RECOMMENDATIONS

When a student's smartphone and computer device usage is problematic enough to warrant intervention, parents and teachers should consider the following recommendations. The recommendations are specific to common issues that occur at home and at school; strategies include decreasing a student's use of devices, protecting a student from harmful content, dealing with pornography, safeguarding privacy, and addressing cheating and plagiarism. Most of these recommendations are ones that are commonly cited in respected publications on students' use of computer devices. However, few have been empirically validated because of the lack of such research.

1. Create a family media plan by designating specific times for media use within the home. Limiting media use allows children to experience more face-to-face communication. This is likely to enhance social skills development and encourage more outdoor physical activity, thus promoting a healthier lifestyle. The use of apps or programs on your child's devices can help enforce these limits. See healthychildren.org for ways to personalize a family media plan.

2. Use apps or programs to help monitor and filter the student's use of computer devices. Multiple apps and computer software programs are available for these purposes, either free or for purchase. They include helpful parental functions such as tracking and controlling online activity; filtering out unwanted comments, websites, and spam; and ending an online session or turning the device off altogether. Parental control options frequently are available as part of computer operating systems, Web browsers, and smartphones. NetNanny, Qustodio, and Securly, which must be purchased, include monitoring functions that help prevent a range of online dangers. For example, they allow parents to check to see what apps their children are using (e.g., dating and gambling apps), what websites are being viewed or attempted to be viewed (e.g., pornography, gambling sites, dating sites), and what videos are posted or watched (e.g. videos that encourage dangerous behaviors). If you decide to use these types of programs, make sure your child knows about it and also knows how they are used and why.

3. Model appropriate use. For example, you should stop using computer devices when listening to someone. You also should consider removing computer devices from family time activities,

specifically dinnertime. Having dinner together is an opportune time to have meaningful conversations and strengthen family connections.

4. At night, remove or shut down your child's smartphone, laptop, or other computer device. There are apps that allow you to shut down and turn on devices at set times. Shutting devices down at night and keeping them out of your child's bedroom is important for promoting a healthy sleep environment. Also at night, use apps that block the blue light emitted from these devices (e.g., f.lux). This is particularly useful for children who need to do homework late at night, as blue light interferes with their sleep cycles, which makes them stay up longer. If your child argues that the smartphone is needed as an alarm clock, buy a separate alarm clock to use.

5. Protect privacy when going online. While children may have fun sharing information with friends, they need to be aware of how the information can quickly become public and widespread. To help stop inappropriate sharing of information, photos, videos, and so forth, the following recommendations are suggested:
- Review and explain privacy settings for all computer devices, apps, and especially social media websites that your child uses. Each website, app, and device has privacy settings. Be sure to activate them. You will need to go to these sites to obtain more information on how to access those controls. A good overview for student privacy issues is on the Common Sense Media website (see Recommended Resources).
- Follow social media guidelines that restrict account access to children who are under 13 years of age on sites like Facebook, Instagram, and Snapchat. This restriction complies with the Children's Online Privacy Protection Act of 1998 (COPPA) and reflects concerns that younger children are unable to effectively restrict their personal information.
- Turn off geolocation services. Geolocation allows certain smartphone apps and social networking sites to highlight your child's physical location to other users. One example is Snapchat, which has the option of using Snap Map, showing where a user is while using the app. Your child should be told about the dangers of making their physical location known and why it is important to turn off that function.

6. Explain that some content can be harmful to view. A variety of videos highlight many dangerous or inappropriate behaviors that students should not copy or mimic. Examples include students completing challenges, such as the Tide Pod challenge (biting into a Tide laundry

detergent pod) or consuming large amounts of cinnamon. Discuss the impact of such behaviors on the child and others, and make clear the consequences when inappropriate usage is discovered (e.g., loss of smartphone use for a period time). As age appropriate, be sure that your child is especially aware of possible harm in viewing pornography. Adolescents, particularly males, frequently seek out pornography online, which can lead to permissive sexual attitudes, more sexual aggression, and increased casual sex (Peter & Valkenburg, 2016). The more viewing that occurs, the greater the changes in attitudes and behaviors. Making sure your child is aware of the legal and ethical consequences of viewing child pornography is especially important. Make it clear that you do not approve of the viewing of pornography, as this disapproval has been shown to curtail usage (Rasmussen, Rhodes, Ortiz, & White, 2016).

7. Provide support if your child is the target of cyberbullying. You should let your child know that you are there to provide support and help. The primary focus should be on stopping the cyberbullying and providing support and guidance that will help your child cope with the cyberbullying. Various social media sites and filtering programs have active blocking services where individuals or specific content can be blocked from your child's account. In addition, you should contact the school when you become aware that your child is a target of online aggression. Depending on the severity, law enforcement can also be contacted