

# DIGITAL PARENTING



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# What is Digital Parenting ?

Digital parenting is teaching kids responsible use of information and communications technologies.



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# Objective is to enable parents:


- Model responsible technology use
- Deliberately teach digital citizenship
- Better monitor online time of their children



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# The Challenge for Parents



- 
- **Lack of understanding of the emerging technologies**
  - **Digital gap between parents and children**
  - **Kids overexposure to gadgets**
  - **Growth in physical health issues among the youth due to non ac**
  - **Social impairment**

# 10 Effects of Gadgets on Kids





# Aggression



Children become aggressive when it comes to gadgets. This is one of the effects of using gadgets.

# Obesity



Playing a game or fiddling with a gadget makes you hungry and unknowingly you begin to binge on food without moving an inch from the couch, thus adding to the pounds of weight.

# Sleep Disorders



This is one of the main reasons why children should not be given any gadget until they reach a certain age. Sleep disorders are caused because of the constant use of gadgets

# Dry Eyes



The constant strain leads to a dry eye which in turn leads to multiple eye infections.

# Cancer



Ionising radiation is a cancer causing agent. This radiation leads to cancer like leukemia, skin, thyroid, breast and stomach cancer.

# Back Pain



One of the effects of use of gadgets on your health is multiple back pains. As you are constantly engaged on the gadget in a sitting up posture, it affects your back.

# Stress



Stress is developed with every gadget you use to communicate. The wait for an important phone call or a skype chat for an interview builds up that extra tension in your mind, thus leading to stress which in turn affects your health.

# Tennis Elbow



The constant use of a gadget during the day could make your elbow become sore which in medical terms is called Tennis Elbow. It usually occurs when there is no proper blood circulation in the

## Lose Track Of Your Surroundings



The worst negative effect of gadgets is that you tend to lose track of your surroundings since you are intoxicated with technology.



## Hearing Problems

It is believed, according to experts, that 85 decibels could turn the microscopic hair of the inner ears into scar tissue if done habitually. This is one of the main ways how gadgets affect your health.

# SEVEN STEPS TO GOOD DIGITAL PARENTING

## 1. LISTEN TO YOUR KIDS

It sounds simple, but the number one indicator of good digital parenting is keeping an open line of communication going with your kids. Talk early and often. It is not like the birds and the bees discussion. It is more like an ongoing dialogue that will move and shift as your child works her way through several key developmental stages. Stay calm. Be open and direct. But keep listening.

## 2. EDUCATE YOURSELF

This is probably the first technology in human history where the kids are leading the adults. It is very humbling to have a 7 year old explain how to upload a video. Or your teen rolling his eyes once again as you try to master Pandora. But there is a wealth of tips, videos, explanations and guides out there. If in doubt, simply type in your question or concern in your favorite search engine and there will be more than enough information to go on.



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### 3. USE PARENTAL CONTROLS

It goes without saying that there is content on the Internet you don't want your kids stumbling upon. All of the major operating systems, search engines, cell phone providers and gaming platforms provide either free or inexpensive parental controls to help you manage your kids online experience. And, as your kids get older, move from controls to monitoring tools, particularly around time limits to discourage texting in class or vamping late at night.

### 4. SET GROUND RULES & APPLY SANCTIONS

Many parents don't know where to start in creating rules of the road for their kids digital use. But there are many online safety contracts to choose from as well as simple house rules such as no devices at dinner and handing in their phones at night. Once you've set the rules, enforce them. Let your kids know that they will lose online privileges if they break the rules and be clear and consistent about what those sanctions will be.



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## 5. FRIEND AND FOLLOW, BUT DON'T STALK

When your teen opens her Facebook account at 13, ensure you're her first friend. Follow your kids on Twitter and YouTube. Don't overdo it and leave daily comments, but don't underdo it either. It's good to stay close as your teen makes his first forays into the world of social media. But don't be tempted to spy on your kids, either. Talking instead of stalking is what builds trust. Give your teen some space to experiment, to take (healthy) risks and to build resiliency.

## 6. EXPLORE, SHARE AND CELEBRATE

With the rules and tools in place, don't forget to just go online with your kids. Play games, watch videos, share photos and generally hang out with your children online. Learn from them and have fun. Share your favorite sites and download their apps. See the world through their eyes. And let them know your values and beliefs as you guide them on their way.



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## 7. BE A GOOD DIGITAL ROLE MODEL

Be the change you want to see in your kids. Resist the temptation to pull out your phone to check your email over dinner or send a quick text while driving. Keep an eye on your own digital habits and compulsions and model good digital behavior and balance. Your kids will pay far more attention to what you do, than to what you say - both online and offline.



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# DICT Programs

- **National Digital Parenting Conferences and Workshops**
- **Education Campaign Programs in government agencies and private companies**
- **Awareness Campaigns in schools and universities**





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