

# DIGITAL PARENTING

(preteens & up)

**Diana Graber** Author, "Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology" | Founder, Cyber Civics & <u>Cyberwise</u>

# Thank you so much for attending this presentation. Here are some of the resources mentioned:

- <u>Download:</u> "Parent/Child Technology Agreement."
- <u>Download:</u> "Digital On-Ramps" and "Is My Child Ready for Smartphone?"
- Learn more about kids and tech on the <u>Cyberwise Website</u>.
- Sign up for the <u>Cyberwise Newsletter</u>, sent every 2 weeks.
- "Raising Humans in a Digital World" book, plus free discussion guide.
- "Raising Humans in a Digital World" book in Spanish
- "My Students Watched a Suicide on TikTok and That's Not Okay" article.
- Learn more about the <u>Cyber Civics curriculum</u>. Get free lessons for families!

## Finally, if you have time please review this presentation.

Thanks again! Please keep in touch.

Diana Graber, Founder





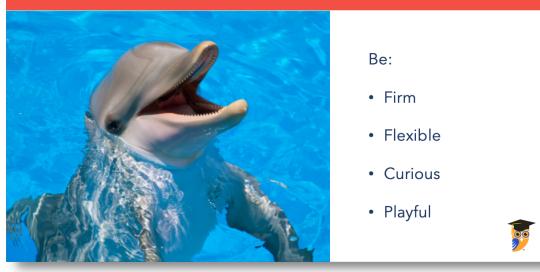
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## **1. RESPECT AGE REQUIREMENTS**

- Let kids be kids.
- Nearly every social media site requires kids to be at least 13.
- It takes about 13 years of life for kids to develop ethical thinking skills.
- Online interactions require ethical thinking.



#### 2. BE LIKE A DOLPHIN



#### 3. EDUCATE (YOUR KIDS & YOURSELVES)

When students engage in hands-on activities and discussion about digital life **together**, it empowers them maintain balance between real life and screen life, to protect themselves and each other, and to create change.



