Keeping Teens Cyber Safe
Welcome

Kati Carthum - BSD Digital Education Coordinator
kati.carthum@bremertonschools.org

Julie Wasserburger - BSD Library Coordinator
julie.wasserburger@bremertonschools.org

Ed Simmons - MVMS Library Media Specialist
ed.simmons@bremertonschools.org

MVMS Counselor Contact
6th Grade - Dean Wagner 473-0612
7th Grade - Karlo Pollilo 473-0610
8th Grade - Rosemary Farley 473-0611
Think Before You Post

THINK
Privacy Issues
Monitoring online use
✓ Know their passwords
✓ Honest, non-judgmental communication
✓ Hidden/“locker” apps
✓ What info to share
✓ Apps for monitoring
MANAGING PRIVACY SETTINGS

- Why manage privacy settings?
- When to turn on location services - and when to turn them off
- Managing settings on phones, on Facebook, on Instagram, and more
Screen Time

Ideas on Screen Time are changing ....

One size does not fit all!

- **Passive consumption**: watching TV, reading, and listening to music
- **Interactive consumption**: playing games and browsing the Internet
- **Communication**: video-chatting and using social media
- **Content creation**: using devices to make digital art or music

Common Sense Media
Birth - 18 months
Avoid screen media (except Video Chatting)

18 months - 24 months
View high-quality programs by co-viewing and co-playing

2 years - 5 years
1 hour of high-quality programs

Older Children
Create a Family Media Plan - be consistent and enforce the rules.
Consider 9-12 hours of sleep for 6-12 year olds
9-10 hours of sleep for 13 - 18 year olds

Resources

Family Media Plan (AAP)
Create a Media Time Calculator
The Common Sense Census: Media Use by Tweens and Teens
OSPI A-Z Safety Center Resources
Digital Citizenship taught K-12

- **BSD Approved Online Resources**
- **BSD Network Acceptable Use Guidelines and Internet Safety Requirements**
- **Office of Superintendent of Public Instruction (OSPI) Resources**
- **Common Sense Media**
  - Book, TV, Movie and Game Reviews
  - Information for families and Parent Guides
MVMS Policies & Practices

● MVMS is social media free - sites are filtered & blocked

● Cell phones and personal devices used before & after school hours

● Online issues (bullying, rumors, inappropriate image sharing...)
  ○ In-person, at school issues, disruptive to learning
  ○ Counselors meet with students and work through the conflict

● Report bullying or online conversations - call grade level counselor
  Bully Reporting Form

● Refer to Mountain View Middle School Handbook
CONVERSATION & QUESTIONS