



4 Steps to an iWise Family

Because Children Need Involved Parenting - Online and Off.

BE AWARE of what children are doing and what it could be doing to them.

1. Have monthly household tech meetings that involve the whole family.

Pick a date/time that is convenient for everyone who lives in your household to spend some time talking about the internet together.

- Give everyone a chance to discuss their thoughts and feelings about internet use: your own use, within your family, at school, at work, in the world.
- Discuss the positive and negatives of the internet.
- What changes would you like to make as an individual, in your family, in your school, workplace, in society?
- Discuss inappropriate content, contacts and what to do if something happens.
- Do an online search of everyone in the family and discuss

2. Conduct a family internet use assessment.

- Use in-device time tracking apps like Screen Time or a pencil and paper to build awareness of daily or weekly internet use. Create a chart that shows who is using what, when, where, and why and how users feel when they are online. Use this “card” to help.



PROTECT children until they are able to protect themselves.

1. Complete a household digital device inventory.

- The goal is to locate equipment that could give children unsupervised access to the internet. This may include old phones, iPod touch or MP3's, tablets, gaming consoles, etc.
- Get rid of any equipment that you are no longer using.
- Ensure that everything that remains has appropriate parental controls and filtering setup.
 - Find your device on <https://protectyoungeyes.com/parental-controls-every-digital-device/>
 - Install an accessory service like Bark: <https://www.bark.us/?ref=NQ6NM6T>



If you feel it is necessary for your children to have a mobile device, consider non-internet “dumb-phone” alternatives like Gabb: <https://gabb.com/promo/iwise>



- Control the wi-fi coming into your home to limit use and block inappropriate material. (This can be done through your internet provider or a supplemental service like [Gryphon](#).)



2. Create a public internet use area in your home.

- This should be a location where grownups can easily see and hear what children are experiencing so they can intervene if necessary.
- Remove anything that connects to the internet from bedrooms.
- Have an overnight charging station in the kitchen or parent office where all portable devices go to sleep (or parent bedroom if necessary).

PREPARE children to make wise choices, online and off.

1. Practice refusal skills: <https://love146.org/action/online-safety/>
2. Watch “Social Dilemma” or “Childhood 2.0” together as a family and discuss
3. Lookup, review, and preview potential media before approving consumption: <https://www.common sense media.org/>
4. Create a Family Media Use plan together: www.healthychildren.org
5. Create screen-free times/zones in your home (i.e. meals, family activities, 2 hours before bedtime)
6. Learn and Practice reporting skills together:
 - <https://www.internetmatters.org/issues/inappropriate-content/deal-with-it/>
 - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/>
7. Discuss the importance of internet safety with others who care for your kids (grandparents, babysitters, friends, etc.)
8. Connect with like-minded parents/caregivers:
<https://www.facebook.com/groups/parentinggeeks>
<https://www.facebook.com/groups/screenstrongfamilies>



RESPOND appropriately if something happens or you have concerns

1. Consider taking a break from the internet with a Digital Detox: <https://drdunckley.com> has a free guide
2. Make a positive difference outside the home.
 - Support protective policies in schools, worksites, and public places by contacting your legislators and local leaders.

Find out more: www.iWiseLiving.com