



Managing Technology at Home

Parent Technology Training Session 2

Before we get started:

- What are your burning questions?
- What do you really want answered today?

Please take a sticky note and let us know - we will answer them as part of this presentation.



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Parent Technology Training Session 2



Parent Tech Training Sessions

Session 1 - STAYING CONNECTED - 8:15 - 9:15 AM Thur, Sept. 19

- In-depth training on the Link, eNews, Calendars, and SSIS Social Media

Session 2 - MANAGING TECHNOLOGY AT HOME - 8:15 - 9:15 AM Tue, Oct. 22

- Parent strategies for managing technology at home

Session 3 - BITING THE APPLE - 8:15 - 9:15 AM Wed, Nov. 27

- Basic training on the macOS

Session 4 - APPLE CREATIVE PLAYGROUND - 8:15 - 9:15 AM Tue, Feb 25

- A hands on opportunity for parents to explore the exciting technologies our students are using each day at SSIS.


ICT Integration

“Technology at SSIS will have a significant impact on student learning, teacher methodology, and classroom environment now and in the future. This will prepare students to communicate effectively, adapt to a wide range of situations, develop responsibility for their own learning and well-being, and contribute to the global society.”

SSIS ICT Vision



link.ssis.edu.vn



Link
Stay connected

[Log in](#)

Main Navigation

- [After School Activities](#)
- [Handbooks](#)
- [PowerSchool](#)
- [Living in HCMC](#)
- [Tips and Guides](#)
- [Technology Support](#)

Technology Management Tips for Parents

[Home](#) » [MAIN NAVIGATION](#) » [HANDBOOKS](#) » [ICT HANDBOOK](#) » [TECHNOLOGY MANAGEMENT TIPS FOR PARENTS](#)

Setting Limits:

- Set time limit per day for total screen time, and gradually allow the child more control over how they allocate that time.
- Set a specific time, or set of times, when the computer can be used.
- No computer use after a certain time.
- No technology at the dinner table.
- [How to Cut Children's Screen Time? Say No to Yourself First](#)

Developing Time Management:

- Daily work schedule planning
- Use a kitchen timer to help students understand how long they've been online. Set a reasonable amount of time, and put the computer away afterwards. It only takes a few times with this technique before the amount of time becomes routine.
- Make use of apps that help build time management skills like:
 - [Self Control](#)
 - [How to Learn Time Management with the Pomodoro Technique](#)
 - [Pomodoro Techniques with a Mac](#)
 - [Pomodoro App from iTunes \(free\)](#)
 - [Study Buddy App from iTunes](#)
 - [Impetus App from Android Store \(free\)](#)

MANAGING TECHNOLOGY AT HOME

Session Goals

- Share insights on the digital life of students
- Understand the need for balanced technology use
- Recognize how existing parenting skills can be applied to digital situations
- Share practical strategies for parents

Speakers Intro

David Perkin - ICT Director

Dave Curran- Elementary School Instructional Coach for Technology

David Rynne - Middle School Instructional Coach for Technology

Thomas Galvez - High School Instructional Coach for Technology

David Carpenter - Elementary School Counselor

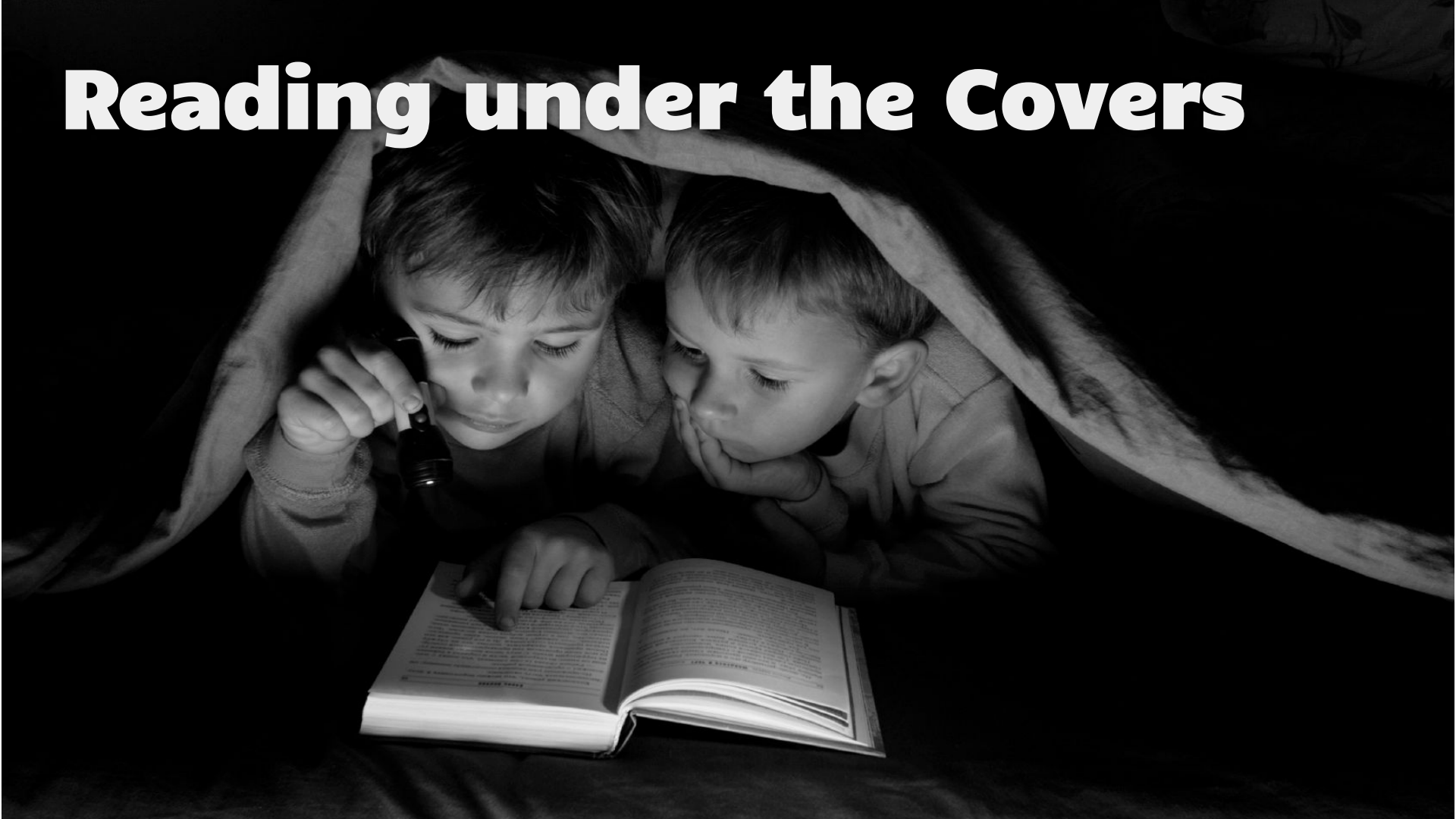


...or is it?

Chatting on the Phone



Reading under the Covers





Watching TV

Passing Notes





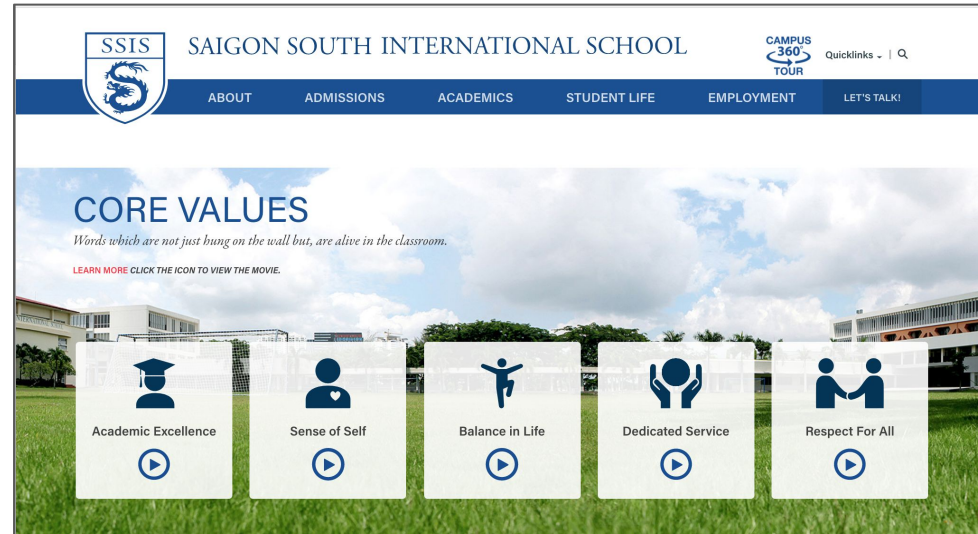
is the difference

...really just visibility?



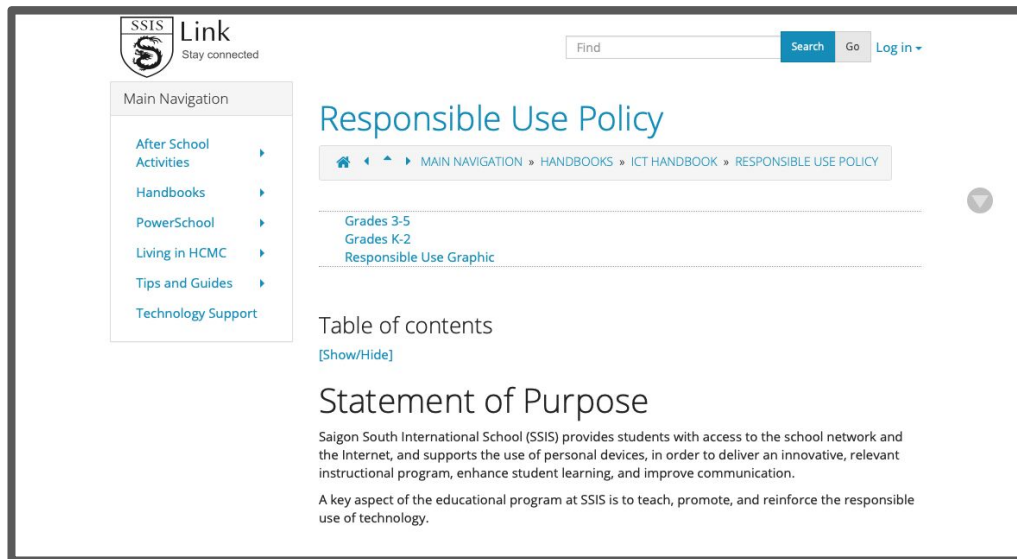
School Structures

- **Core Values**
- Responsible Use Policy
- SSIS ICT Standards
- Digital Citizenship
- Orientation Days
- Boundaries
- Balance



School Structures

- Core Values
- **Responsible Use Policy**
- **SSIS ICT Standards**
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The screenshot displays the SSIS Link website interface. At the top left is the SSIS logo with the text "Link Stay connected". To the right is a search bar with "Find" text, a "Search" button, a "Go" button, and a "Log in" link. Below the logo is a "Main Navigation" menu with the following items: "After School Activities", "Handbooks", "PowerSchool", "Living in HCMC", "Tips and Guides", and "Technology Support". The main content area is titled "Responsible Use Policy" and includes a breadcrumb trail: "MAIN NAVIGATION » HANDBOOKS » ICT HANDBOOK » RESPONSIBLE USE POLICY". Below the breadcrumb is a list of links: "Grades 3-5", "Grades K-2", and "Responsible Use Graphic". Further down, there is a "Table of contents" section with a "[Show/Hide]" link, followed by a "Statement of Purpose" section. The "Statement of Purpose" text reads: "Saigon South International School (SSIS) provides students with access to the school network and the Internet, and supports the use of personal devices, in order to deliver an innovative, relevant instructional program, enhance student learning, and improve communication. A key aspect of the educational program at SSIS is to teach, promote, and reinforce the responsible use of technology."

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Role Models



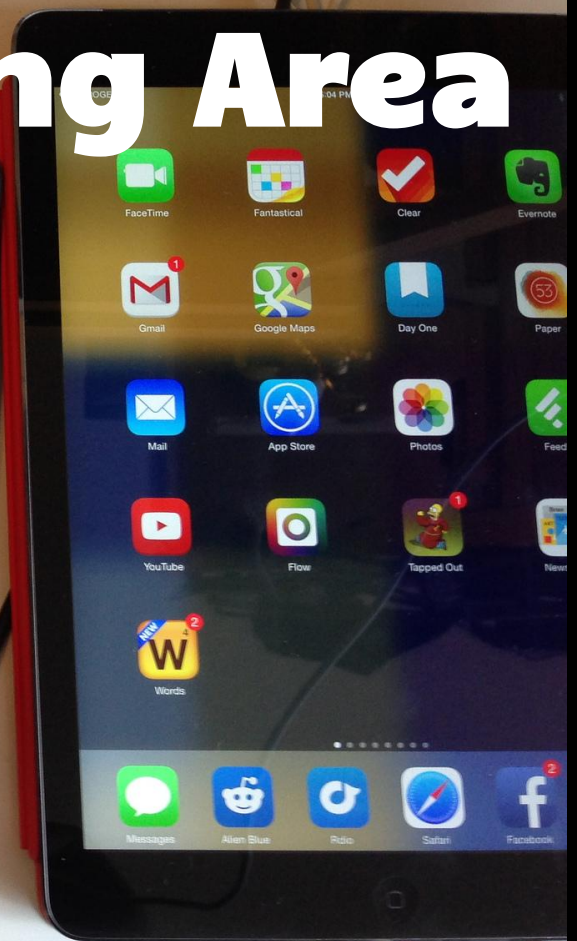
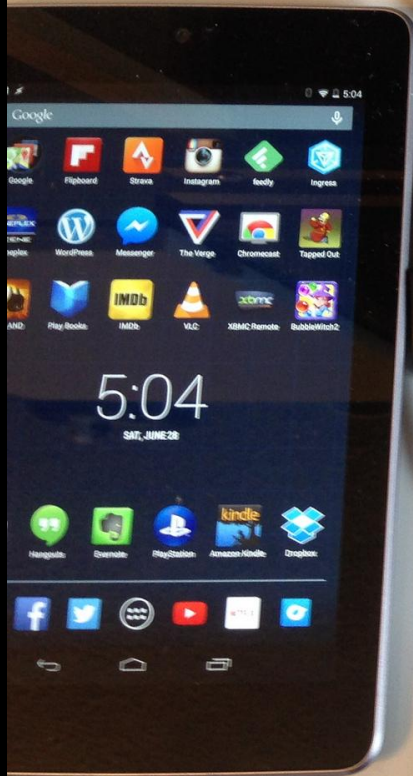


Simple Parenting



Strategies

Central Charging Area



Charge Station by velkr0 on Flickr

Public Study Area



Set Time Limits



Media Agreements



Image licensed from Shutterstock

WHAT IS A FAMILY MEDIA USE PLAN?

A Family Media Use Plan helps parents balance their children's online and off-line lives. Because every family is different, the American Academy of Pediatrics has a new tool to help you create a personalized plan that works within your family's values and busy lifestyles.



Younger Than 1½ to 2 Years

Avoid media use (except video chatting).

Preschoolers

No more than 1 hour per day of high-quality programming

Grade-schoolers & Teens

Don't let media displace other important activities.

- 1 hour of exercise daily
- Family meals
- A full night's sleep
- "Unplugged" downtime

All Ages

Co-view media with your kids (enjoy it with them) to help them learn from what they are doing, seeing, and saying online.

Be their media mentor!

Create your family's plan at [HealthyChildren.org/MediaUsePlan](https://www.healthychildren.org/MediaUsePlan).

By creating a Family Media Use Plan, parents can help children and teens balance their media use with other healthy activities.



Learn more and create a personalized Family Media Use Plan at [HealthyChildren.org/MediaUsePlan](https://www.healthychildren.org/MediaUsePlan).

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From the American Academy of Pediatrics

American Academy of Pediatrics



MARCH MEDIA MENTOR MONTH



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

"True screen wisdom is about relationships. It's about the kinds of connections we can have with one another. It's about trust. And balance."

- Devorah Heitner

1

Share your favourite YouTube video with your child. What is their current favourite?

2

Get your child(ren) to show you one thing they've created on their device this week.

3

FaceTime a relative with your child(ren). You might need to use the world clock feature to calculate different time zones.

4

Play a video game with a family member.

5

Check your child(ren)'s YouTube settings and help them change to [Safe Search](#).

6

Talk to another parent about digital guidelines in their household.

7

Have a conversation with your child using only emojis.

8

Explore "Do Not Disturb" mode with your child and agree on when and how to use it.

9

Create a family playlist of songs to listen to over the weekend or for a family event. Explore [Spotify](#), [Apple Music](#) or [Amazon Prime Music](#).

10

Ask your child what their favourite video game is and why. Have you played it with them? If not, why not give it a go?

11

Pick out a new app from the app store to explore with your child.

12

Ask your child about which of your digital behaviours bothers them the most.

13

Schedule 30 minutes with your child with all devices turned off.

14

Take a selfie with your child. You might want to try out [Snapchat](#) or [Instagram](#) filters just for fun!

15

Send a digital thank you message to someone you care about.

16

Teach yourself one new thing that you can do online and share it with your child.

17

Do a Google Search of your name. Are you surprised by what you find?

18

Seek your child's permission before sharing a photo of them on social media.

19

Get your child to teach you how to do something new on your phone/device.

20

Have a discussion with your partner about how to talk to your child(ren) about online pornography in an age appropriate way. [This resource](#) might help.

21

Take a slow-motion video of your child engaged in some sports activity - or even a simple jump shot!

22

Learn a new skill with your child by watching instructional YouTube videos ([like this 12-year old](#)).

23

Model how you search for something online. Share strategies you use if something inappropriate comes up.

24

Listen to a podcast with your child. [Check out suggestions here!](#)

25

Make a digital photo slideshow to help remember a fun family activity or event.

26

Write down three things you are grateful for that mobile devices make possible.

27

Search for a new recipe and make it with your child. Try [Pinterest](#) or [Yummly](#) for hundreds of options.

28

Have a family discussion about online/in-app advertising. What is the cost of "free"?

29

Find one way to help someone else using your device and do it.

30

Look up the laws for digital streaming in the country you live in & have a family discussion. Then watch a movie together - legally!

31

Take a photo walk around your neighbourhood, capturing your favourite places. The free book [Stories Through the Lens](#) has loads of great tips.



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Digital Copies



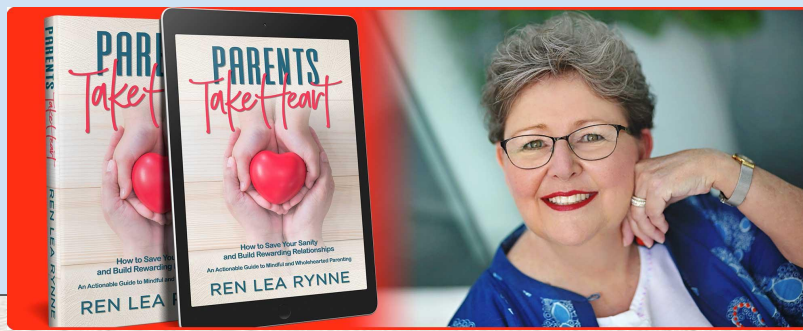
<https://tinyurl.com/hometechresources>

**Outside of school work,
how long should
students use their
devices at home?**

**How can we monitor
what other iPad apps
students are using
outside of their
learning?**

Questions





Are you a **DISHEARTENED PARENT?**

Kids not listening or cooperating?
Are the constant power struggles getting you down?
There must be a better way, right?!

TAKE HEART
This book is your
Holy Grail

Feedback Form



<https://tinyurl.com/S2PTT2019>

Digital Copies



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