

## 25

Recommendations  
for parents

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#### A. HELPING YOUR CHILD USE TECHNOLOGIES TO LEARN

1. Encourage your child to use technologies to learn.
2. Find out what technologies are being used today, especially the ones that appeal to kids.
3. Find out which sites your child visits and which tools he/she uses.
4. Encourage your child to develop a critical but constructive attitude toward technologies and the Internet.
5. Help your child become a responsible digital citizen.
6. If your child's school uses technologies mostly for entertainment and amusement, remind the school that their primary mission is to *help kids learn*.
7. Your child can use his/her computer skills to help the family. Your child will be more motivated if you acknowledge his/her expertise (for example, planning outings and trips, contacting family members, finding information).
8. Show your child that you have an open mind when it comes to today's technologies, and that you, too, know something about them.

#### HAVE REGULAR TALKS WITH YOUR CHILD ABOUT TECHNOLOGIES

9. Talk with your child regularly, and above all, avoid sermonizing.
10. Help your child find an *appropriate balance* between using technologies for amusement and for schoolwork.
11. Together with your child, set clear priorities and rules about technology use.
12. Together with your child, plan for times *without* any technologies.
13. Try to find a *fair, secure, and appropriate balance* between allowing your child some privacy with technologies and knowing what he/she is doing with them.
14. Talk about technologies with friends and other parents with children of the same age.
15. It is important to understand that having access to technologies is a *privilege* for your child, and not a *right*.
16. Parents should understand that there is no ideal age for owning a mobile device. You are the best judge when it comes to your own child.
17. Ideally, the home computer should be set up in a common space, visible to everyone.

#### A SAFE TECHNOLOGICAL ENVIRONMENT FOR EVERYONE

18. Be proactive about cyberbullying: talk with your child about it regularly.
19. Clearly explain to your child that if he/she becomes a victim of cyberbullying, that:
  - a. It is important to talk about it.
  - b. This kind of behavior will not be tolerated.
  - c. Cyberbullying is illegal.
  - d. It is not your child's fault.
  - e. You will help your child by making sure that the cyberbullying stops.
  - f. There will be no consequences for your child.
20. It is important to be aware of any changes in your child's behavior.
21. Talk with your child about the benefits of the Internet as well as the potential problems, and make sure to explain the four types of risks that children can encounter on the Internet:
  - a. Inappropriate contacts.
  - b. Inappropriate content.
  - c. Inappropriate behavior (on the part of your child).
  - d. Unwanted costs.
22. Help your child understand what he/she is *allowed* and *not allowed* to do with technologies, and what things he/she must ask you about before doing them.
23. Remind your child regularly that certain information must not be shared online. Among others, this includes private or personal information or information about the family.
24. Encourage your child to use a pseudonym instead of his/her real name, especially for younger kids.
25. It is important to teach your child to be accountable when using technologies.

