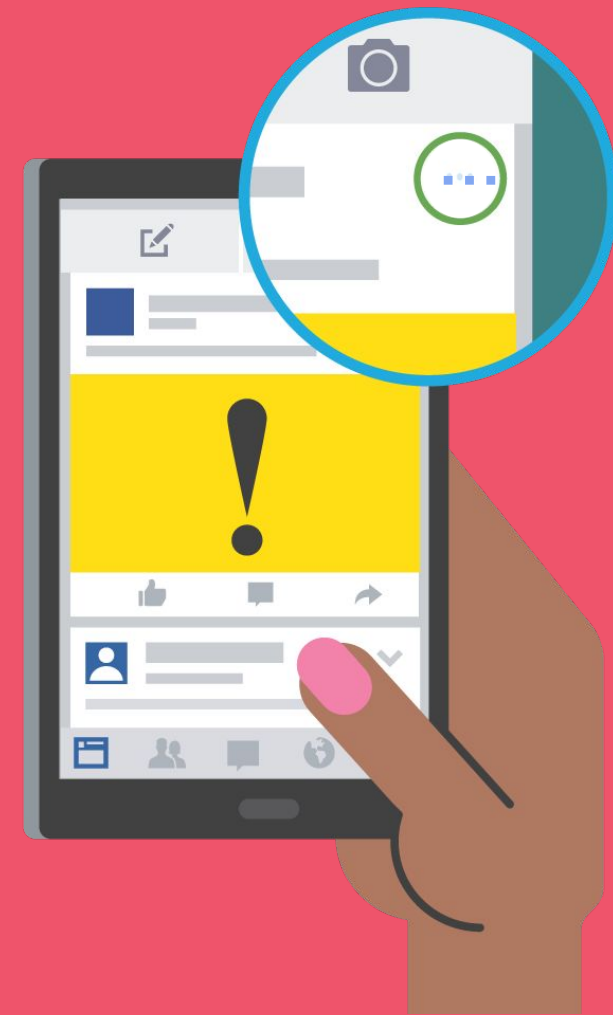
Facebook © 2020   Report Abuse

1. Click **...** next to the post in question

2. Click *Report post*

3. Click *I think it shouldn't be on Facebook*

4. Click *It's a false news story*

5. Check your support inbox to know the status of your report.

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Apps to help you manage your kid's phone use

Getting assistance through the Facebook Help Center

Links:
www.facebook.com/help/
www.facebook.com/hacked

Help Center

Questions You May Have

What names are allowed on Facebook?

How do I choose what I get notifications about on Facebook?

Where can I find my Facebook settings?

How do I change or reset my Facebook password?

Why am I seeing an error message saying I can't reply to a conversation on Facebook?

You can:

- Perform the same activity with your kids
- Guide them as they go through similar scenarios as the ones discussed
- Go through the Privacy Checkup and How to Report, Facebook Community Standards, and Facebook Help Center

6

UNDERSTAND AND SHARE THE FEELINGS OF OTHERS

ACTIVITY

What are things you do or can do to help your kids practice online empathy?

Some situations are bullying, difficulties at home, difficulties with academics, etc.

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Please answer our evaluation form!

tinyurl here