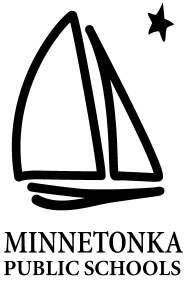


Easy Ways to Keep Things Positive



On a Spring 2017 survey, over 500 Minnetonka parents were asked about the appropriate age to give a child a cellphone with internet access: 10% stated grade 5, 39% stated grade 6, 29% stated grades 7-8, and 16% stated grades 9-10. Parents were also asked what grade level they think it is appropriate to begin social media tools like Instagram, Snapchat, and Twitter: 4% stated grade 5, 54% middle school, and 30% grades 9-10.

We recognize that our students are using personal devices more and more to communicate through text, images and social media. Whatever you decide, we'd like to partner with you in a proactive manner. We certainly can't be with our children constantly to monitor their use of technology, but we can help them learn to make good choices and discuss what to do when they text, call, and post images and messages. Parents can use tools to help limit children's time on entertainment technology and exposure to inappropriate content. Below is some information that we hope helps you to begin or continue conversations with your child. We hope to minimize incidents of inappropriate use that we occasionally deal with at school.

Setting Up Restrictions

School iPads have **Restrictions** pre-set. Did you know you can set up **Restrictions** on your child's personal phone/tablet/iPod, too? On both Apple and Droid devices, **Restrictions** allow you to limit web content (on iPod/iPad/iPhone), app installs, purchases, ratings for movie, apps, explicit language, and much more. On an Apple device go to Settings > General > **Restrictions** and click Enable Restrictions. You will be prompted to create a four digit code separate from your child's screen lock. Once the code is created, scroll through the different settings and adjust rating and content settings as needed. Don't share the code; select a code your child won't guess.



Helpful Strategies for Minimizing Inappropriate Content

45% of Minnetonka parents have a filter on their home WiFi. School iPads come with a filter built in, no matter where your child surfs the Internet. You can also set up a home WiFi filter, such as OpenDNS, for any personal devices (laptops, desktops, phones, tablets) with Internet connections. It allows parents to filter websites based on content. Go to www.opendns.com and click on OpenDNS Basic to set up a free account. Another option is to buy a WiFi router with parental controls built in already, such as NetGear.



28% of Minnetonka parents have a filter on their child's smartphone. Don't forget that smartphones have unfiltered cellular connections and don't need WiFi to access the Internet. Curbi is a great product to filter children's iPhones/Droids, set rules for off times, and monitor daily usage. It costs \$7/month. More instructions can be found on the District website at goo.gl/h47o76



Safe Search Settings in YouTube

Turn on the free tools within YouTube on your home computer and child's phone to activate stricter filters on video searches and eliminate inappropriate comments. At the bottom of the page, click on Safety and change the setting to Safety: On. Find more info on the District website at goo.gl/h47o76



Safe Search Settings on Google

Turn on free tools within Google to activate stricter filters on web and image searches. Go to google.com/preferences to turn this on as well as lock it with a password for the web browser on each of your child's devices.



Model the Behavior You Expect

42% of Minnetonka parents keep digital devices out of kids' bedrooms overnight. Our children see how we use technology. Modelling appropriate use is very powerful! Establish screen-free zones like bedrooms and the dinner table. Students are taught the T.H.I.N.K. process at school; use the same language at home. (Only post if it is Truthful. Helpful. Inspiring. Necessary. Kind.) Before allowing your teen to purchase or download an app, check its ratings and reviews on Common Sense Media (goo.gl/NcekbL) just as you would do for movies. Find more info on the District website at goo.gl/h47o76