THE SMART TALK QUICK GUIDE

What's the right age to get a kid a smartphone or other device?
The short answer: there really isn't an exact age that's best. It's different for every kid. One thing parents can do is consider their kid's maturity level. Here are some questions to help determine if your kid is ready:

- Does your kid need to be in touch for safety reasons?

- Does your kid show a sense of responsibility, such as letting you know when they leave the house? Do they show up when they say they will?

- Does your kid tend to lose things, such as backpacks or homework folders? If so, they might lose an expensive (!) phone, too.

- Would easy access to friends benefit your kid for social reasons?

- Do you think they'll use cell phones responsibly—for example, not texting during class or disturbing others with their phone conversations?

- Can they adhere to the limits you set for minutes talked and apps downloaded?

- Will they use text, photo, and video functions responsibly and not to embarrass or harass others?

DID YOU KNOW?
75%
of children age 8 and under have access to some sort of smart mobile device at home.

How do I set ground rules to make sure my kids use their devices responsibly?

That's where The Smart Talk can help. Go to **thesmarttalk.org** with your kid by your side and we'll ask you a few questions to answer together. Some will help you agree on healthy limits. (Yep. You read that right. We said agree.) Some of the questions are meant to be conversation starters, so you can more easily discuss online safety and privacy issues. We even ask a couple of extra-credit questions to make this a more customized experience.

When you're done, you'll have a personalized, official family agreement that you and your kid can feel good about. Just print it out, sign it and put it on the fridge for everyone to see.

LifeLock

National **PTA**
*every*child.*one*voice.®

the smart talk

Ground rules are great, but how do I stay on top of technology when it keeps changing?

Check out some helpful tips below:

Safety & Privacy – Make sure the location tracking is turned off on your devices for any app or site that you would not want knowing your kid's exact location-this can usually be modified in the settings menu.

Screen Time —Balance is key. Ensure that your family is getting adequate offline playtime in addition to tech time. Younger children may need to be limited on screen time more than older children, as they learn best through face-to-face communication.

Social Media —Discuss how anything posted or shared may be saved by screenshots or archived by the company's site, even if the app advertises otherwise (e.g., Snapchat), regardless of whether or not they delete their posts.

Apps & Downloads — If your device has the capability for one-click purchases, you may want to disable that feature until your kid is responsible enough to make purchasing decisions. Talk about what apps are popular amongst their friends and discuss who they should allow to "follow" or "friend" them.

Texting & Calling — Texting is a normal part of socializing for many tweens and teens, but if you feel that your kid is spending too much time texting and not enough time on face-to-face conversations, check with your wireless carrier for parental controls to limit use.

Reputation & Respect — The same guidelines we follow offline can also be applied online. Be kind and respectful of others and don't share things that are meant to be private. Many sites and apps offer the ability to report and block users who violate their community guidelines.

Online Videos & Cameras — The digital world is much more visual than it used to be-photos and videos are the new status update. Talk with your aspiring YouTube or Vine star about how to determine if a video or photo is appropriate before sharing. Note that some video sharing apps, such as Vine, are set to share publicly by default.

SOURCE: https://www.commonsensemedia.org/parent-concerns

DID YOU KNOW?
68%
of teens text everyday

DID YOU KNOW?
51%
of teens visit social networking sites daily

For more information, visit
PTA.org/DigitalSafety

#TheSmartTalk | thesmarttalk.org