



Tech and Parenting

Dillingham Prevention Coalition

What we hope to cover

Apple Phones

Android Phones

Social Media -

Snapchat, Discord, Tiktok, Messenger Kids (Meta)

Group Discussion



Context and Internet safety

Why

Opioid Prevention Discussion

Our own lack of knowledge

Building familiarity with technology

Give parents good tools

Take the time to discuss

Who is the Dillingham Prevention Coalition?

COPPA

Child Online Privacy Protection Act

United States

Doesn't allow companies to gather data on children under 13

Most social media companies don't allow users under 13

Somewhat controls device

Parental Control Tiers

Device or Manufacturer

Phones - Apple or Android

Work to allow apps to be downloaded or not

Set screen time limits, get location updates, and manage account settings

Messaging, photo, setting apps which are run by manufacturers

3rd party apps

In each App - Social Media content controls

Apple

Apple devices Iphone, Ipad, Laptops run off of IOS

Apple store - for apps

Apple Id is your account

Screen time settings is where you find parental controls



Android (google)

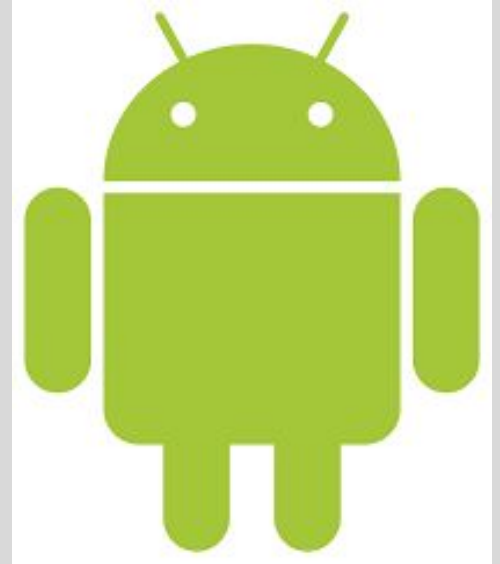
One of the two major operating systems for phones

Operates most Samsung Devices

“Digital Wellbeing” feature for screen time management

Parental Controls through Family Link app

<https://families.google/familylink/>



YouTube

Younger kids screen time

Algorithms

Youtube kids separate app

Supervised Regular Youtube

Family Link Compatible



<https://www.youtube.com/howyoutubeworks/user-settings/parental-controls/>

Snapchat



Snapchat is a popular messaging app that lets users exchange pictures and videos, called snaps, that are meant to disappear after they're viewed. The essential function is to take a picture or video, add filters, lenses, or other effects, and share it with friends. The app is free to download, and also has a premium subscription plan called Snapchat+.

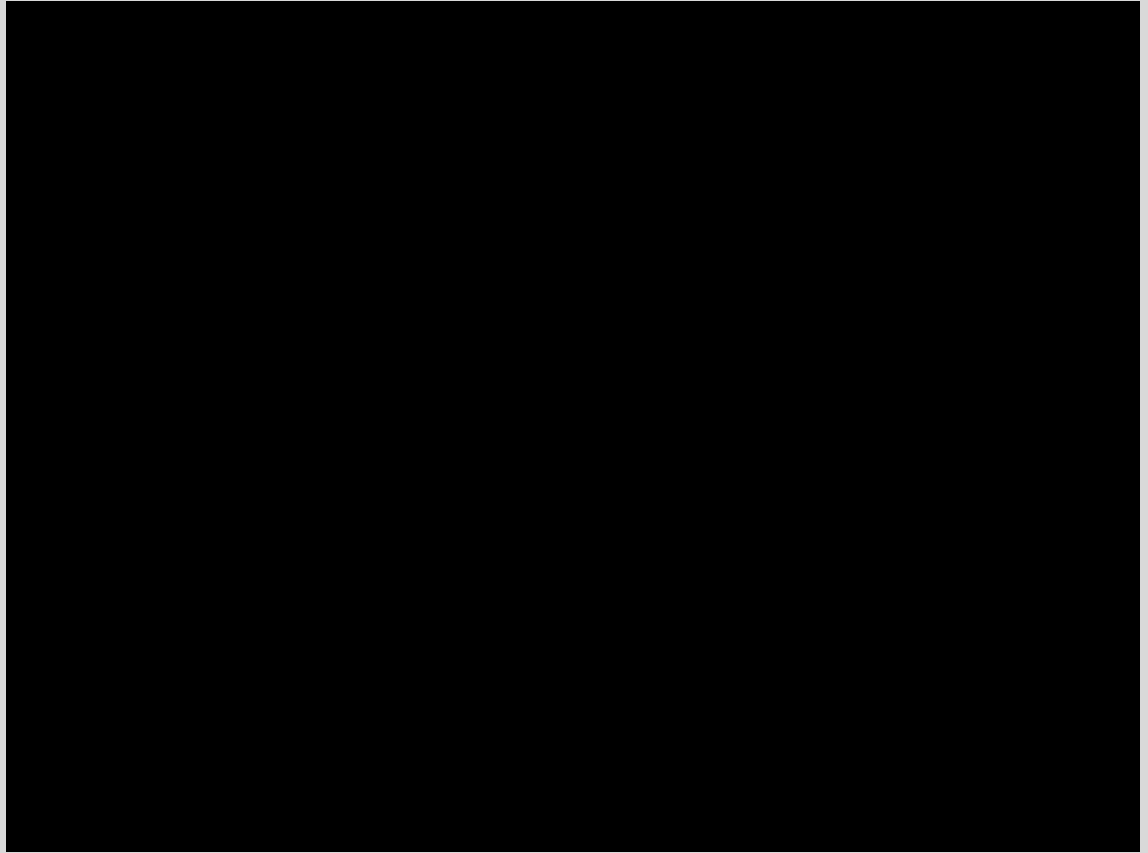
Very Popular For teens

Videos and chats delete

Location sharing



Snapchat



Discord

Popular for Gamers

Formatted through Servers

Topical

Voice Chat

Have to be 13 to sign up

Bots



<https://support.discord.com/hc/en-us/articles/14155043715735-Family-Center-for-Parents-and-Guardians>



Discord is a free app for mobile and PC that lets people chat via text, voice, or video in real time. Combining the internet-calling features of Skype with Reddit-like discussion boards, it's broadened from gamers-only to a social networking site for communities of all types. Users include those with non-gaming interests like anime, TV series, music, and more. It can also be an easy-to-use group-chatting tool for friends.

TikTok

Short Videos

Viral content or Challenges

Can do Live Tiktoks

Controversial for Data Collection - China



<https://www.tiktok.com/safety/en/guardians-guide/>



TikTok is a social network for sharing user-generated videos, mostly of people lip-synching to popular songs. Users can create and upload their own videos. You can also browse and interact with other users' content, which covers a wide range of topics, songs, and styles. These videos can be grouped by hashtags, which often correspond to challenges, memes, or current events (like #pandemiclife).

Tiktok



Messenger Kids

Facebook or Meta

FB Messenger tethered



MESSENGER KIDS is an app that lets parents approve all of their kids' contacts so that kids can send messages or have live video chats with approved people. Essentially, it's social media training wheels for the next generation of Facebook users. After downloading, someone with an existing Facebook account has to log in. That account is then linked to the kid's and becomes the gatekeeper for approval of all contacts. The kid or parent needs to enter a name and provide a photo for the kid's profile, though the photo doesn't need to be of the kid.

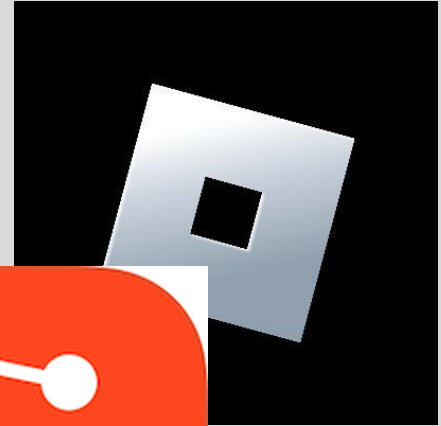
Other stuff

Roblox

Whatsapp

Instagram

Reddit



Using these tools

Most require you to have the app and tether it to child's account

Most require smart device

Many have web version

Common Sense Media

Setting up the app with the child

Reframing

Common Sense Media - Resource

Nonprofit Guide and Reviews for parents

App reviews

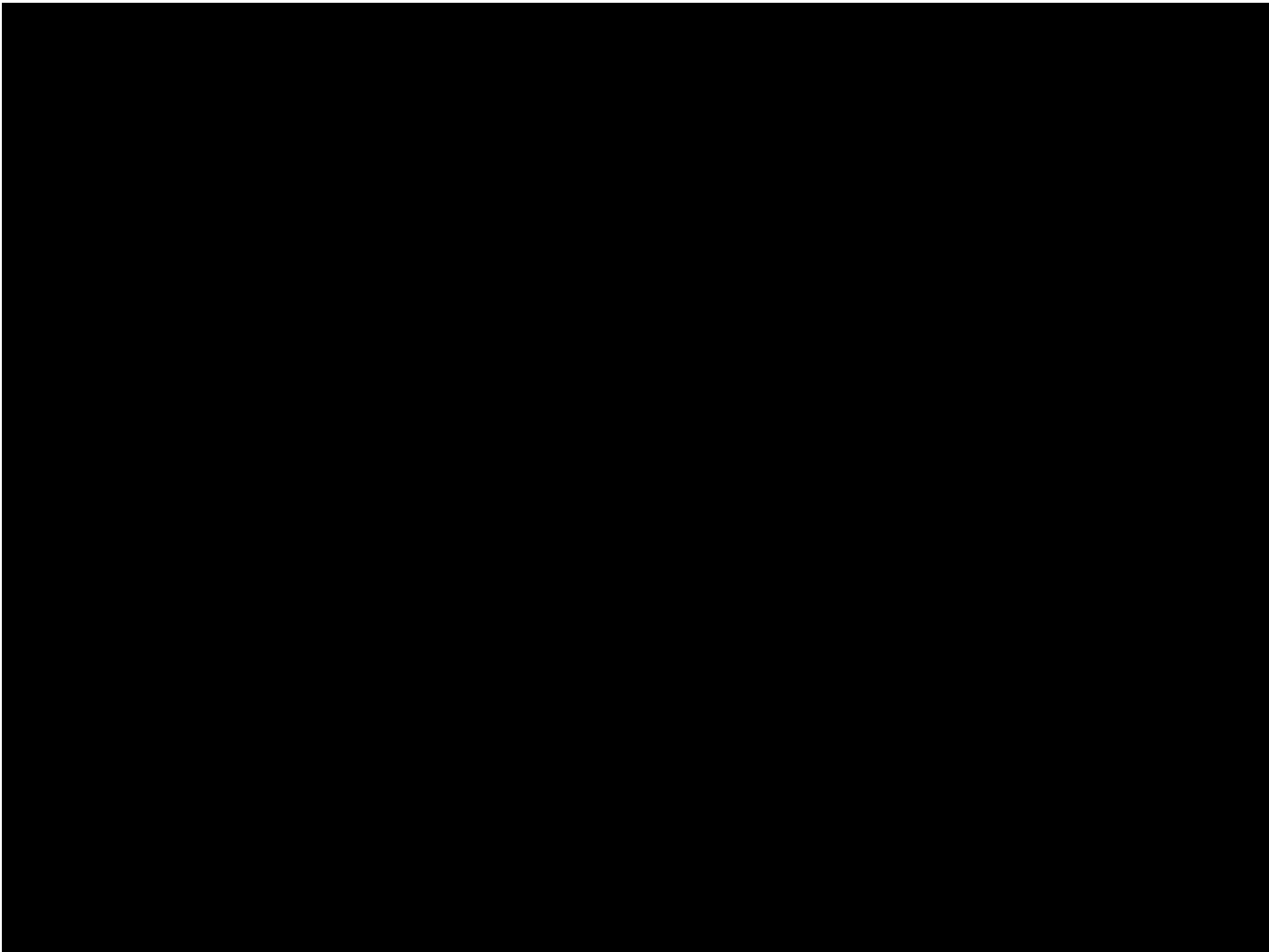
Parents user guides

Youtube Channel

In depth videos on technology and its effect

<https://www.commonsensemedia.org/>







Don't use social media less. Use it more intentionally. Follow people who inspire and motivate you. Engage with experts you can learn from. Create genuine, positive friendships. Just stop mindlessly scrolling, complaining, hating and engaging in negativity and bitterness.

Further Discussion

How do we model good tech hygiene

What is ok in the context of my family values

Risk vs reward

How do we have conversations with kids to help them understand

These are tools for communication (analogy of knife or power tool)

Myspace Youth Center examples

Some things not discussed here: XBOX, Nintendo, Playstation

