

# Family Technology Boundaries:

## General questions to answer –

- How much time per day/week will various technologies be allowed?
- Can social media be accessed from all devices?
- What should children do if they encounter problems/issues/inappropriate content?
- Who gets administrator rights? Are passwords shared?

## Common sense advice for social media:

- Important messages should always be delivered face-to-face if possible! Consider the pain of a boyfriend breaking up with you via text message.
- Ask yourself if you would say the same thing in person.
- What you intend to send to one person may easily end up on the screens of many. Be mindful that your texted messages and photos can be forwarded.
- Phones are subject to periodic text reviews from parents. No deleting texts.
- Remember that neutral messages are often perceived as negative.
- Don't say bad things about people.
- Don't gossip.
- Stay positive.
- Never share personal information (age, birthday, school, sports teams, clubs, church, email, phone number)
- Never "friend" large number of people especially people they do not know in real life
- Never post "location based content" that tells people where you are
- Never post or share Sexually provocative images

## Texting:

- Driving and texting are never okay. If it's an emergency, then pull over.
- Don't text or check text messages in the midst of a conversation, when someone wants to talk to you.
- Be respectful when a parent asks you to put your phone down.
- Always promptly answer texts from parents.
- Think before sending your text message.
- Don't send a text that you wouldn't want to receive. Do not text when you are mad or having a fight.

- It is not good manners to text while with a group of friends. It may make others feel excluded and is simply not polite. If it's an emergency, that is, of course, a different ball of wax!
- Limit how many texts you send out. Consider calling your friend if you are texting 10 times or more.
- Make time to call friends; its good communication practice and develops closeness.
- Appropriate times to text:
  - Limit to no more than ½ hour a day during the week
  - Weekends, more leniency – cannot impede family time, homework and sleep
  - No texting during homework unless used for collaboration and help
  - No texting during school hours
  - No texting after you go to bed (leave phone in living room)
  - No texting during family functions

## Parent App “Glossary”

Here are a number of the apps, programs, websites that parents should be aware of and watch out for on their children’s phones:

- **Twitter** – microblogging, 140 characters
- **Instagram**
- **Snapchat**
- **Tumblr** – streaming scrapbook of pictures, text, video, create “tumblelogs” that can be seen by anyone if made public. Porn is easy to find, privacy is difficult, posts are often copied/shared.
- **Google +**
- **Vine** – post & watch 6 sec video clips, owned by twitter
- **Wanelo** – (want, need, love) – combines shopping, fashion and social networking
- **Whisper**- social “confessional” app, lets users post whatever is on their minds, often sexual, anonymous
- **Kik messenger** – app based alternative to texting, easy to copy all, allows communication w/strangers, community blog, teens use real names
- **Oovoo** – free vide0, voice, messaging app. Group chats
- **Yik Yak** –free location based, post anything you want anonymously, distributed to nearest 500 people
- **Ask.fm**
- **Whats App** – send texts, audio/video, photos, must be 16+, encourages to add strangers
- **Omegle**
- **Yo-** send “yo” to family/friends, target for hackers

**Ghost Apps/Vault Apps** – these are apps that can be put on to a phone to conceal content from other users.

- Secure Vault for Apple – use encryption and passcodes to lock away files. Without the secret code folders can be locked away from parental view.
- KeepSafe – another app to lock away photos. If someone tries to break in without the proper security code the app captures photo from the front facing camera
- Calculator% - File vault. App works like a normal calculator but when the user enters “period period” a hidden menu appears. Users can store files, documents, photos. It also has an “emergency” button that loads the adding machine back onto the screen.
- LINE – messaging app capable of sharing videos and photos as well as free texting & video chat. App includes purchases that can surprise parents on their credit card. App claims parental permission but no way to verify.
- BurnNote – Messaging app where users exchange secret messages. Sends links to any user even if not using the app

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Rules to consider –

- Amount of time
- What devices are allowed
- What to do if you encounter problems/issues/inappropriate content
- Who gets administrator rights? Sharing passwords?

Social Media & Gaming monitor:

- Age appropriate content
- Posting location based content

- Sexually provocative images
- Negative content about students/friends/family members
- Personal information (age, birthday, school, sports teams, clubs, church, email, phone number)
- “friending” large number of people – esp. people they do not know in real life

#### PHONE MONITORING SOFTWARE –

<http://www.androidtapp.com/catch-me-if-you-can/>

<http://www.e-spy-software.com/>

<http://www.teensafe.com/>

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