Credible Resources to Navigate Appropriate Media

branch out

General Technology Resources

Digital Empowerment Resource

https://thrive.psu.edu/for-professionals/resources/download/digital-empowerment/

This Digital Empowerment resource provides a background of what digital citizenship is. In addition, it offers activities and resources that can be used by a professional or the parent to speak with children and youth about media use and communicate the importance of good digital citizenship.

Common Sense Media

https://www.commonsensemedia.org/

Common Sense Media provides families and schools with reliable information about digital content that is available to children. The organizations mission is to "ensure digital well-being for kids everywhere." Common Sense Media is trusted by health and education policy makers to give honest feedback on what technology can offer, and what could potentially harm, children. Common Sense Media offers parents a variety of services including articles that can help you help your teen navigate digital arenas.

HealthyChildren.org

https://healthychildren.org/english/family-life/media/Pages/default.aspx

HealthyChildren.org, a website supported by the American Academy of Pediatrics, helps keep parents informed about important health topics. All information is presented by health experts and supported by current research. The section of the HealthyChildren.org website given here contains numerous articles to help you navigate different technologies with your child.

Social Media Resources

Family Online Safety Institute (FOSI): Good Digital Parenting

https://www.fosi.org/good-digital-parenting

FOSI is an organization that identifies and communicates best practices and offers tools to promote healthy digital usage by families. The Good Digital Parenting section intends to help parents and caregivers help their family in the digital world. The site offers many articles and tools, such as a tool that lets you select a specific social media platform and helps you learn more about how teens interact with that platform.

Social Media Test Drive

https://socialmediatestdrive.org/for_parents.html

Social Media Test Drive prepares and educates teens on what the social media experience will entail. Consisting of several modules, the curriculum contains technical topics such as privacy settings, managing passwords, and creating online identities. It also discusses some of the digital citizenship topics, such as bullying, how to make social media a more positive experience, and healthy social media habits.

Cyberbullying

Centers for Disease Control and Prevention (CDC): Technology and Youth: Protecting your Child from Electronic Aggression (Tip Sheet)

https://www.cdc.gov/violenceprevention/pdf/ea-tipsheet-a.pdf

This tip sheet, offered by the CDC, gives parents and caregivers advice on how to protect their child from online bullying. Ways to identify the problem, examples of the problem, and ideas on how to avoid or solve these situations are provided. The tip sheet is a place for parents and caregivers to begin, or continue, understanding cyberbullying.

StopBullying.gov

https://www.stopbullying.gov/cyberbullying/what-is-it

StopBullying.gov provides information and resources to help you and your child learn about, and combat, bullying. One hotspot for bullying is social media. "What is cyberbullying" is the first component of a series that helps you, and your teen, understand the situation and what can be done.