



FAMILY *Tech Talk* NIGHT

Inspiring Digital Responsibility



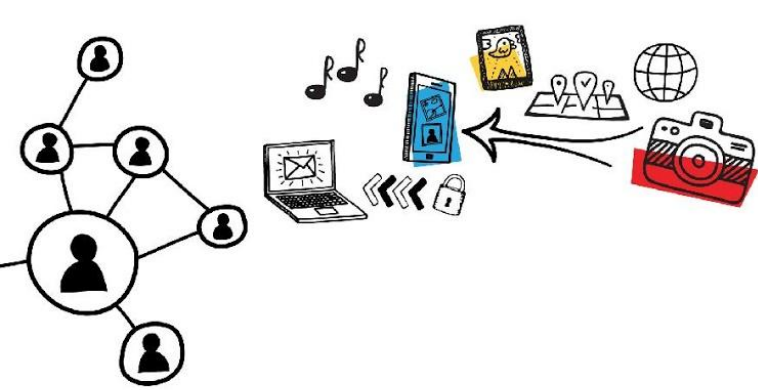


Welcome!

Goals for tonight:

- To help you understand how your children are using the Internet and personal technology (trends, apps, websites, etc.)
- To get to know the 4 pillars: Be Online, Be Safe, Be Kind, Be Smart
- To empower yourself (and in turn, your kids) to be mindful and responsible Internet users
- To help you stay up to date with new information and apps
- To have meaningful and ongoing conversations about Internet safety and technology with friends, family members, neighbors, and teachers



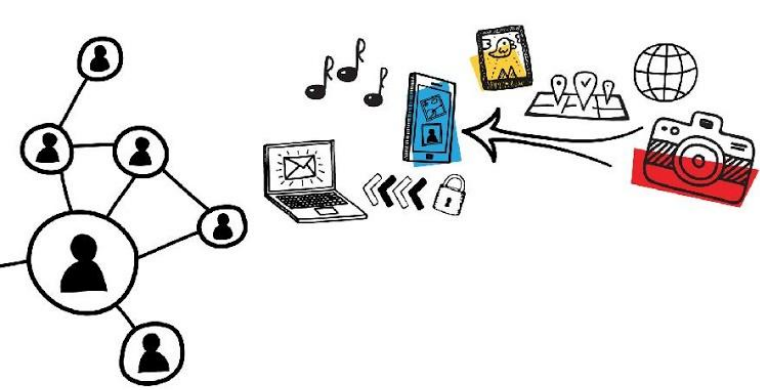


What Do You Know?

How much do you know about kids' Internet lives and what they do online? [Let's start with this quiz](#), compiled by a teen. You might be surprised!

The screenshot shows the PTO Today website with the following elements:

- Header:** PTO TODAY logo with the tagline "Helping Parent Leaders Make Schools Great". Navigation links include INVOLVEMENT, FUNDRAISING, PTO EVENTS, ORGANIZATION, FINANCE MANAGER, PTO INSURANCE, PLUS MEMBERSHIP, and EXPO EVENTS. A "Login/Register | Plus Member" link is in the top right.
- Article Title:** "Internet Safety Quiz: How Much Do You Know?" with sub-headers for "Social Media for Parent Groups Archive" and "Technology and Internet Safety Archive".
- Image:** A graphic showing social media icons for TikTok, Instagram, YouTube, Twitter, and Snapchat.
- Text:** "Our teenage contributor, Nicole Shum, put together a few questions about apps and websites popular with kids right now. Test your own Internet safety smarts!"
- Date:** 02/11/2019
- Share Buttons:** Facebook, Twitter, Pinterest, Email, and Print.
- Introductory Text:** "This quiz is a great way to promote your Family Tech Talk Night. Just share a link to it on your group's Facebook page to remind parents why they should attend this important event at school. Download our free Family Tech Talk Night kit to start planning your event." A note below says: "(Note: If your browser isn't loading the quiz below, click [this link](#) to open it in a new tab)"
- Quiz Card:** An orange card titled "Internet Safety Quiz: How Much Do You Know?" with a "START" button. It says: "Think you're up on all the latest apps and lingo? Take our quiz to see how much you really know about what your kids are doing online."
- Newsletter:** A "WEEKLY NEWSLETTER" sign-up form with an "Enter email" field and a "SIGN UP" button. Below it, a purple box says "Snag last-minute fun run printables, pledge sheets, Facebook graphics, and more." with another "GET YOUR FREE GUIDE!" button and a disclaimer: "Along with your free guide, you will also be registered for our weekly newsletter. By downloading this free guide, you accept that your email address will be shared with our program sponsor."
- Advertisement:** A yellow box titled "PROTECT YOUR GROUP" with a warning sign icon and text: "Insurance packages to protect against theft, injury, property damage, and embezzlement!" with a "> FIND OUT HOW" button and the PTO Today logo.
- Trending:** A section titled "TRENDING" with a link to "22 Easy Meal Ideas for Large Groups".
- Footer:** Social media icons for Facebook, Pinterest, Twitter, Instagram, and YouTube. A "WEEKLY NEWSLETTER" sign-up form is repeated at the bottom right.



What Are Younger Kids Up To?

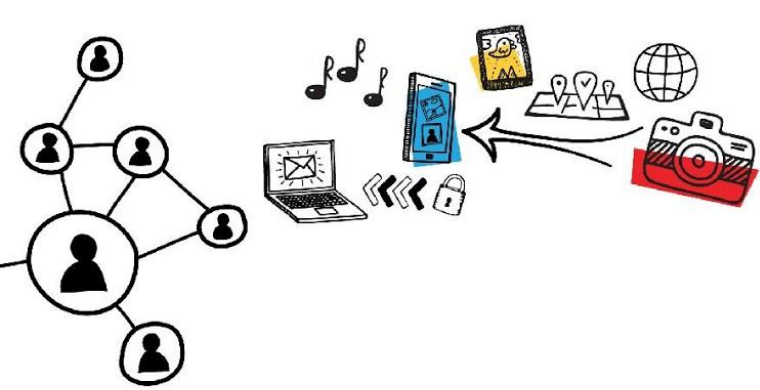


- **28% of 2-year-olds** can navigate a mobile device with no help
- **21% of 4-year-olds** own a gaming console
- **85% of parents** allow their children ages 6 and younger to use technology at home
- Popular apps: Minecraft, YouTube for Kids, Roblox, TikTok, Fortnite (often with older siblings)



What Are Tweens and Teens Up To?

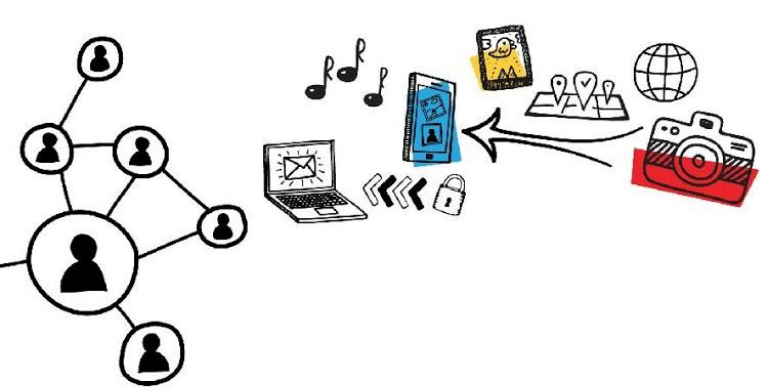
- **95% of teens** report going online daily; **45% of those** go online “almost constantly” (almost double since 2014-15)
- You might have heard of Fortnite....Overall, **84% of teens** have or have access to a gaming console, and **90%** play some form of video game (console, smartphone, computer)
- Facebook no longer dominant social media platform for teens; now gravitate toward YouTube, Instagram, Snapchat, Houseparty
- Other sites and apps of choice include Twitter, Roblox, TikTok
- Sites and apps being used change quickly
 - <http://internetsafety.trendmicro.com>
 - <http://cyberbullying.org/blog>
 - www.gaggle.net/top-social-networking-sites-and-apps-kids-use



The Four Pillars of Good Internet Use

- Be Online
- Be Safe
- Be Kind
- Be Smart





Be Online

- Have fun, learn, and make social connections
- Understand and respect safety, ethics, and privacy
- Maintain balance with online and real-life activities



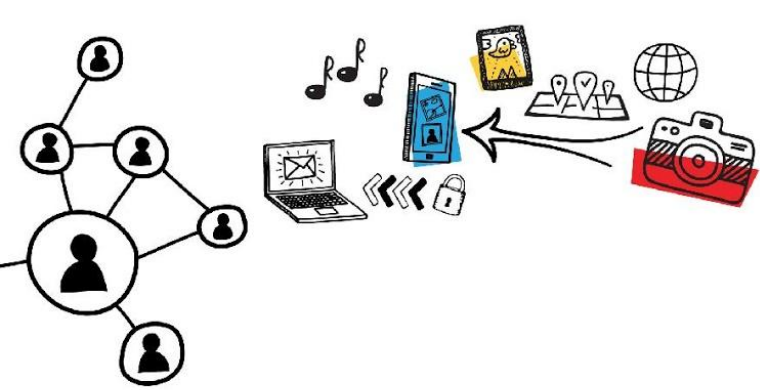
Be Online: Discussion Questions

How much time does your family spend online?

- a. We're on our devices more than I think we should be.
- b. We're online a moderate amount.
- c. We aren't online all that much.

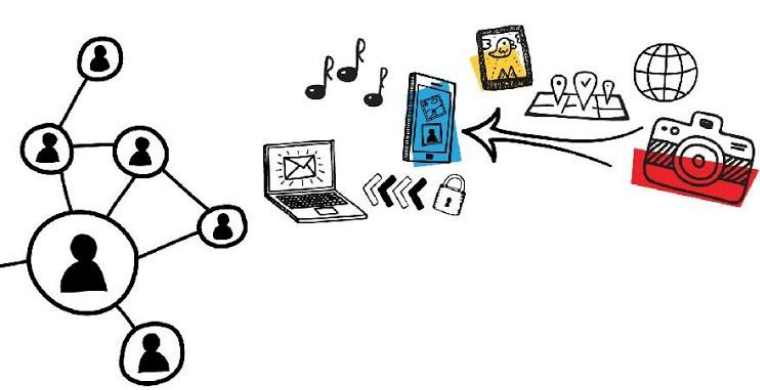
Is your child's online experience mostly positive, mostly concerning, or a mixed bag?





Be Safe

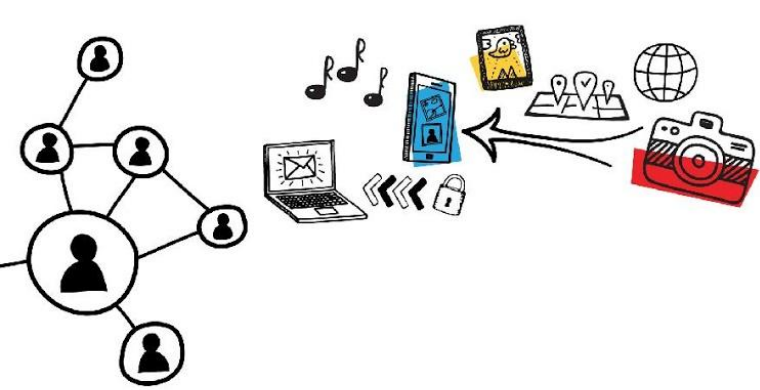
- Protect personal information
- Use security software
- Be mindful of potential for people with bad or unkind intentions
- Manage apps, devices, and toys that use geolocation



Be Safe: The Basics

- Put strong passwords on devices and change them often
- Don't share your passwords!
- Install Internet filters and parental control apps if needed
- Keep your security software up to date
- Make sure devices are charged outside of kids' bedrooms at night
- Set up nighttime shut-off through cell service provider



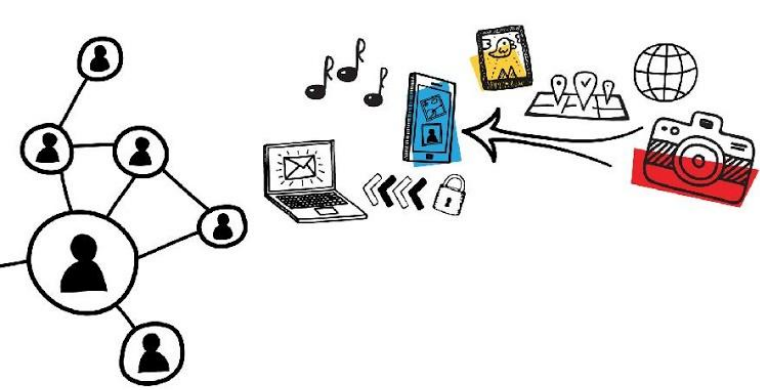


Be Safe: Discussion Questions

What are some of your concerns about online safety?

- a. Having personal information hacked
- b. Online predators or scammers
- c. Both
- d. Something else

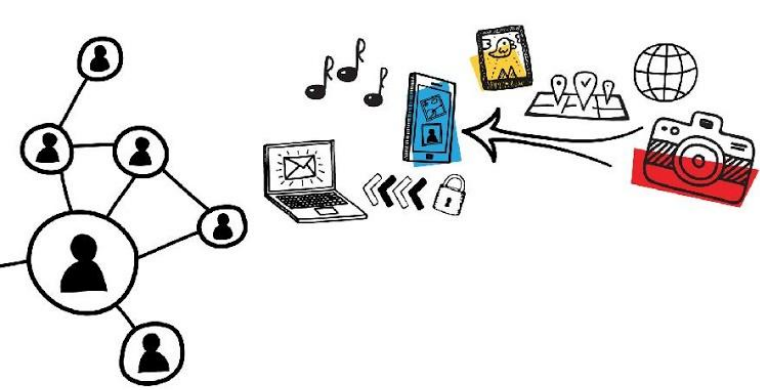




Be Kind

- Being kind online is key to a positive experience
- Remind your child not to post (or participate in) messages or photos that criticize or make fun of others—especially cyberbullying
- If you find out your child has been unkind online, take steps to address it
- Be kind online—**including to yourself!**
- Let your child see you modeling kind online behaviors, to others and to yourself

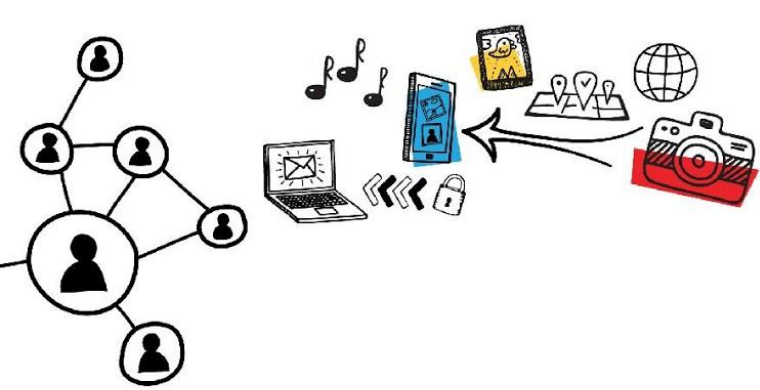




Be Kind: Dealing With Unkindness

Along with monitoring your child's social media and gaming profiles, tell him to:

- Resist responding to unkind remarks
- Block the unkind person
- Tell a trusted adult
- Save the posts and notify law enforcement or the school, if appropriate
- Consider deactivating his account if it continues to affect him negatively
- Report any negative behavior to you and site administrators
- Practice resilience



Be Kind: Cyberbullying

- Using online technology to repeatedly act cruelly to someone
- Posting or forwarding a private text or embarrassing image to others
- In the gaming world, harassing messages, ganging up on opponents, and verbal abuse
- Fortnite: Are you a “default”?

Talk with your kids often about whether they’ve been cyberbullied or have witnessed bullying behavior online



Be Kind: Discussion Questions

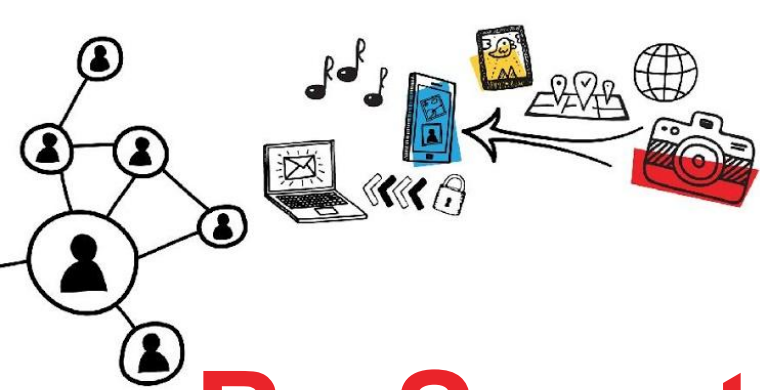
KIDS: What would you do if you witness online unkindness or bullying?

- Tell a parent or other authority figure
- Tell the person being unkind to stop
- Not sure what I would do

PARENTS: What would you do if your child tells you she witnessed an unkind, cruel, or bullying post?

- Encourage her to stand up to the poster
- Get involved (e.g., contact the parent or school authorities)
- Avoid involvement (you or your child) unless directly threatening

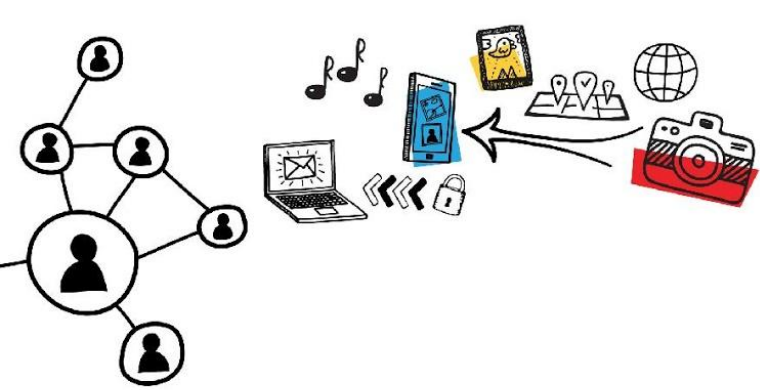




Be Smart

- The goal: Good habits and good uses
- Limit “just because” or mindless online time; balance the amount of time spent online vs. with real-life activities, and watch for excessive Internet use
- Respect others’ offline time
- Watch for misinformation (sometimes called “fake news”); practice media literacy skills
- Be familiar with the ways your own posts can be used and misused
- Practice and encourage positive Internet uses: research causes to support, ways to enhance learning, new interests to pursue, etc.
- Encourage kids to be “first responders” (#Icanhelp)

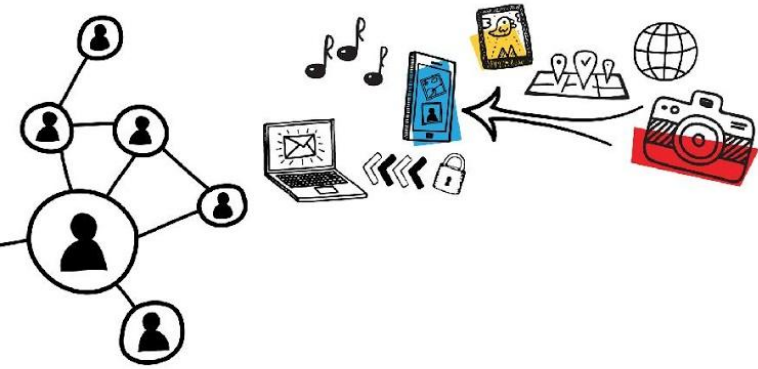




Be Smart: Managing Overuse



- Establish tech-free zones and times at home
- Help kids understand the effects of over-multitasking
- Emphasize balancing time spent online and time spent doing real-life activities
- Seek expert help (guidance counselor, tech expert) if needed



Be Smart: Real or Fake?

ZPi Blog / New / FAQ
Are you infected with BLACK HELICOPTERS?



CEPHALONEWS

2018-09-20 Octopuses Given Ecstasy for Science -- But Is That Ethical? (NatGeo)
According to scientists at Johns Hopkins University, when given MDMA, commonly known as Ecstasy, California two-spot octopuses react in much the same way as humans, leading them (the human researchers) to conclude that our brains and octopus brains are wired the same for certain social behaviors. But was it okay to give unsuspecting octopuses a mood-altering drug?

2018-08-09 Another Clubhook Squid Washes Up On Oregon Coast (KOIN)
Clubhook squids (*Oryzidia robusta*) can reach a total length of 12 feet. According to the Seaside Aquarium, it's about 9 feet in length and a male. The beak was already gone, but a few tissue samples were taken and will be sent to Alaska to further study the diet of sperm whales. This is the second clubhook squid that has washed ashore in recent weeks.

2018-05-18 Octopuses Are Not Aliens, But Boy Are They A Bunch Of Beautiful Weirdos (PopSci)
Octopuses seem to be particularly prone to alien theories. The most recent is thanks to a group of scientists—none of whom study zoology and many of whom don't even study anything biological. See also: No, Octopuses Don't Come From Outer Space.

» Older news...

More cephalonews news at: 

Help Save The **ENDANGERED**
PACIFIC NORTHWEST TREE OCTOPUS
From **EXTINCTION!**

About HELP! FAQs Sightings Media Activities Links

THE PACIFIC NORTHWEST TREE OCTOPUS

The Pacific Northwest tree octopus (*Octopus paxarbolis*) can be found in the temperate rainforests of the Olympic Peninsula on the west coast of North America. Their habitat lies on the Eastern side of the Olympic mountain range, adjacent to Hood Canal. These solitary cephalopods reach an average size (measured from arm-tip to mantle-tip,) of 20-33 cm. Unlike most other cephalopods, tree octopuses are amphibious, spending only their early life and the period of their mating season in their ancestral aquatic environment. Because of the moistness of the rainforests and specialized skin adaptations, they are able to keep from becoming desiccated for prolonged periods of time, but given the chance they would prefer resting in pooled water.



Rare photo of the elusive tree octopus

An intelligent and inquisitive being (it has the largest brain-to-body ratio for any mollusk), the tree octopus explores its arboreal world by both touch and sight. Adaptations its ancestors originally evolved in the three dimensional environment of the sea have been put to good use in the spatially complex maze of the **coniferous Olympic rainforests**. The challenges and richness of this environment (and the intimate way in which it interacts with it,) may account for the tree octopus's advanced behavioral development. (Some evolutionary theorists suppose that "arboreal adaptation" is what laid the groundwork in primates for the evolution of the human mind.)

Reaching out with one of her eight arms, each covered in sensitive suckers, a tree octopus might grab a branch to pull herself along in a form of locomotion called tentaculation; or she might be preparing to strike at an insect or small vertebrate, such as a frog or rodent, or steal an egg from a bird's nest; or she might even be examining some object that caught her fancy, instinctively desiring to manipulate it with her dexterous limbs (really deserving the title "sensory organs" more than mere "limbs"), in order to better know it.

Tree octopuses have eyesight comparable to humans. Besides allowing them to see their prey and environment, it helps them in inter-octopus relations. Although they are not social animals like us, they display to one-another their emotions through their ability to change the color of their skin: red indicates anger, white fear, while they normally maintain a mottled brown tone to blend in with the background.



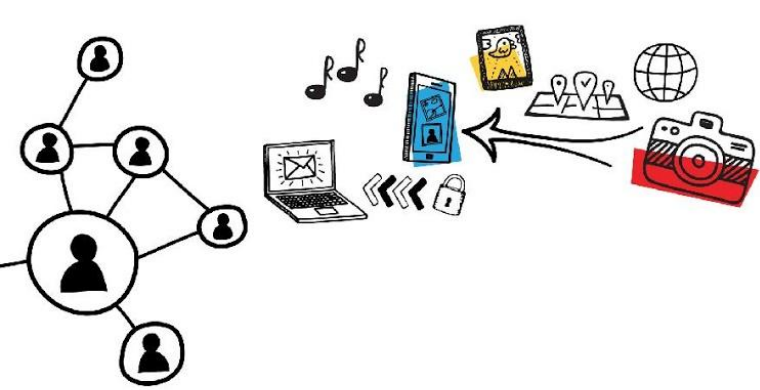
Map of estimated tree octopus maximum range, including spawning waters

The reproductive cycle of the tree octopus is still linked to its roots in the waters of the Puget Sound from where it is thought to have originated. Every year, in Spring, tree octopuses leave their homes in the **Olympic National Forest** and migrate towards the shore and, eventually, their spawning grounds in Hood Canal. There, they congregate (the only real social time in their lives,) and find mates. After the male has deposited his sperm, he returns to the forests, leaving the female to find an aquatic lair in which to attach her strands of egg-clusters. The female will guard and care for her eggs until they hatch, refusing even to eat, and usually dying from her selflessness. The young will spend the first month or so floating through Hood Canal, Admiralty Inlet, and as far as North Puget Sound before eventually moving out of the water and beginning their adult lives.

WHY IT'S ENDANGERED

Although the tree octopus is not officially listed on the Endangered Species List, we feel that it should be added since its numbers are at a critically low level for its breeding needs. The reasons for this dire situation include: decimation of habitat by logging and suburban





Be Smart: The Parent's Role



- Know your child's online "friends"
- Keep talking about ways she's using digital technology and its effects
- Be selective about posting information or photos about your child
- Help your child manage his digital footprint
- Above all—**communicate!**



What's Next?

Be Online Together

- Decide the basics
- Set the rules
- Teach them to be good digital citizens
- Model good digital/online behavior
- Respect their privacy
- Let them try
- Keep the conversation going
- Share your own experiences
- Be online *with* them



Be Online Together

Create a Family Digital Code of Conduct

Help Manage Their Digital Footprint

Keep the Conversation Going



What's Next?

Create a Family Digital Code of Conduct

- Protect your personal information.
- Treat others online as you would treat them in person.
- Be kind to yourself.
- Balance your real and online lives and be respectful of others' offline time.
- Avoid plagiarism and copyright infringement.
- Tell your parents if something you see online makes you uncomfortable or worries you, or if a stranger tries to contact you.
- Check with your parents before downloading anything or connecting with anyone new.





What's Next?

Help Manage Their Digital Footprint

- Use strong privacy settings on all social media accounts
- Don't overshare. Resist the temptation to share deeply personal information—that's what real-life friends are for.
- Be wary of information (contests, etc.) you submit online.
- Occasionally Google yourself to see what's out there about you.
- Remember—once you share something, it's always out there.

Be Online Together

Create a Family Digital
Code of Conduct

**Help Manage Their
Digital Footprint**

Keep the Conversation
Going





What's Next?

Keep the Conversation Going

- Ask your child's teacher whether she talks to the class about being good digital citizens
- Talk to the parents of your kids' friends about keeping a collective eye on (and communicating about) the kids' Internet activities
- Remind your children about letting an adult know if they witness unkind behavior
- Educate other adults in your child's life (relatives, activity leaders, etc.) about the 4 pillars: be online, be safe, be kind, be smart
- Watch for monthly email from parent group (with trends, tips, news stories, and more)

Be Online Together

Create a Family Digital Code of Conduct

Help Manage Their Digital Footprint

Keep the Conversation Going





Resources

Trend Micro

<http://internetsafety.trendmicro.com>

Lots of information on Internet safety for families from Trend Micro, the sponsor of this Family Tech Talk Night presentation.

ConnectSafely

www.connectsafely.org/guides-3

A growing collection of short, clearly written, free downloadable guidebooks that demystify apps, services, and platforms popular with kids and teens, including Facebook, Instagram, and Snapchat.

Common Sense Media

www.commonsensemedia.org

Provides reviews and ratings for websites and other media for children according to age-appropriateness.

Cyberbullying Research Center

<http://cyberbullying.org>

Provides up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents.

Gaggle

www.gaggle.net

Provides safe online learning products and solutions to the K-12 market; the website also offers regular updates on social networks and apps that are used by children.

National Association for Media Literacy Education Parent Guide

<https://namle.net/a-parents-guide>

A comprehensive guidebook for parents and kids to become savvy media consumers, covering topics such as fake or misleading news reports, scams, copyright, and more.