



Safety: Parenting in a Digital Age

Establishing ground rules for technology use at home:

Technology use should be in line with your own family's values and already established ground rules. The following tips, strategies and resources for technology use at home will provide guidance in establishing good behaviours

Role model the positive behaviour you want to see in regards to technology use

Actively engage in student's digital learning journey:

Ask questions and show interest in what students are doing online at school and at home. Ask them to teach you what they have learnt. Prevent them from retreating to the bedroom or hiding behind their screen.

Maintain open communication:

Communication is the key. Talk to your child. If you have concerns about your child's internet use or online behaviour, discuss your concerns with them. If necessary seek professional support.

Set time limits for iPad use:

You may decide that once homework is complete, there is a set amount of time to use the iPad for other purposes. You may establish a time in the day, say 9pm, after which the iPad must be placed on charge. You may even set a timer on the iPad or your own iDevice that alerts you and your child when time is up.

Give permission before any mobile device/computer/internet time > then Supervise technology use:

Make sure the computer or mobile device is in a central place visible to you and monitor how the device and the internet are being used and for how long. No computer or mobile device if an adult is not there to supervise.

Keep iPad charged and plugged into a visible space:

Students must bring the iPad to school fully charged each day. By leaving mobile devices plugged in a common area of the house, this ensures the device is not only fully charged, but is left in plain sight at the end of the evening.

Hand in all mobile devices at night:

It is recommended you get your child to hand in ALL mobile devices every night including phone, computer and iPad. This will ensure students get good night sleep. Mobile devices are not to be used as an alarm clock. Remove the temptation for students to stay up late activating social networking tools or browsing internet.

Be aware of software or hardware installed on the iPad and its purpose:

All iPad apps that are not used for education including games or social networking tools need to be in a "home folder". If unsure of what apps are required for education check on the school website under iPad program.

Consequences for inappropriate technology use:

We recommend that taking the device away all together is not the first step. If something goes wrong you child may avoid coming to talk to you if they fear having the device confiscated. Setting up restrictions on the iPad is a better alternative. Or finding another form of consequence that fits in with the existing rules and values set at home.

Techniques for checking on-task behavior

Students must provide the device to parents or guardian upon request. Parents or guardian retain the right to collect and inspect the iPad at any time to alter, add or delete software or hardware.

- 1. Flip the screen:** If you want to see what your child is doing, ask them to flip the screen to you. It's a nice, simple way to check what they are working on. The screen will automatically orient correctly, unless they have chosen to lock orientation. Either way, you can see the screen. Tip: you can also tell when they click the home button in a panic to get out of what they are doing.
- 2. Double-click on the home button to check the multi-task bar:** Double-clicking the home button will reveal the most recent apps your child has been working (from left to right). If they say they weren't watching Youtube videos, you can verify by checking the apps starting from the left.

Shut off wifi:

You can shut off wifi on the iPad itself, or even shut off wifi at the house altogether during certain hours of the day. This allows your child to continue to use the iPad for reading, writing or other activity that does not require internet access.

[Setting Restrictions on the iPad \(Parent Controls\):](#)

Go into iPad settings > choosing general settings > choose restrictions> set 4 digit passcode

- Turn Off App Downloads and the ability to delete apps. Once a game is deleted it cannot be re-activated
- Turn off In-App Purchases – these are app updates that cost extra
- Temporarily shut off access to Safari or social networking sites.
- Temporarily shut off access to camera, including social networking sites that require camera roll
- Choose content restrictions according to age and rating



[iTunes Content Restrictions \(Parent Controls\):](#)

Choose suitable content restrictions according to age and rating in the iTunes Store. This includes advertising, podcasts, shared music, TV, movies and games.



[iMessage Restrictions \(Parent Controls\):](#)

1. Disable iMessage (Turn it off).
2. Lock the ability to change account settings.

Security Settings:

Ensure your child understands security settings and privacy features on any mobile device. In particular show them how to set their profile to private and limit access to their information. Encourage them to screen online “friends”. Remind your child that not everyone online is who they claim to be.

[Set volume limits while using earbuds or headphones:](#)

View this [article from Generation Deaf](#) about the research behind this, and instructions on how you can set maximum volume levels on the iPad (which are the same as iPod/iPhone).

Downloads:

students are not to download any software or tools without parent permission. Ensure your child know the risks surrounding copyright and virus scams.

Use appropriate manners when communicating electronically:

Students must always use appropriate manners and correct grammar online. Avoid posting offensive language. Students must also use appropriate email etiquette, this includes writing a formal address, signature and email subject heading.

Think before you post content:

Remind your child not to post personal information on their online profiles. This includes their phone number, home school or work address. Remind students not to share passwords with anyone apart from a parent or guardian.

Think before you post or ‘tag’ images:

Students must inform parents and gain permission when they are using the camera or audio recording of themselves or other students. Student must not ever publish photographs online or ‘tag’ another person without their permission. Once the content is online it stays online forever.

Be ‘friends’ with your child online:

Keep a copy of their email and passwords their use for social networking accounts as well as their apple ID.

* It is illegal for anyone under the age of 13 to have a face book account.

For more information visit [Essentials](#) and [Safety](#)