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## DIGITAL DEVICE SAFETY GUIDE

Notes for parents, grandparents, librarians, and teachers reading *We Weave* with children and students.



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## DIGITAL DEVICE SAFETY

Parents and educators must be mindful of the dangers that come with connecting online, especially when it involves children. Screen time, screen distance, communication safety, and setting restrictions are important conversations to have with children when teaching digital citizenship. Consider monitoring and managing your child's digital devices in the ways below to ensure responsible usage. Parental controls are necessary.

### 1. LIMITING USAGE

#### App & Website Activity

- **Downtime** – Set schedules for time away from the screen.
- **App Limits** – Set time limits for apps you want to manage.
- **Reports** – Get reports about your child's screen time.

#### Screen Distance -Reduce eye strain

- A risk of eye strain is common in users of computing devices. Smart phones with Face ID software can alert users to hold the phone at a recommended distance.
- Another risk is myopia in children. Myopia is a vision condition in which people can see close objects clearly, but objects farther away appear blurred.

### 2. COMMUNICATION

#### Communication Limits

- Limits can be set for calling and messaging.
- Limits can be initiated when users have allocated screen time and during downtime. Devices can be enabled to limit user contact communication while allowing emergency numbers to connect.

#### Communication Safety

- It's important to detect inappropriate images and videos shared on your child's device. Communication Safety settings can detect and blur indecent photos and videos and provide guidance and age-appropriate resources to help make smart choices.

### 3. RESTRICTIONS

#### Content Restrictions - Manage content, apps, and settings

- Computing devices allow for restricting and deleting certain apps and making in-app purchases. Caregivers can limit movies, shows, books, and apps available for purchase and restrict web content. Caregivers can limit children from adding and connecting with friends, screen recording, and private messaging on gaming apps.

#### Privacy Restrictions

- Privacy is another major concern. Caregivers can restrict location services, contacts, photos, and media and music usage.

### CYBERBULLYING

It's important to talk to youth about cyberbullying and the harm it causes. Cyberbullying is bullying over digital devices and is done most commonly on:

- Social Media
- Text messaging
- Instant and direct messaging
- Online forums
- Email and
- Online gaming

Find resources online about cyberbullying prevention to keep our kids safe.

