BEHAVIOR BULLETIN

Information & Tips on Behavior Management

April 19, 2021

Listed below are **4 great websites** to help parents and kids learn about digital media safety.

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https://www.connectsafely.org/

https://www.commonsensemedia.org/

https://www.missingkids.org/netsmartz/home

https://www.kidsmartz.org/

That's Not Cool and **Love is Respect** are resources for youth to learn about digital safety, online dating, social media, cyberbullying, and more.

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https://thatsnotcool.com/?ref=logo

https://www.loveisrespect.org/personal-safety/safety-online/

Sexual Health in the Digital Age

Technology moves and changes so quickly that it is nearly impossible to keep up with it. It is safe to say that most parents are well behind their own children on the technology curve. Generation X (those born between 1965-1980) and older can fondly remember life before having immediate access to people and information at their fingertips. Youth today don't know how to live without **digital media** because they never had to. They were born into a digital age.

Parents have a variety of views and values about use of **digital media.** Regardless of your personal or family values, the reality is, **digital media** is growing and advancing part of society. Therefore, kids need to learn how to use **digital media** in a safe, secure, and socially appropriate manner. And yes, this includes sexual behaviors, sexual content, sexual health, and sexual interactions.

Parents are people, but it would take an epic level of superhero powers to be able to successfully keep ALL children from ALL online sexual content ALL of the time. So, instead of trying to squeeze into those superhero tights, lets add **digital media** to the list of sexual health topics to discuss with your child.

Teaching Kids About Safe Use of Digital Media

- Do not share personal information or images publicly or privately. Anything that is said, done, or shared privately has the potential to become public.
- Encourage youth to tell a trusted adult if they, or someone they know, has had their information or images misused online or anytime they encounter online content that makes them feel uncomfortable.
- Educate children on what is/is not socially appropriate. A good rule is, if you wouldn't do/say it in person, then you shouldn't do/say it online.
- Make sure youth know how to set up and utilize privacy settings on all their different accounts. Use this as an opportunity to learn with your child and update your privacy settings at the same time.
- Model safe digital media practices; if there is a rule or guideline you expect your child to follow then you should follow them too and set a good example.
- Facilitate open dialogue about sexting (texting sexually explicit content), online explicit content, and pornography. Parental controls are not full-proof and therefore acknowledging that your child may encounter explicit content creates an opportunity to provide education based on family values.

Upcoming Events

Date/Time	Topic	Link
Tuesday, April 27 6:00pm-7:30pm	Bullying & Promoting Well-Being for Students with Disabilities	https://parentnetworkwny.org/event/bullying-promoting-well-being-for-students-with-disabilities/
Thursday, April 29 7:00pm-7:45pm	Mindfulness Stress Reduction	https://parentnetworkwny.org/event/mindfulness-stress-reduction-series-4/
Saturday, May 1 9:00am-1:00pm	Overview of IEPs, 504 Plans, and Special Education	https://parentnetworkwny.org/event/family-empowerment-series-special-education/

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