



PARENTING IN THE DIGITAL AGE

Parents face issues today that didn't exist even a decade ago. Our kids are growing up with numerous ways to stay connected along with a new set of social norms. Wilmette Public School District 39 along with the Wilmette Police Department are here to help. Here are some basic tips.

The Device

Years ago, the computer was the only device synonymous with technology and the Internet. Remember that Internet technology is now more mobile than stationary.

- Make sure to monitor cell phones, gaming devices, tablets and laptops just as you would the desktop computer.
- Keep all kid devices in high-traffic area locations of your home. There is no such thing as technology privacy and kids. Parents have an obligation to know what is happening on devices used by their kids.

Be in the Know

Get into your kid's business!

- Know who is connecting with your kids.
- Have an awareness of apps/sites are your kids using and for how long they are used.
- Use apps/be online with your kids and let them show you what they like to do.
- Continually dialogue with your children about what they are doing.

Teach Being a Good Digital Citizen

Teach the desired behavior and don't forget to model it yourself.

- Never share personal information or location.
- Only communicate with people you've met in person.
- Learn how to report inappropriate content, bullying behavior and illegal activity.
- Watch your digital footprint as what is posted last forever.
- If it shouldn't be done offline then it should be done online.



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