

Empowering Children Online

DIGITAL
RESPONS  BILITY4

EDUCATE • INFORM • EMPOWER



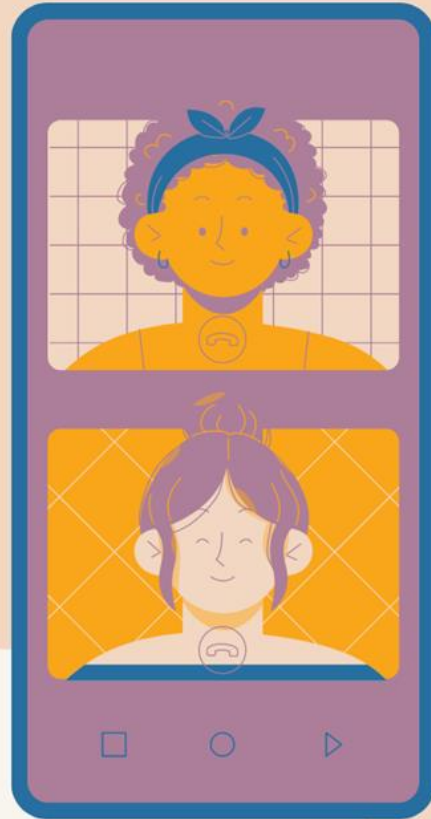
**HOW CAN WE HELP
OUR KIDS FEEL
EMPOWERED TO
MAKE GOOD
CHOICES WHILE
ONLINE?**



- **Accept and understand that the internet isn't inherently bad**
- **Help kids to understand it's okay to say NO and that there's always another choice**
- **When something makes them feel uncomfortable or is inappropriate, what should they do?**

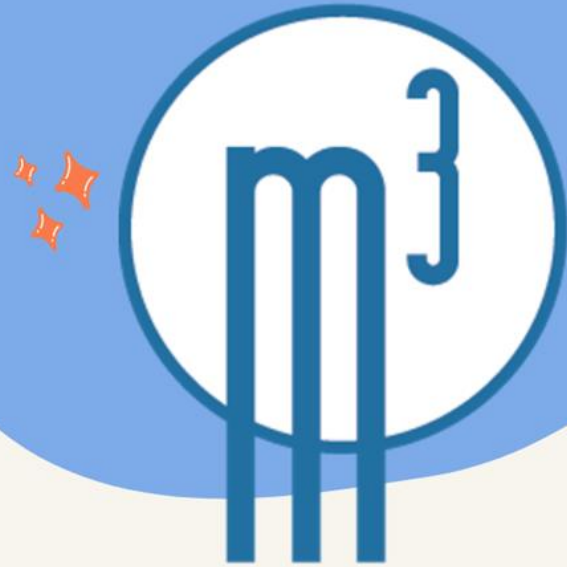


TEACH THEM HOW TO BLOCK AND REPORT



ENCOURAGE THEM
TO LEAVE GAMES,
APPS, ETC.

OKAY TO SET
BOUNDARIES



The 3 M's of DIGITAL PARENTING



**MODEL
MANAGE
MONITOR**

WHERE CAN YOU REPORT INTERNET CRIMES AND OTHER SUSPICIOUS ACTIVITY?



**National Center for Missing and
Exploited Children**

<http://api.missingkids.org/home>



FBI's Internet Complaint Center

<https://www.ic3.gov/complaint/default.aspx>



**National Human Trafficking
Hotline**

<https://humantraffickinghotline.org/report-trafficking>



Help Kids Know When to Turn it Off

2 LET'S PRACTICE

Give each person a head-to-toe “scan” to identify different sensations within their body.

Use a wand or stick to point out different areas as you scan. What sensations do you feel right now?

YOUR MIND

(busy, quiet, tense, worried, confused, calm, or thoughtful?)

YOUR BREATH

(fast, slow, long, short, deep, or shallow?)

YOUR TEMPERATURE

(hot, cold, warm, cool, or sweaty?)

YOUR HEART

(loud, soft, fast, slow, tight, pounding, or gentle?)

YOUR STOMACH

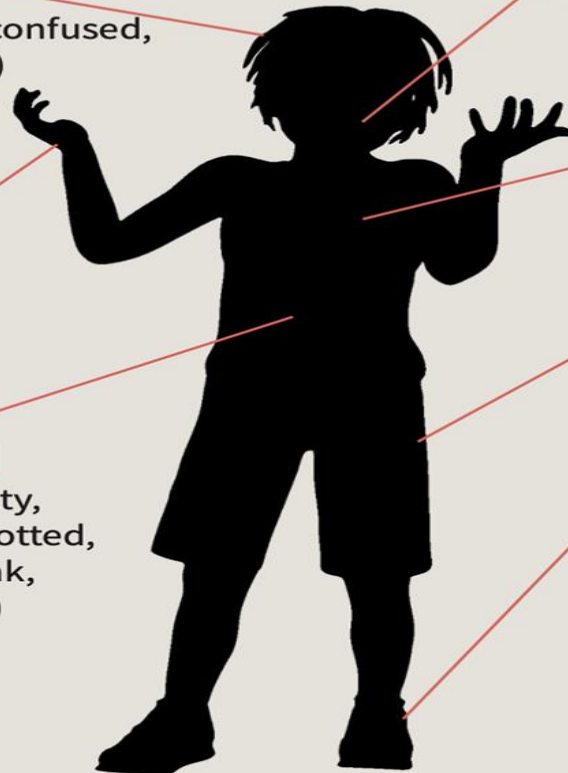
(hungry, full, thirsty, butterflies, tense, knotted, calm, strong, weak, heavy, or light?)

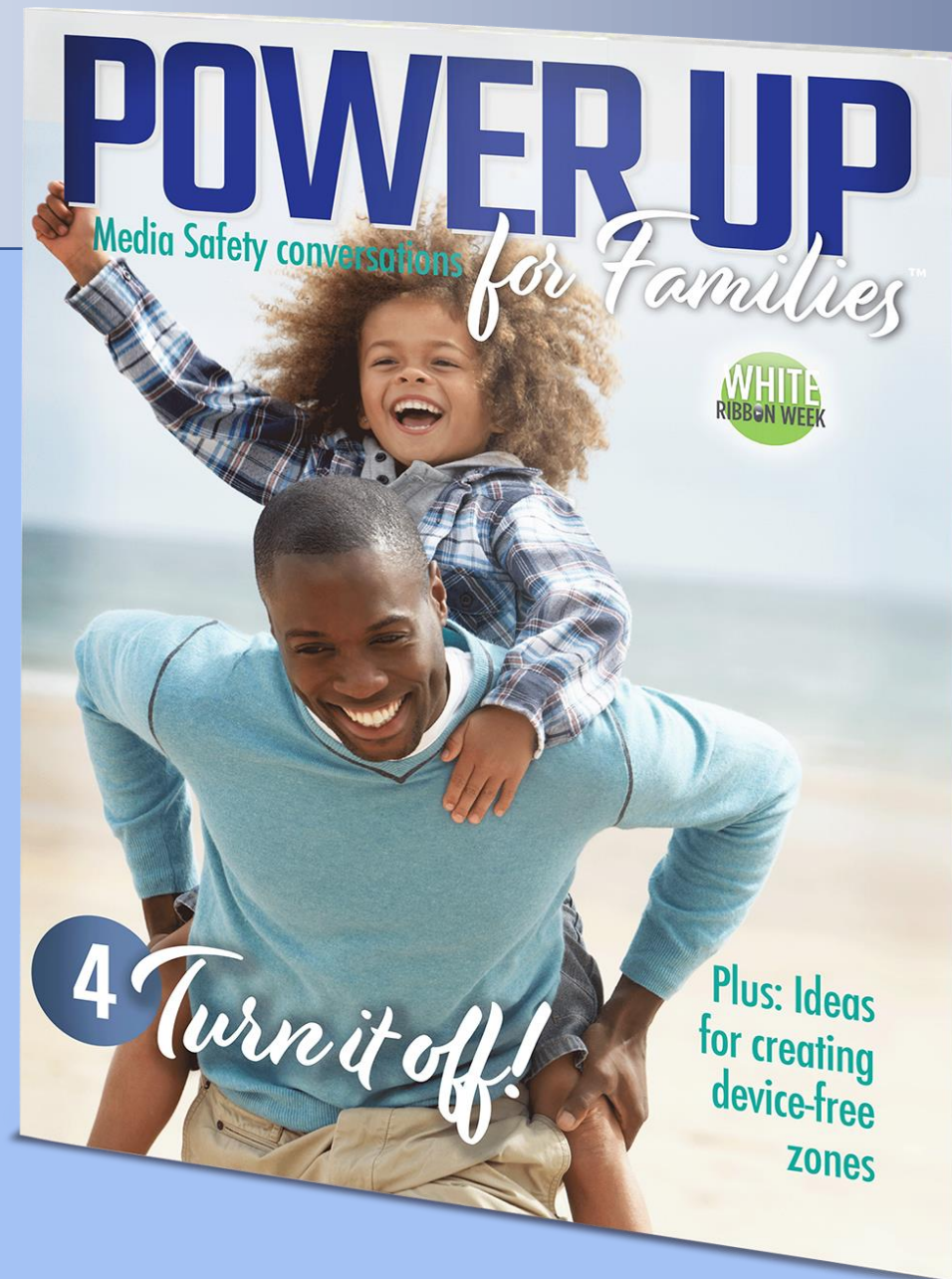
YOUR MUSCLES

(tense, calm, antsy, tired, sore, tight, or relaxed?)

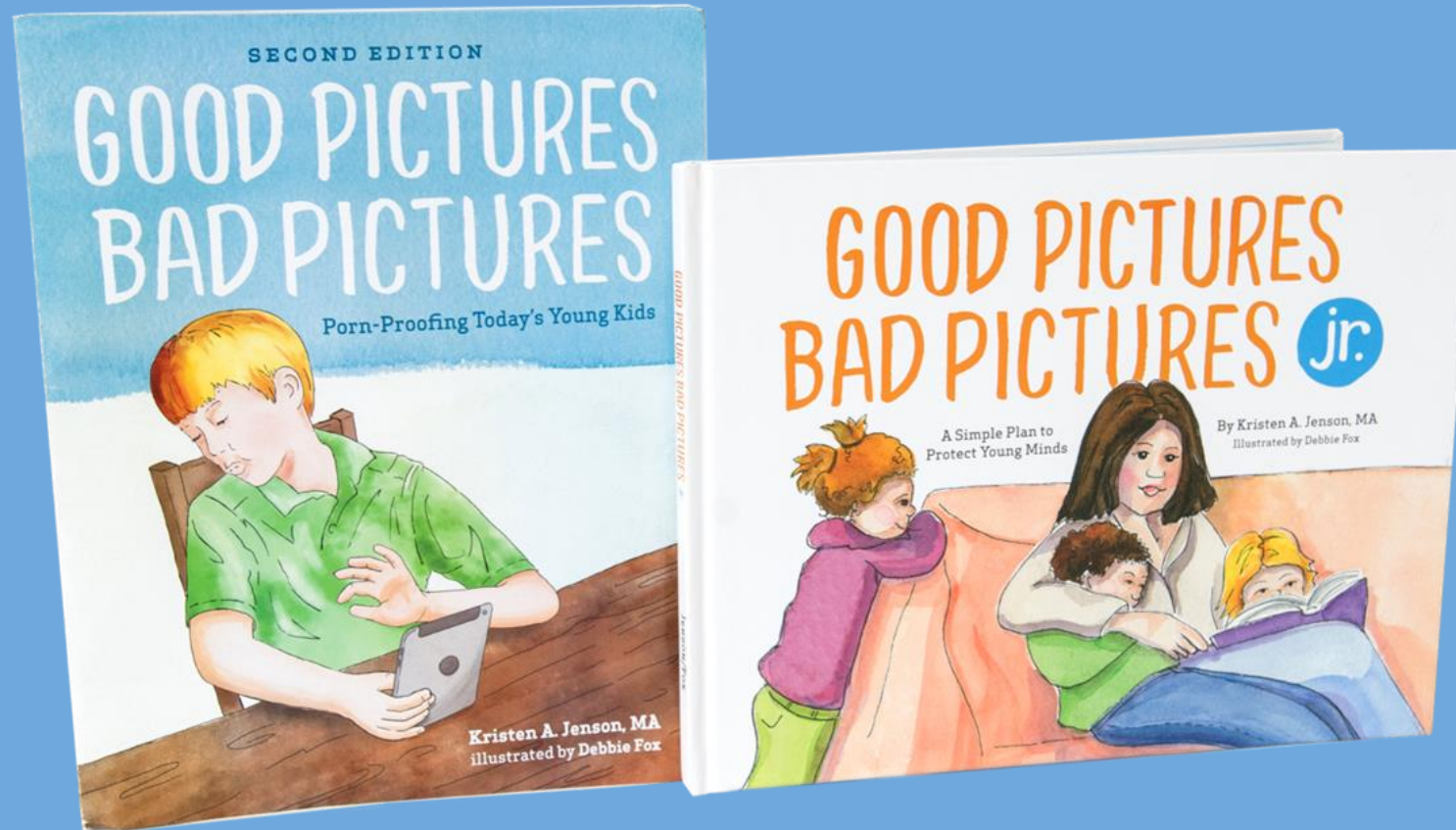
YOUR ENERGY

(antsy, wiggly, excited, tingly, playful, peaceful, alert, calm, tired, lazy, frustrated, cranky, nervous, or tense?)





“Good Pictures Bad Pictures” Books



Books may be purchased on Amazon or
protectyoungminds.org (click on Books tab)



How We Help ▾

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Good Pictures Bad Pictures Books

Why should you talk with your children about pornography? Because otherwise someone else will! The Good Pictures Bad Pictures series of read-aloud books can make a difficult conversation easy!



Brain Defense is based on prevention research



brain defense®
DIGITAL SAFETY



**Arm every kid with
a safety plan for
thriving in the
digital age.**

Offer your students, age 8-12, an engaging, video-based curriculum to keep them safe from cyber-bullying, pornography and internet addiction. Brain Defense arms kids with safe technology habits to protect their growing minds.

Learn more at BrainDefense.org



Legislation Passed in Recent Years for Digital Citizenship, Digital Safety, and Digital Wellness

HB72S2 - Device Filter Amendments **Sponsor: Rep. Pulsipher** **Passed in 2021**

Requires a tablet or smartphone sold in the state, and manufactured after January 1 of the year this law takes effect, automatically enable a filter capable of blocking material that is harmful to minors.

Allows adults to deactivate the filter after purchase.

This bill does not go into effect until after five other states pass similar bills.

Can bring a civil action against the manufacturer if a minor accessed material that is harmful to minors.



Legislation Passed in Recent Years for Digital Citizenship, Digital Safety, and Digital Wellness

HB38 School Technology Amendments

Sponsor: Rep. Seegmiller

Passed in 2021


This bill requires digital resources provided by UETN, to Utah's public schools to block obscene or pornographic material.

A digital resource provider's failure to comply with this bill after receiving notice is a breach of contract.

Requires that UETN to enter into contracts with digital resource providers that comply with the provisions of this bill.



Legislation Passed in Recent Years for Digital Citizenship, Digital Safety, and Digital Wellness



HJR 9 Joint Resolution Calling for an Application Ratings Board
for Internet Ready Devices
Sponsor Rep Pulsipher
Passed 2020

Helps the family to have a tool to have an accurate and independent rating system for apps.

Calls on the United States Congress to recommend that vendors and distributors of applications establish an independent application ratings board, comprised of industry representatives, child development, child protection and internet safety subject matter experts to:

enforce consistent and accurate age and content ratings of applications on internet-ready devices and calls on technology companies to ensure the implementation of user-friendly and streamlined parental controls on devices used by minors.

Legislation Passed in Recent Years for Digital Citizenship, Digital Safety, and Digital Wellness

HB372 Digital Wellness, Citizenship and Safe Technology Commission Sponsor: Rep. Stratton Passed 2020

This bill created the Digital Wellness, Citizenship, and Safe Technology Commission to advance the goal of training every student in healthy behavior related to technology use.

The commission is to:
Identify best practices and compile resources for training students in healthy behavior related to technology use; and

Report to the Education Interim Committee and the State Board of Education on efforts related to delivering training in healthy behavior related to technology.



Legislation Passed in Recent Years for Digital Citizenship, Digital Safety, and Digital Wellness



**HB213 - Safe Technology Utilization
and Digital Citizenship in public
schools.**

**Sponsor: Rep Stratton
Passed: 2015**

Requires a school district or charter school that purchases educational technology to ensure that adequate on and off campus internet filtering is in place. Requires a school community council to fulfill certain duties related to safe technology.

How can you help advocate for children statewide?

Join Utah PTA Legislative Advocacy Committee (LAC):

-Meets monthly (fourth Wednesday) during the school year and weekly during the legislative session on Wednesdays 12-2 p.m.

Eligibility:

Member of Utah PTA

Sign Conflict of Interest Agreement

Sign Code of Ethics Agreement

Sign up for Utah PTA Take Action Alerts:

Email :

LeAnn Wood, Advocacy VP
leann@utahpta.org

How can you help advocate for children statewide?

Join the Utah PTA Digital Citizenship Committee

Meets approximately four times per school year.

- Can help with Utah PTA Tech Tuesday
- Can help with student digital contest ideas
- Can just come listen and learn from those helping to educate children in digital wellness, digital safety, and digital citizenship.
- If interested email Linda Zenger at digitalcitizenship@utahpta.org. We'd love to have you join us.

Follow Utah PTA



Facebook

Groups you can join:

- Utah PTA Advocacy
- Utah PTA Super Secondary
- Utah PTA Excellent Elementary
- Utah PTA Treasurers
- Utah PTA Reflections
- Utah School Community Councils



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Pinterest



YouTube



Instagram

Utah PTA One Voice App

Sponsors

