

PVA wants all children safe online

Parents- be aware, be vigilant, be sure your student's account is safe. Ask your child for the password and check. Teach your child to use tech resources in a respectful and responsible manner.

Social media at this age is not recommended. Most social platforms require an age of at least 13.



<https://www.common sensemedia.org/>

How do I know what my child is looking at online?

Of course, nothing is entirely fail-safe -- and you'll still want to have conversations about making good choices. Here's an overview of the different levels of protection available.

Parent Controls



Be a friend and a follower

At the age of 13 children begin to develop an understanding of the world around them and a better sense of what is appropriate to share online. As young teens, they are also developing a desire to control more of their activities as well as the maturity to handle that control. With this in mind, our 4th and 5th graders need a lot of guidance and supervision. Not only with social media, but also with video games.

[social-media](#)



Screen time at night

Dr Sarah Loughran, sleep researcher at the University of Wollongong, says excess screen time can hamper sleep in three main ways:

- **Timing** - the use of electronic media can lead to delays in children's bedtimes, resulting in less time being available for sleep.
- **Content** - engaging the brain with exciting or provocative information before bed may trigger emotional and hormonal responses (like adrenalin), which can reduce the ability to fall and stay asleep.
- **Light emissions** - light from electronic devices can disrupt the body's natural occurring circadian rhythm, increasing alertness and suppressing the release of the hormone melatonin, which is important for regulating our sleep-wake cycle. <https://theconversation.com>

Internet Safety

What Should Kids and Teens Know if Online Strangers Contact Them?

Discuss with children what it's like to have a “gut feeling” about an uncomfortable situation. Emphasize that they have the power to end conversations and log off the Internet at any time, and to not let shyness or embarrassment prevent them from talking to a parent or family member if they get into an iffy or risky situation.

[Internet Safety](#)



Helpful

Links

[Digital Glossary](#)

[Parent Concerns](#)

[Safe Browsers and Sites](#)

[Privacy settings](#)

[Browser Controls](#)

[Urban Dictionary](http://www.urbandictionary.com) (www.urbandictionary.com) For parents only, can be vulgar.

A crowdsourced online dictionary for slang words and phrases.

[KnowBullying](https://store.samhsa.gov/apps/knowbullying) (https://store.samhsa.gov/apps/knowbullying)

App Gives talking points and reminders to talk with your child 15 minutes each day.

[ReThink](#) App which alerts your child to think before sending a message that has bad or mean words.

[TeenSafe](http://www.teensafe.com) (http://www.teensafe.com) This App allows you to monitor text messages, call logs, Instagram, and list of installed apps. Use child's apple id and password.

[Restrictions on iPhone and iPad](#)

[Qustodio.com](#) Protect, understand & manage your children's Internet activity with Qustodio