



## DIGITAL FUTURES INITIATIVE

### PROACTIVE PARENTING PLAN

#### 1. **QUESTIONS** before allowing a child to have a phone

- Is your child emotionally strong?
  - i. A must is tolerance, acceptance & resiliency
  - ii. Do they understand how their emotions will be manipulated?
- Are you prepared for phone-platforms to exploit & expose your child to many things through the (www) world wide web?
- When should your child have a phone? It's a parental choice!
  - i. Parents must teach & train digital culture for the family
  - ii. Parents must establish their rules & guidelines
  - iii. Parents must establish digital down time
  - iv. Parents must know your child's online friends
  - v. Parents must engage in all digital activity your child is in:
    1. Gaming
    2. Apps
    3. Social Media platforms
    4. Websites
    5. Clouds

#### 2. **SELF-CONTROL** & wise choices are taught with the Four C's:

- **Count** to 10 & take 3 deep breaths – slow down
- **Consider** all options, results & consequences of making the choice
- **Careful** with moods & emotions that may influence the choice
- **Check** for advice & determine if it is true, false or unknown before choosing

### 3. **TIME** in life consumed by TV & Social Media is said to be 9 years:

- Platforms are built for addiction
- They consume your personal data
- They create ‘adjacent relationships’ with algorithms and artificial intelligence
  - Then your watching or viewing videos, pictures or an article about something you would have never thought to look at previously
  - They are forming our behaviors & viewing patterns
  - As well you are now getting Advertisements – the platforms goal is profit
- No platforms are **FREE** – (we) humans are the product
- We can control the **ATTENTION** we give to platforms
- **GET YOUR 9 YEARS BACK!**

### 4. **PRIORITIES** to parenting digital native children:

- Make mealtime family time well spent<sup>1</sup>
- Remove devices from bedrooms & automobiles
- Set digital time-outs daily to increase emotional intelligence
- Support schools teaching ownership & responsibility
- Parent ‘being better not the same’
- Role model good digital behaviors – take time-outs too

### 5. **CULTURE** of kindness in the home

- Empathy, emotional awareness & management are keys<sup>2</sup>

## Proactive Parenting Plan

- Motivate a child: immediately, habitually, precisely & be genuine<sup>3</sup>
- Instill impulse control & delay gratification
- Implant ownership to mistakes
- Tolerance, Acceptance, Resiliency and Kindness

## 6. **DETERMINE** before setting parental controls

- Restrictions desired or needed
- Age & grade of your child
- Budget set aside for different controls
- Time willing to devote to monitoring
- Personal parenting preferences

<sup>1</sup> Dr. Leonard Sax, *The Collapse of Parenting* (New York: Basic Books 2015)

<sup>2</sup> Dr. Michele Borba, *UnSelfie* (New York: Touchstone 2016)

<sup>3</sup> Adrian Gostick & Chester Elton, *What Motivates Me* (Utah: The Culture Works 2014)