NEWSLETTER February 2013

Adapted from healthychildren.org (AAP)

1. “Friend” your children
2. Talk to them about using Facebook
3. Keep control over internet use:
   1. Where it’s used
   2. When it’s used
   3. Privacy settings
   4. Parent controls
4. Talk to other parents about how they work with their kids around internet use
5. Don’t “spy” on your kids – let them know that you want to be aware because it can be dangerous to them and to others. Let them know when you will be checking posts / texts.

1.

2.

3.

4.

5.

Talking to Kids and Tweens About Social Media and Sexting

Part 2: Texting / Sexting

As we continue looking at this issue of social media and texting, this month, I’m offering some tips on texting. More information is available at healthychildren.org, the Peninsula website, or by talking to Mrs. Gapp, Mr. Harkness, or me.

* For all ages, emphasize that everything sent over the Internet or a cell phone can be shared with the entire world, so it is important they use good judgment in sending messages and pictures and set privacy settings on social media sites appropriately.
  + Discuss with kids of every age what “good judgment” means and the consequences of poor judgment, ranging form minor punishment to possible legal action in the case of “sexting” (see below) or bullying.
  + Remember to make a point of discouraging kids from gossiping, spreading rumors, bullying or damaging someone’s reputation using texting or other tools.
  + To keep kids safe, have your kids and teens show you where the privacy features are for every Facebook account they are using. The more private, the less likely inappropriate material will be received by your child, or sent to their circle of acquaintances.
  + Be aware of the ages of use for sites your tweens and older elementary school kids want to use, including game sites such as ‘Club Penguin’ and ‘Webkins.’ Many sites, including Facebook, are for age 13 and older, and the sites for younger kids do require parental consent to use.
* Show your kids you know how to use what they are using, and are willing to learn what you may not know how to do.
* Create a strategy for monitoring your kids’ online Facebook, and be sure you follow through. Some families may check once a week and others more sporadically. You may want to say “Today I’ll be checking your computer and cell phone.”  The older your kids are, the more often you may need to check.
* Consider formal monitoring systems to track your child’s email, chat, IM and image content. Parental controls on your computer or from your Internet service provider, Google Desktop or commercial programs are all reasonable alternatives.

Check chat logs, emails, files and social networking profiles for inappropriate content, friends, messages, and images periodically.  Be transparent and let your kids know what you are doing.

I also want to salute all of our 75 current **SELF MANAGERS!!!** Mrs. Gary & Mrs. Gardner are tied for having the most PSM-ers, with 12 each. I’m getting ready to close the application window and set up for the field trip in June! How many more will join the ranks? Is your kid on the list?

* Mr. Hildner

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| Emily Cisneros  Lilly Vue  Ivan Acosta-Tovar  Tyson Grier  Bobby Hamblin  Victoria Morales  Maria Euanchel  John Anderson  Susie McKay  Mike Hinsz  Maria Manuel Juan  Marelynn de Jesus  Ashantia Gutierrez  Sahara Aasen  Anthony Dinh  Kaylee Moreno Hernandez  Gisell Aguilar Morales  Ava'kai Campbell  DJ Gillett  Jillian Skelding  Hana Smith  Aylin Vega  Anamika Ray  Luis Moreno Herndandez  Alexandria Smith  Aaliyah Alvarado  April Rickey  Chiarra Bettega  Kaiya Portillo  Tomas Francisco Pascual  Marlen Quintero Rojas  Michael Thacker  Alberto Meza  Matthew Siebert  Marilyn Aguilar-Larios  Ava Tietze  Chaie Kargbo  Haylee Bibler  Alicia Packard | Maggie Manuel Juan  Jordan McCallister  John Asencio  Lindsey Phan  Moises Perez  Louise Kim  Taylor Greene  JoeAnne Gianopoulos  Brady Johnson  Jimmy Landers  Rafael Ruiz  Nailah Barrett  Kalo Walker  Elizabeth Acosta  Angela Gonzalez  Lilly Deribew  Monica Phommadouang  Trypp Burnett  Sharen Van Boeckel  M'Kya Bettega  Mariana Acosta Gomez  Shelby Scudder  Isabella Ramirez  Danny Cha  Miranda Zaines  Tyrell Hall  Rafael Rangel-Govea  Juan Salazar  Cristian Juan Torres  Jorge Tomas Jimenez  Ismael Bastida de Jesus  Kayanna Henderson  Esmeralda Espinoza García  Pilate Spacal  Lissette Herrera  Jonathan Scudder |