

## Notes on Paul Sanfrancesco's Talk to SKS Parents/Faculty – March 13, 2018

### Grades KG – 4 Talk

- Never click on something that you know might be inappropriate
- Take pictures/ videos only with permission of others. Never take a picture of anyone w/out their express permission.
- Never give your Password to anyone
- Never “friend” with anyone on line that you do not know.
- Never pretend to be someone else on line
- You should be 13 years of age or older to be on Instagram Snapchat etc.

### Grades 5-8 Talk

- Everything with grades KG-4 above applies to these grades.
- Social media can save a life or ruin a life.
- **If you see something that is inappropriate or harmful to you or another person.**
  - **Resist joining on something that is hurtful**
  - **Tell the person to take it down**
  - **SEE SOMETHING; SAY SOMETHING.**
  - **Save it and show it to a trusted adult if you do not know what to do.**
  - **Be an upstander (not a bystander ) for people that are attacked online**
- Avoid the addiction to social media. Monitor your screen time. Shut it down one hour before you go to bed. Research shows the screen lighting is a stimulation and affects the sleep process. If you are online during sleep time you are interfering with your ability to function well the next day.

- If you are sent an inappropriate picture or video you must report it immediately to an adult. Anything found on your phone you can be held responsible for, so you need to take action.
- The excuse of “I was only joking or kidding around” or I didn’t mean to ....” is NOT acceptable.
- If you were interviewed for acceptance into a school or for a job would the interviewer see the same person on line as in the interview? Many young adults have lost jobs offers because of what they posted on-line.

### **Talk to SKS Parents/Faculty**

- Monitor your child’s screen time. It needs to be limited. This includes all tech tools: iPads, phones, laptops, Xbox gaming etc.
- Use social media in a positive way to promote good and positive actions. What does a good digital post look like? Something you would be proud to show to our grandparents/parents. Pope Francis is a great example of someone using usual media to promote all that is good.
- What you post represents you, your family and your school community, team etc.
- Parents and teachers must model what a good digital footprint should look like. Take a look at what we post and say online. Is it appropriate?
- Your children live in an unfiltered world despite your attempts to block many things. The key is developing a dialogue of trust early on. It’s almost impossible to block them from everything. Taking technology away and locking it up is only a short term answer as you cannot keep them away from it forever. There has to be an on-going dialogue between you and your children about what is right and wrong about social media.
- The age of social media has promoted a self- centered “look at me” aspect. It can promote “FOMO” (fear of missing out) and causes exclusion either intentionally or unintentionally. Group chats can be harmful exclusionary and promote hurtful behavior.
- Social media posts require common sense, self-discipline and character. There needs to be a filter of what is appropriate.

- Ten students who were accepted into Harvard last fall never even made it to the start of school. They were dismissed from school before they even started because of things they posted on line that were not acceptable
- Collect your child's phone at night before they go to bed. Don't let them tell you they need it for the alarm clock.
- Your children need to ask themselves: Is my digital footprint a positive one?
- Everything that is posted on line is there and can be retrieved – Delete doesn't mean it's gone. Nothing is ever deleted.
- Parents need to be aware of fake accounts like "Calculator" and "Finstagram" and others where children hide things. Any *app* that is anonymous is NOT a good app for your child.
- Adolescents react to peer pressure and not wired to make right decisions. There are real life consequences with inappropriate posting on line. Adolescents need to "police" themselves as to what is posted on line.
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- Fake news is another issue with on line. Children need to check facts on things to verify what they read. Fact vs Opinion.
- **Any threatening words on line are taken seriously by law enforcement. The excuse of "I was only kidding or joking" is not okay or accepted. Repeat: "SEE SOMETHING; SAY SOMETHING."**
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