

# **NAVIGATING THE DIGITAL WORLD**

For Parents and Caregivers

# TOPICS

Positive Impacts  
Brain Development  
Mental Health  
Video Game Trends  
Social Media Trends  
What Can We Do?

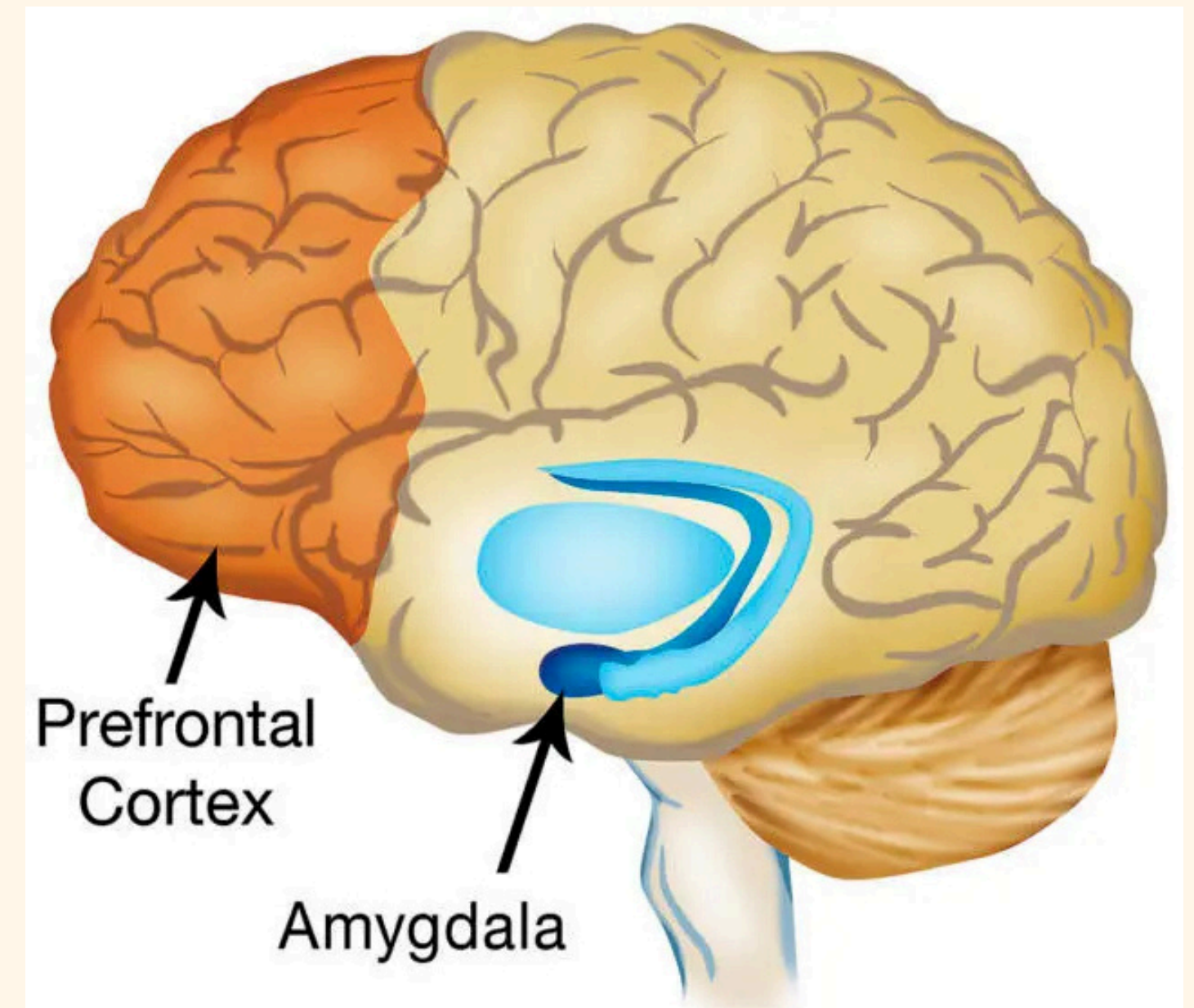
# THE POSITIVES

- Video Games can
  - increase spatial memory
  - improve executive function
  - increase problem solving
- Social Media can
  - enhance social connections
  - encourage creativity
  - educate

\*age recommendations

# BRAIN DEVELOPMENT

- Amygdala
- Prefrontal Cortex
  - You are this for your kids!



# BRAIN DEVELOPMENT

- Dopamine Hits
  - Neurotransmitter associated with pleasure
  - Video games and social media designed for this
  - Can create addictions
  - Needs more intense stimuli to experience pleasure
- Social Isolation
- Sleep Issue
- Attention Issues
- Instant Gratification



# MENTAL HEALTH

- Video Games Can
  - Increase depression symptoms and aggression (violent games)
  - Impact attention
  - Decrease academic performance
- Social Media can
  - Increase depression symptoms
  - Increase anxiety
  - Decrease self esteem

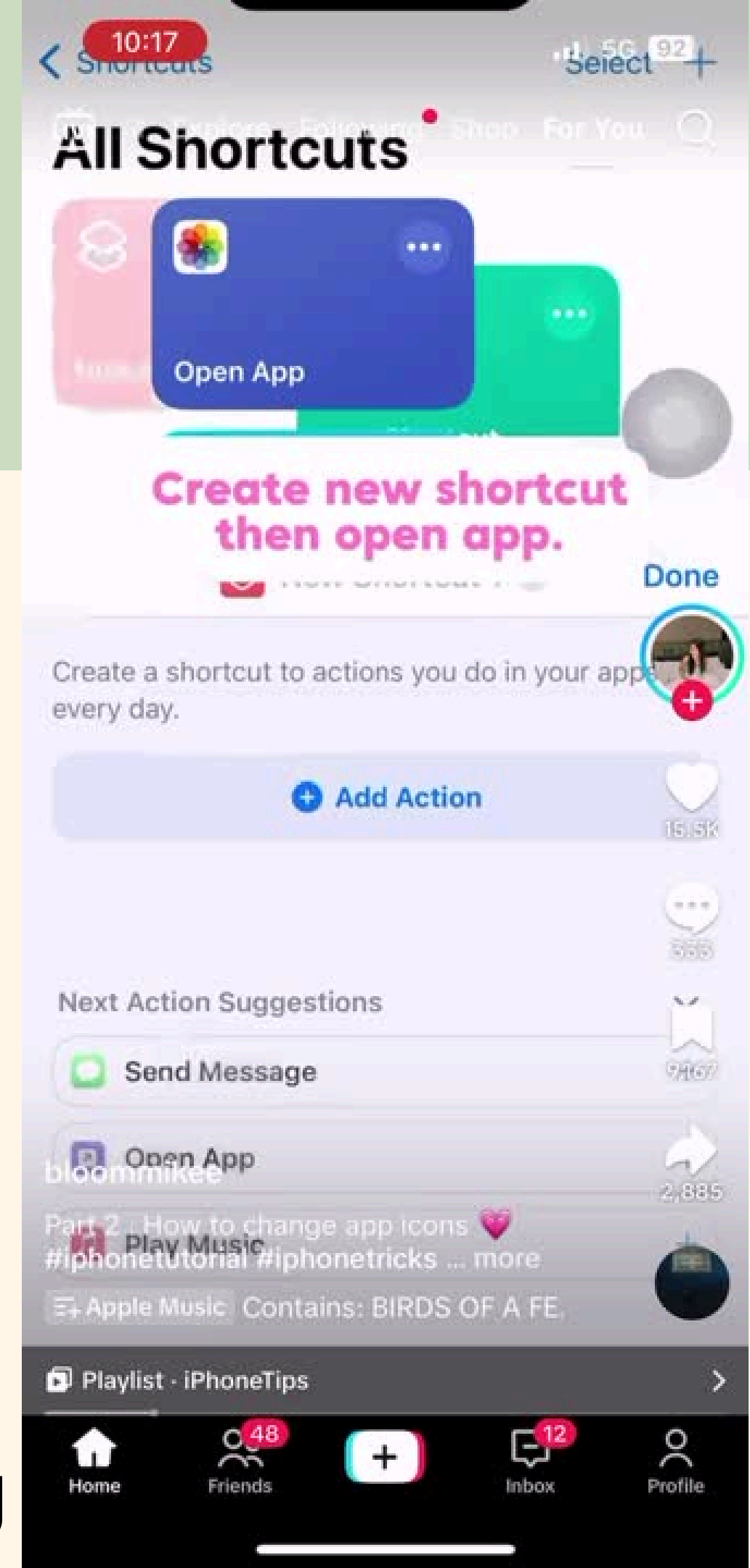
# SAFETY

Times Square Question

# SAFETY

## Many Steps Ahead of Us

- Finstas
- Disappearing Chats
- Chat Features
  - In many video games
- Using Browser instead of App
  - Ex. YouTube
- Get Around Screen Time Restrictions
  - Change Time Zone
- BARK
  - Delete and Redownload without Alerting





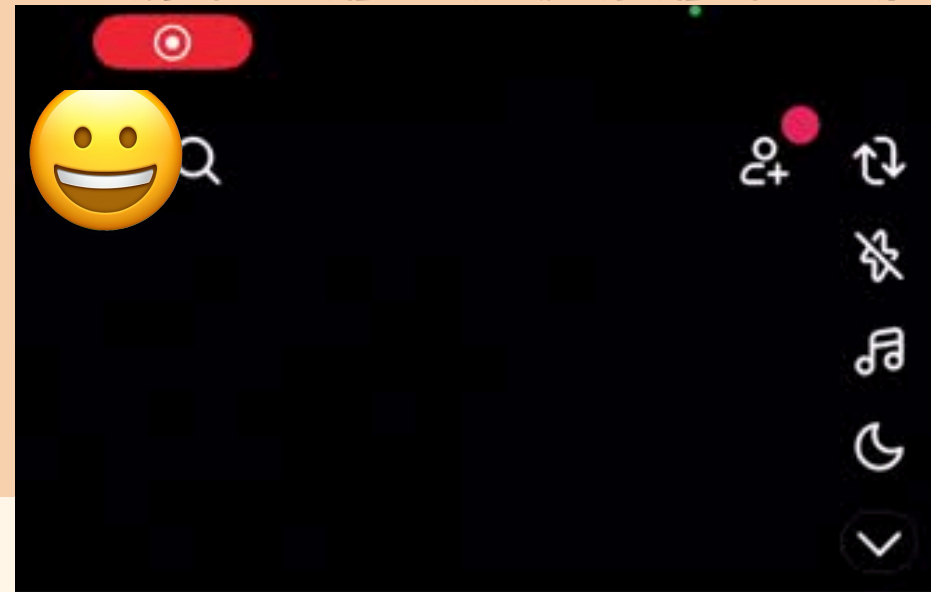
# ONLINE TRENDS: SNAPCHAT

## My Eyes Only

- Memories Tab
- Need Password to see hidden saved snaps

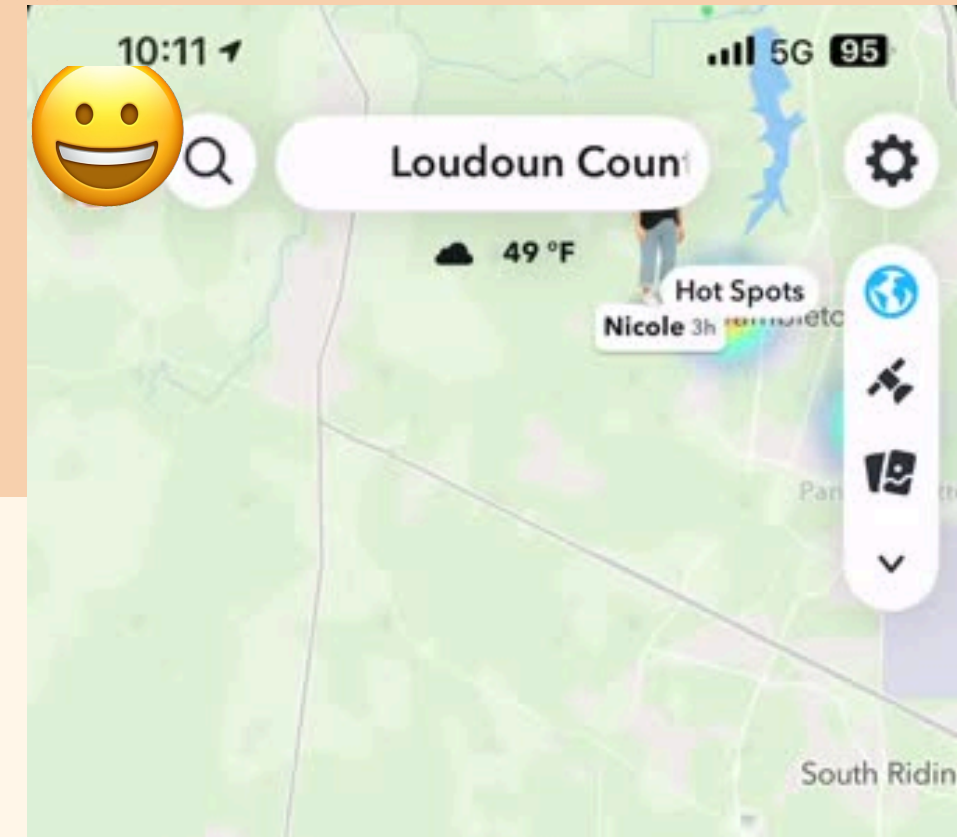
## Disappearing Chats/Photos

- Groups



## Snap Map with Location

- Open App
- Go to Map
- Settings
- Ghost Mode



# ONLINE TRENDS: YOUTUBE

## YouTube

- Challenging to Monitor
- Videos and Ads Pop Up
- Often Aren't Looking for Inappropriate Content Yet Find It
- Can Block Channels
- YouTube Kids
- Creating Content
  - Age 13–17 need parent permission
  - Private Accounts



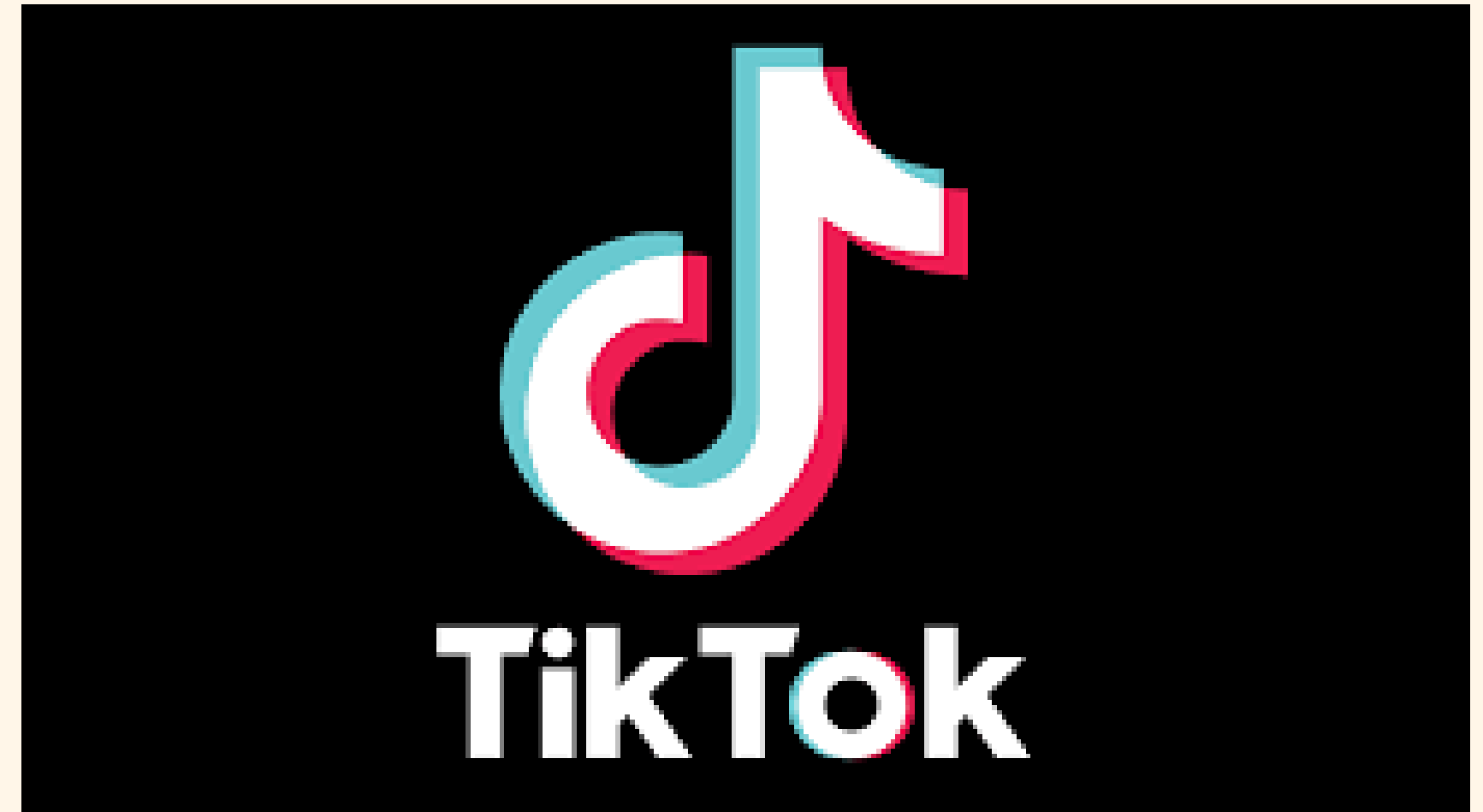
**Parent Control Apps for  
keeping kids safe on Youtube**

- 1. Qustoido**
- 2. Norton Family**
- 3. Bark**

# ONLINE TRENDS: TIKTOK

## TikTok

- Must Be 13
- Can't Control FYP (For You Page)
- Designed to Be Hard to Put Down
- Dangerous Challenges
- Creating Content
  - Videos Can Be Saved
- Family Pairing Monitoring
- Restricted Mode
- Block Certain Words and Tags



# ONLINE TRENDS: DISCORD

## Discord

- Servers Can Contain Adult Content
- NSFW (Not Safe For Work) Channels and Servers Require 18+ easy to bypass
- Privacy Settings
  - Can control who can message your kid
  - Cannot see their kid's conversations
- Review Servers Before Your Child Joins



# ONLINE TRENDS: MINECRAFT

## Minecraft

- Rated E 10+
- Chat Feature
- Different Modes to Decide What's Appropriate for Your Child
  - Create, Survival, Adventure
- Whitelist Server
  - You need to be approved on the server before you can join it.
- Minecraft edu is the education edition



# ONLINE TRENDS: FORTNITE

## Fortnite

- Rated T for teen
- Chat Feature
- Epic Parental Controls
  - Through Epic Account Portal
  - Voice chat, text chat, mature language filter, pin to add friends

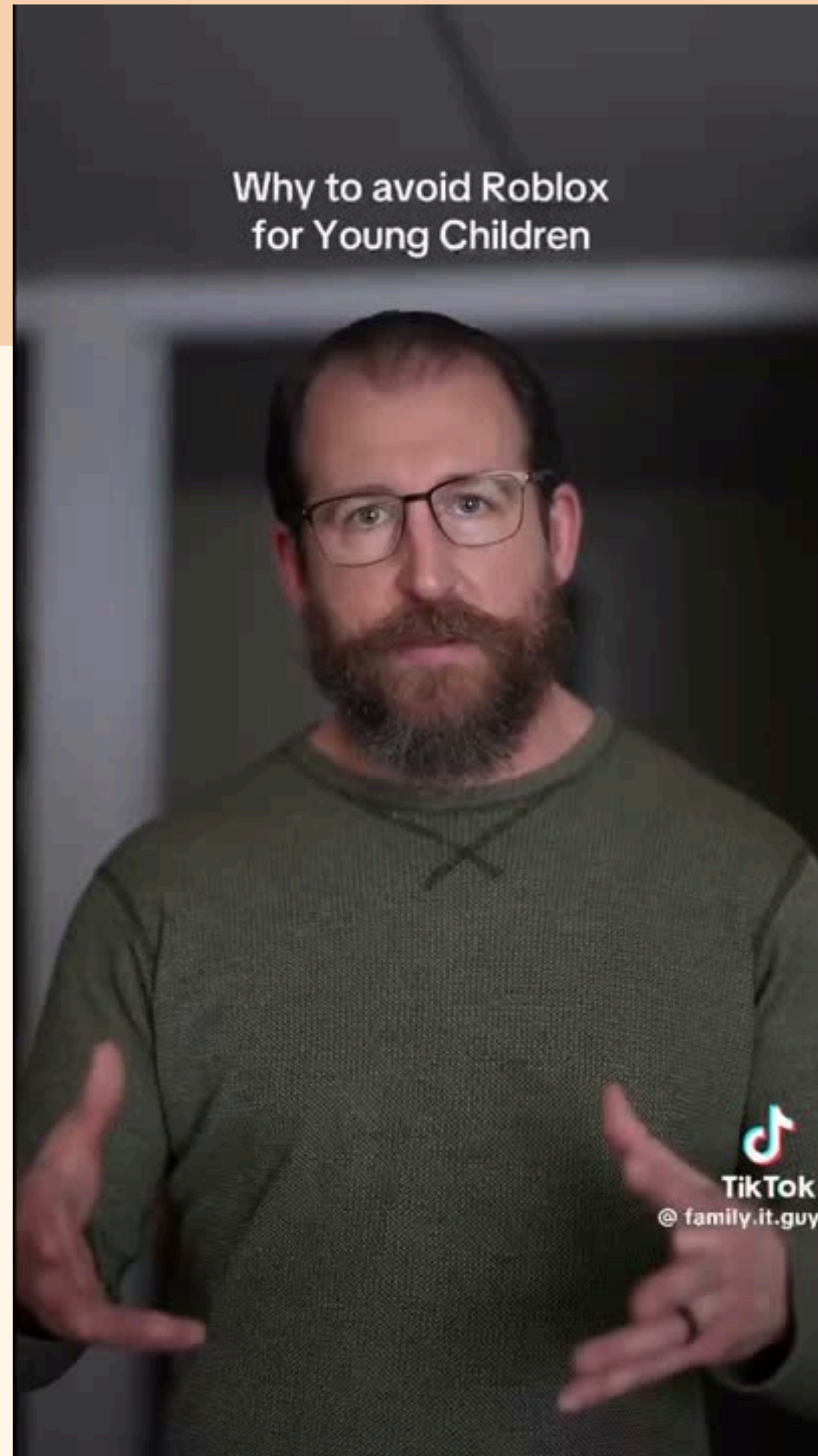




# ONLINE TRENDS: ROBLOX

## Roblox

- Games Inside Games
- Difficult to Monitor



# WHAT DO WE DO?

## KIDS LIVE IN A DIGITAL WORLD

### Digital Safety Resources for Parents



iOS Parental Controls  
(iPhone)

Android Parental Controls  
(Samsung and Other)

Specific App  
Information and Tips

Parental Controls  
on Game Systems

Apps to Monitor  
Device\$



# WHAT DO WE DO?

## INTERNET PROVIDER APP

- Can add people, assign devices, monitor what sites are being access and how long

## BARK

- Screen time parental control tool
- Use promo code J4S5MQ3

# WHAT DO WE DO?

## RESOURCES TO CONSIDER

- The Anxious Generation by Jonathan Haidt
- Unselfie by Michele Borba
- [waituntil8th.org](http://waituntil8th.org)
- [anxiousgeneration.com/resources](http://anxiousgeneration.com/resources)
- [commonsensemedia.org](http://commonsensemedia.org)
- [familyitguy.com](http://familyitguy.com)

## **LIMIT SCREENTIME**

Might be difficult at first

CDC recommends less than  
2hrs/day for elementary  
aged kids

## **MONITOR**

You have every right to  
view any and everything  
they are doing online

Be their frontal lobe

## **COMMUNICATION**

Have open  
conversations with your  
child

## **TAKES A VILLAGE**

If you become aware of  
a student engaging in  
risky, bully like online  
behavior please notify  
someone