# Lower Schools Parent Dialogue
# Setting Ground Rules

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**Create, communicate, and post rules and expectations concerning the use of technology in the home.**
**Recommendations:**
>    Set time limits for screen time
>    Make sure that technology remains in public areas, adopt open door policies for the use of laptops in the home
>    Establish consequences for non-compliance of household rules and expectations
>    Learn about the technologies yourself
>    Make a decision based on what is right for your family for when they should start using email, cell phones, etc

**Establish the expectation for open communication with your children**
**Recommendations:**
>    Monitor your child's moods and feelings
>    Communicate with your child online
>    Peruse the history on your web browser – no history should raise a yellow flag
>    Have your children teach you about what they are doing
>    Don't be afraid to parent and be the bad guy
>    Require that your child place their passwords for their social networking sites and email in a sealed envelope, to be used in the case of an emergency

**Know what content your children are accessing**
**Recommendations:**
>    Learn about online places your kids are visiting - i.e. can they chat freely with others? Are chats moderated?
>    Learn about the online capabilities of video game devices
>    Learn about the rating systems used for games and software. Content guides are available, as with traditional media, to help you make choices

**Model the use safe and appropriate use of social networks and cell phones for your children**
**Recommendations:**
>    Follow the law and use hands free headsets when possible
>    Do not text and drive
>    Think about what you post. Realize that everything you post, no matter how much you try, is public.
>    Be open and transparent in your use of social technologies and text messaging

**Access Notes and Presentation by danah boyd,** *Youth Culture and Social Media – What Every Parent Should Know* **(http://tinyurl.com/youthculture)**

**Common Sense Media (http://commonsensemedia.org) is a great web site with reviews of movies, games, and other technologies.**