

Responsible Digital Citizenship Parent Information

In Joliet Public Schools District 86, we take the safety and security of our students and staff extremely seriously. Technology is part of our lives at an alarming rate of improvement, design, change, and affordability. Programs, equipment, and social media is readily available to our students. Keeping our most precious assets, your children, safe online is extremely critical. At all ages and grade levels, we talk with students about how to keep themselves and each other safe in a quickly changing cyber world. We trust you also continue to discuss with your children exactly how to stay safe and use the internet, social media, and smartphones in a responsible manner. Continuing our partnership, we need to expect children to tell you and/or a responsible adult if they see or hear of inappropriate material being shared through the internet along social media platforms or texting. It is important for students to know that getting involved in sharing inappropriate material has serious and legal consequences.

The First Cell Phone: Rules for Responsibility - adapted article

Full text: <http://www.ahaparenting.com/ages-stages/tweens/Cell-Phone-Rules-Safe-Responsible-Kids>

1. Don't provide your child a phone too early. If your child is with a trusted adult, they shouldn't need a cell phone. When kids walk to school by themselves for example, they may need a cell phone for safety reasons. The younger your child receives a cell phone the more you're asking of them to be responsible.

2. Agree to rules, before their first cell phone. You may feel like a "contract" with a child is unnecessary, but a written agreement is a great responsible step. When that first cell phone comes with written rules and responsibilities, young people learn how to be responsible. Ask your child what they think the rules should be and negotiate until you're happy. Your child will then "own" the rules.

3. Scaffold. Look at building a foundation about what cell phone privileges mean. In the beginning, plan to talk with your child each night about their cell use. Review what calls and texts came in and out, what apps are used and why. Ask how it felt to use the phone. Were there any challenges? If you see a mean text from one friend about another one, it's a perfect opportunity to ask how it was handled. Reserve the right to check their messages and texts occasionally without warning. This gets your child in the habit of being responsible and knowing their phone use is not "invisible."

4. Talk and listen. When together, comment on news stories that involve cell phones, from sexting to dangerous apps to driving deaths. Ask questions about what your child thinks. You might find, for instance that your teen thinks sending nude selfies via Snapchat is fine because the photo will self-destruct. But does your child realize that the receiver can take a screenshot. Does your child know that having a photo of an underage person on their cell phone is illegal?

5. Role play. When a young person is faced with a new situation, how should he know what to do? Roleplay gives your child a chance to think through the situation and options. By planting those seeds, your child has more resources to act responsibly in the heat of the moment.

6. Know your child. Research shows that when kids have problems with technology, it's because they're having problems that go beyond technology. If your child is responsible, considerate and happy, he or she is likely responsible with technology, too.

Possible Cell Phone Rules for Your Child

1. Never write or forward a photo, or anything in a text, that you wouldn't want forwarded to everyone in your school, your principal, and your parents. Remember, everything you send can become public.
2. Always ask before you forward a text or photo. Be respectful. How would you feel if someone forwarded an unflattering photo of you?
3. Always ask before you take a photo or video. Even once someone has given you permission to take a photo, ask before you post it.
4. If someone asks you to send an inappropriate photo, remember ... even with Snapchat (which "evaporates" the photo) the picture can be copied and forwarded. Anyone can see it, even kids in school, your teachers, or your parent.
5. If you receive an inappropriate photo, tell your parent and block the number so you can't receive more. Possession or distribution of sexual pictures of people underage is illegal.
6. Never post your cell phone number on social media or broadcast it beyond your friends.
7. Never broadcast your location, except in a direct text to friends. Don't use location apps that post your location.
8. Never respond to numbers you don't recognize.
9. If you receive an unknown text, don't click on it. Tell your parent, they can report the problem/block the number.
10. Don't download apps without your parents' permission.
11. Don't wear your cell phone on your body and don't use it if you can use a landline. Cell phones are always looking for signals, sending out waves that you don't need going through your body.
12. Set up your charging station in the living room so your phone is not in your room at night.
13. You are not obligated to answer texts right away, until homework is done, during dinner, or after 9pm.
14. If a "friend" sends you a mean message, take a deep breath and turn off your phone. Talk to them the next day. Never say anything via text that you wouldn't say face to face.
15. Monitor your phone usage to prevent addiction.
16. Block out time every day when your phone is off. If you feel like that's too hard, talk to your parent and ask for help. There are programs that prevent your phone from being used at times you designate.