

A communication to the SSIS Community

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The internet is a wonderful thing. We can connect with it, create with it, learn from it, and be empowered by it.

It can be inspiring, educational, thought provoking and problem solving.

Well, most of it anyway...

So how can we protect our youngest learners from some of the less inspiring material online?

# C.A.L.M.

## 1. Connect

Connect with your child - ask questions about the content they access and what they do while online.

Find out more about their favourite sites, apps or games - make tech time family time.

# 2. Agree

Negotiate agreements on time spent and sites or apps accessed. You might want to use <u>this form</u> to guide the conversation with your child.

Always remember - it's your device, not theirs.

#### 3. Learn

Learn about some steps you can take to reduce the amount of inappropriate content your child may be exposed to, and read trusted reviews of apps written by parents and educators...

Parents' Ultimate Guide to YouTube Kids

A Parent's Ultimate Guide to YouTube

Parents' Guide for Safe YouTube and Internet Streaming for Kids

YouTube Kids Parental Guide - Google Support

Common Sense Media Reviews

## 4. Monitor & Model

Monitor the amount of time you and your child spend online. Do you model balance in life?

Encourage and model creating and problem solving with technology, as opposed to consuming content.

Stay well with these healthy tips...

Official YouTube 'Stay Well' Playlist
Using the 'Screen Time' feature on Apple Devices
Digital Wellbeing from Google

