OXFORD LEARNING

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Technology Checklist

For Parents

☐ Keep the computer in a public space if possible.

☐ Check the computer search history frequently.

☐ Go over online safety rules with kids. The basics: never use your real name, never give out your address, stick to familiar sites, ask permission before signing up or creating new accounts.

☐ If it's good for some to regulate their online time, it's good for all. Create online guidelines that everyone in the house follows, including you.

☐ Challenge your kids to think actively about how and why they are using media. Is the laptop used for research for school? Are cell phones mainly to connect with peers?

☐ Encourage balance—it's important to make "unplugged" activities part of the entire family's daily routine. Again, it's necessary to lead by example: when you take part in hobbies, it becomes a reasonable expectation that kids step away from the screen to engage their other interests too.

☐ Log out before you nod off—some studies show that technology usage before bed can impair sleep. That means logging out and shutting off all gadgets—TVs, laptops, iPads, video games, etc.

☐ Build Media Literacy—Have kids take note of where information comes from and ask them to analyze the quality of one site or another. Ask: Who created this site? Who wrote it? Can it be verified elsewhere? Media literacy is a skill that becomes increasingly important as kids age.