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present

DIGITAL PARENTHOOD
HOME BASE

For Parents

Module 1:

Parenting in the Digital Age: Being Curious and Setting Boundaries

Learning Objectives:

You will be able to…

1. Identify opportunities for improving how you support your child's online safety.

2. Open lines of communication around your family's online behavior by using co-exploration.

3. Establish family-specific and developmentally-appropriate digital boundaries.

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Modern Media Quiz for Parents

1. **Which of the following is a viral dance on TikTok?**
   a. The Floss
   b. The Renegade
   c. The Wobble
   d. The Carlton

2. **What does "ASMR" stand for?**
   a. Advanced Social Media Research
   b. Avatar Style Modification Revolution
   c. c) Autonomous Sensory Meridian Response
   d. Absolutely Sensational Muffin Review

3. **What is one way to recognize a phishing email?**
   a. It comes from a trusted sender
   b. It asks for sensitive information like passwords or credit card numbers.
   c. It has no spelling or grammar errors
   d. It is clearly marked as an official email from your bank

4. **What is a common method for improving online security and protecting personal information?**
   a. Using the same password for multiple accounts
   b. Enabling two-factor authentication (2FA)
   c. Sharing passwords with friends
   d. Avoiding software updates

5. **Which of the following is a secure practice for using public Wi-Fi?**
   a. Logging into personal bank accounts
   b. Using a VPN (Virtual Private Network)
   c. Sharing your connection with others
   d. Disabling your device's firewall

6. **How often should you update your passwords?**
   a. Every 6 months to a year
   b. Only if you forget it
   c. Whenever you buy a new device
   d. Never; once a password is set, you don't need to change it

Answer Key
1. *The Renegade*
2. *Autonomous Sensory Meridian Response*
3. *It asks for sensitive information like passwords or credit card numbers.*
4. *Enabling two-factor authentication (2FA)*
5. *Using a VPN (Virtual Private Network)*
6. *Every 6 months to a year*

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The 5 C's:

Understanding the 5 Cs and their role in online safety

The 5 Cs framework—*Child, Content, Calm, Crowding Out, and Communication*—is an evidence-based approach recommended by the American Academy of Pediatrics (AAP) to help families navigate the challenges of digital life. These five components are designed to encourage a balanced, thoughtful approach to media use that promotes healthy development in children. By addressing these five areas, parents can better understand their child's needs and create boundaries that foster a safer online experience.

Why we're using the 5 Cs

The digital landscape that children navigate today is vast, varied, and often unregulated. With the increased use of mobile devices and the constant presence of social media, it's crucial for parents to have a practical and research-backed strategy for managing digital behavior in their households. The 5 Cs offer a comprehensive, yet flexible, framework that guides parents in addressing key areas of online safety and media consumption. By emphasizing individualized approaches and open communication, the 5 Cs align with the broader goal of co-exploration and thoughtful parenting.

Breaking down the 5 Cs

1. **Child:** Understanding your child's developmental stage, temperament, and individual needs is the first step in creating an effective media plan. Research has shown that children's cognitive, social, and emotional development varies widely based on their age, making it essential for parents to tailor online safety practices accordingly (AAP, 2016). Knowing your child helps you set realistic boundaries and expectations that they can understand and follow.

2. **Content:** Knowing what your child is consuming online is crucial. Studies indicate that exposure to inappropriate or harmful content can negatively affect children's well-being, leading to issues such as anxiety, desensitization to

violence, or body image concerns (Livingstone, Haddon, & Görzig, 2012). Parents should review and discuss the media their child engages with to ensure that it aligns with their family's values and the child's developmental stage.

3. **Calm:** Technology can be a double-edged sword when it comes to emotional regulation. While media can offer entertainment and relaxation, it can also contribute to overstimulation and difficulty calming down. Teaching children how to self-regulate and manage their emotions without relying on digital distractions is an important life skill (Rideout & Robb, 2020). As part of the 5 Cs, parents are encouraged to model and teach calming techniques that go beyond screen time, such as mindfulness, deep breathing, or engaging in physical activities.

4. **Crowding out:** One key risk of excessive screen time is the displacement of other critical activities, such as physical exercise, social interaction, or creative play. Research highlights that children who spend large amounts of time online often miss out on these important developmental experiences (Twenge & Campbell, 2018). By setting limits and balancing screen time with other enriching activities, parents can ensure their child has a well-rounded day that supports their growth in multiple areas.

5. **Communication:** Open dialogue about online behavior is essential for fostering trust and guiding responsible choices. Research suggests that children are more likely to follow guidelines and respect boundaries when they are included in conversations about media use (Clark, 2011). The 5 Cs encourage ongoing communication between parents and children about online experiences, challenges, and questions. By engaging in co-exploration—sitting alongside your child and discovering the digital world together—parents can build mutual understanding and promote healthier online habits.

Applying the 5 Cs in training

By using the 5 Cs, this program aims to empower parents to establish meaningful boundaries, build stronger relationships with their children, and ensure that digital media enhances rather than detracts from their family's well-being.

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The 5 C's:
Links to Learn More

School-Aged Children

View Here

https://downloads.aap.org/AAP/PDF/CoE_5Cs_School_Age_Children_Final.pdf

Young Teens

View Here

https://downloads.aap.org/AAP/PDF/CoE_5Cs_Young_Teens_Final.pdf

Older Teens

View Here

https://downloads.aap.org/AAP/PDF/CoE_5Cs_Older_Teens_Final.pdf

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Tips for Beginning Co-Exploration with Your Child

Co-exploration is an essential practice that fosters open communication between parents and children regarding online safety. Engaging in this process can strengthen relationships and enhance a child's understanding of their digital world. Here are some evidence-based tips to facilitate effective co-exploration with your child, tailored for different age groups.

General guidelines for all kids

1. **Set and setting:** Choose a relaxed, comfortable environment for discussions. Research indicates that children are more open to sharing when they feel at ease; settings like car rides or quiet moments at home can be ideal for these conversations.

2. **Positive mindset:** Approach the conversation with enthusiasm and openness. A positive attitude can encourage your child to engage more willingly. According to child development experts, children are more likely to respond positively when they sense their parent's genuine interest.

3. **Unrushed time:** Ensure you have plenty of time and minimal distractions to focus on your child. The American Academy of Pediatrics (AAP) recommends that parents create opportunities for uninterrupted conversations, which can significantly enhance communication quality.

For younger kids

- **Playful approach:** Engage them by saying, "I want to play with you." This makes the activity feel like fun rather than an interrogation. Using play-based techniques can lower defenses and foster a sense of safety, allowing children to express themselves more freely.

For older kids

- **Express interest:** Tell them you want to learn more about what they're doing online. Research shows that expressing curiosity can help teens feel valued and more willing to share their experiences.

- **Be honest:** Acknowledge that you might feel a bit out of touch. For example, you could say, "I know it may seem weird, but I feel like I have no idea what's going on online these days, and I'm turning into an old person. Can you show me?" Honesty fosters authenticity in communication, making it easier for older kids to relate and respond.

- **Explore together:** Look through your social media accounts together. This shared activity can help bridge the gap and make the conversation more engaging. Collaborative exploration not only increases understanding but also provides an opportunity for parents to model responsible online behavior.

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Media Plan:
Notes to Adults

Creating a media plan as a family helps set healthy boundaries and ensures everyone is on the same page when it comes to using devices and consuming content. The template sheets that follow will guide you through each step of developing a personalized plan that suits your family's needs. There is a bit of pre-work that you should do though…

Prepare to meet with your child ✅

Get your thinking in order before you start your conversation. If there are multiple parents / caregivers, ensure that you all are aligned on:
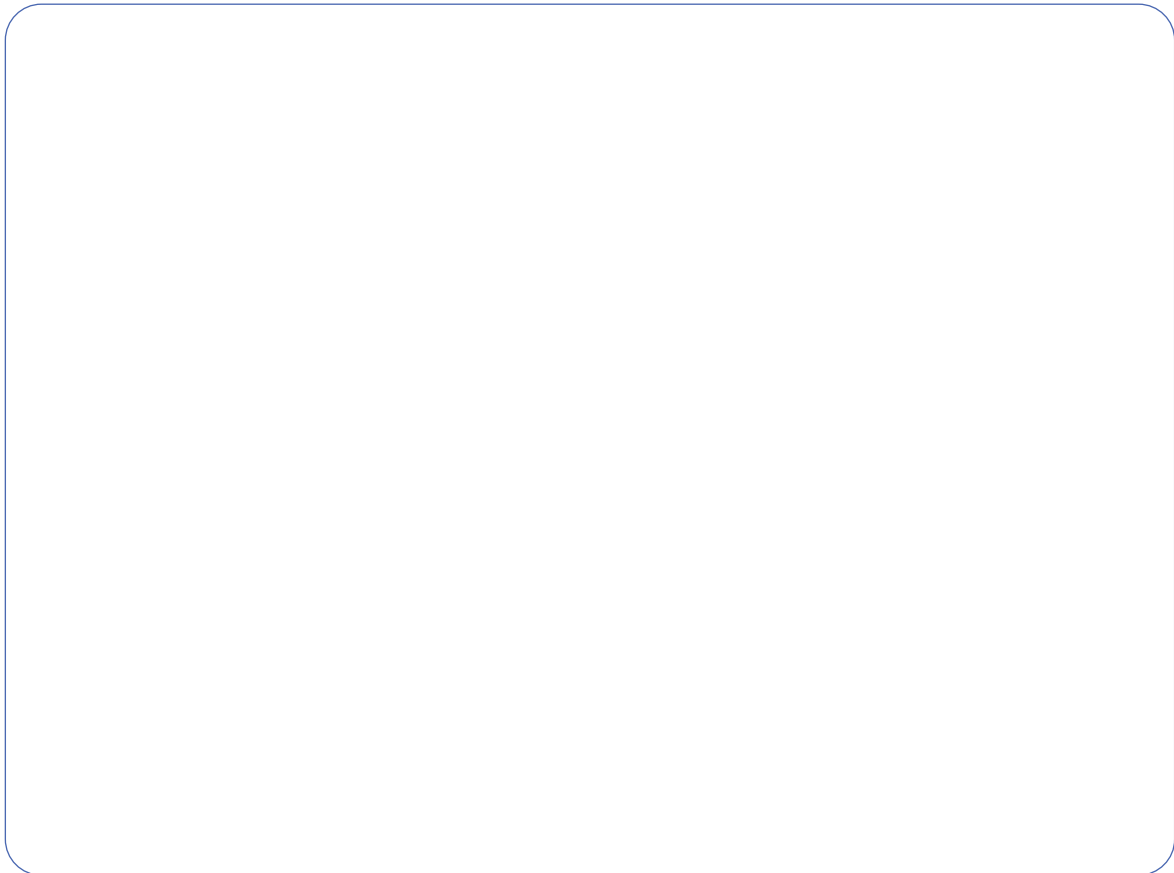
1. What do you believe should be the boundaries regarding media? If there are two parents / caregivers, the two of you should discuss where you agree and disagree and come to an agreement.
    - What concerns you most with media? The amount of time? The content? Whether it gets in the way of other things, like homework or family time?
    - Use your family concerns to drive which boundaries make the most sense.
    - Scan the template and make sure that you have identified your do-not-cross boundaries.

2. How will you run the conversation?
    a. When and where will this conversation take place and who will be there?
    b. How will you start it off? Who will start it off?
    c. How will you handle disagreements with the child? With each other?
    d. To what extent will these agreements hold for you too? Consider having your own boundary/rule in each section.
    e. Will you establish consequences for not respecting the boundary?

Example:

 "Let's do this on the weekend when Alex doesn't have a lot of school anxiety. Let's start it on the car ride. We could invite Alex to write down the decisions so that they feel more invested."

Conversation plan:

Family Media Plan

1. Our Goal

What is the shared goal of our media plan?

- Example: "To balance online and offline activities and stay safe online."

Our Goal: _____

_____

2. Screen Time Boundaries

Weekdays: What are the screen time limits on school days?

- Example: "No more than 1 hour after homework."

Our Boundary: _____

Weekends: Any different expectations for weekends? Vacation days? Summertime?

- Example: "Up to 2 hours on weekends."

Our Boundary: _____

3. Device-Free Zones and Times

Device-Free Zones: Where are devices not allowed?

- Examples: "No devices at the dinner table." "No devices in the bedroom."

Our Boundary: _____

Device-Free Times: When are devices not allowed?

- Example: "No devices after 8 PM."

Our Boundary: _____

4. Content Guidelines

Age-Appropriate Content: What type of content is allowed?

- Examples: "Only educational or parent-approved apps are allowed." "Movies and shows must be G, PG, or PG-13."

Our Boundary: _____

Content Review: Do new apps need approval?

- Example: "Parents must approve all new apps."

Our Boundary: _____

Online Threats: What should we do if there's a threat?

- Example: "Tell a parent if a stranger contacts you online."

Our Plan: _____

5. Review and Adjust

Check-In Date: When will we review the plan?

- Example: "In three months."

Our Date: _____

Signatures and Dates:

_____   _____

_____   _____

_____   _____

_____   _____

_____   _____

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AI Practice

Meet Chatbot kids—**Casey, Alex, and Chris**—designed to mimic conversations between caregivers and children about online safety. Each Chatbot represents a child with unique digital behaviors. *In these scenarios, you're playing the parent.*

Casey

Casey, your elementary-aged child, is a bit sassy, smart, and loves her media. You have noticed that she is starting to watch a lot of shows on her tablet and is being sneaky about it. She seems to sense your discomfort. You're concerned and you've decided to have your first real talk with her about this.

Goals:

- Establish open lines of communication
- Educate Casey about healthy use of phones and other devices, and
- Establish shared expectations around media use.

Talk to Casey: https://talkbetterlab.vercel.app/?persona=casey

Alex

Alex, your middle-school son, really wants a smartphone. He keeps bringing it up, but you've hesitated because you're concerned about whether Alex is ready for this responsibility. You're worried about whether he is mature enough to handle all the social and safety issues that come with smartphones.

It is your decision whether to give him a smartphone, if so, what limits and if not, with what explanation. There are no right answers.

Goals:

- Establish open lines of communication
- Educate Alex about healthy use of phones and other devices
- Establish shared expectations around media use

Talk to Alex: https://talkbetterlab.vercel.app/?persona=alex

Chris

Chris is your high school son and feels like his phone and gaming are key parts of his social life. Chris is up late at night, texting, browsing social media, and playing online games. Unfortunately, Chris' grades have started slipping, and you've noticed he's tired a lot more than usual. You realize it's time to step in and help.

It is your decision whether to set firm limits, allow Chris more independence, or say you'll think about it. There is no right answer.

Goals:

- Establish open lines of communication
- Educate Chris about healthy use of phones and other devices
- Establish shared expectations around media use

Talk to Chris: https://talkbetterlab.vercel.app/?persona=chris

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Conversation Cards:
Print & Play

Directions on how to print

Step 1: You will need eight sheets of 8.5" x 11" paper.

Step 2: Print each sheet single-sided at 100% scale.

Step 3: Cut along the magenta dashed lines, but leave the center connected.

Step 4: Fold the cards in half along the solid grey line.

Step 5: Use a glue stick to attach the backs of the cards together.

instructions

Parents and kids,

These cards are designed to spark meaningful discussions about online safety and technology use.

Within your pack, there are cards for parents to answer and cards for kids to answer. Each card is categorized to help guide your conversation.

Pick a card from each category and use it to start an engaging conversation.

think creatively!
Explore imaginative ideas and fun scenarios.

how do you feel?
Dive into feelings and personal experiences.

what's your favorite...
Share interests and favorite activities.

online safety:
Discuss important digital safety practices.

let's do it together!
Collaborate on tech-related challenges and solutions.

Card 1

think
creatively!

For Parents

If you could design an app, what would it be?

?

Card 2

think
creatively!

For Parents

Where do you go to learn new things online?

What's the coolest thing you've learned on the internet?

?

19

Card 3

think
creatively!

For Kids

If your parent were a movie character, who would they be?

?

think
creatively!

For
Kids

If you could create
an app, what would
you make?

how do
you feel?

For
Parents

How does your
child's online activity
impact you?

how do
you feel?

For
Parents

Are you happy with
how technology
is being used in your
household?

how do
you feel?

For Kids

How do online games
make you feel?

how do
you feel?

For Kids

How does social media
make you feel?

21

what's your
favorite?

For Parents

What's your favorite
way to spend time
with your child?

Card 1 (front): what's your favorite? — For Parents

Card 1 (back): What's your favorite app on your phone?

Card 2 (front): what's your favorite? — For Kids

Card 2 (back): What's your favorite online game or app?

Card 3 (front): what's your favorite? — For Kids

Card 3 (back): What's your favorite thing to do on your device?

online safety

For Parents

When did you first
get a cellphone?

---

online safety

For Parents

Have you ever seen
anything online
that made you
uncomfortable?

---

online safety

For Kids

How do you stay
safe while gaming
or chatting online?

online
safety

For Kids

Have you seen
anything online that
made you feel bad?

let's do it
together!

For Parents

What tech challenge
should we tackle as
a family?

let's do it
together!

For Parents

How can we make
better digital habits?

let's do it
together!

For Kids

How can your parent
help you be safer
online?

let's do it
together!

For Kids

How can we be
safer online?

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Join the Conversation
on Digital Parenting

Connect, share, and learn with parents just like you.

The **Digital Parenthood Community** is more than a resource—it's a supportive space where parents learn to navigate the digital world together.

What's waiting for you:

→ **Read and watch** insightful content about topics like cyberbullying, gaming, and online predators.

→ **Connect and share** your experiences with parents just like you.

→ **Get expert advice** on social media, technology milestones, and child psychology.

→ **Save and share** helpful posts and discussions to build your digital parenting toolkit.

Ready to be part of a community that gets it?

Scan the QR code or join us at **DigitalParenthood.com**

ĀURA

Aura Online Safety Plans for Families and Individuals
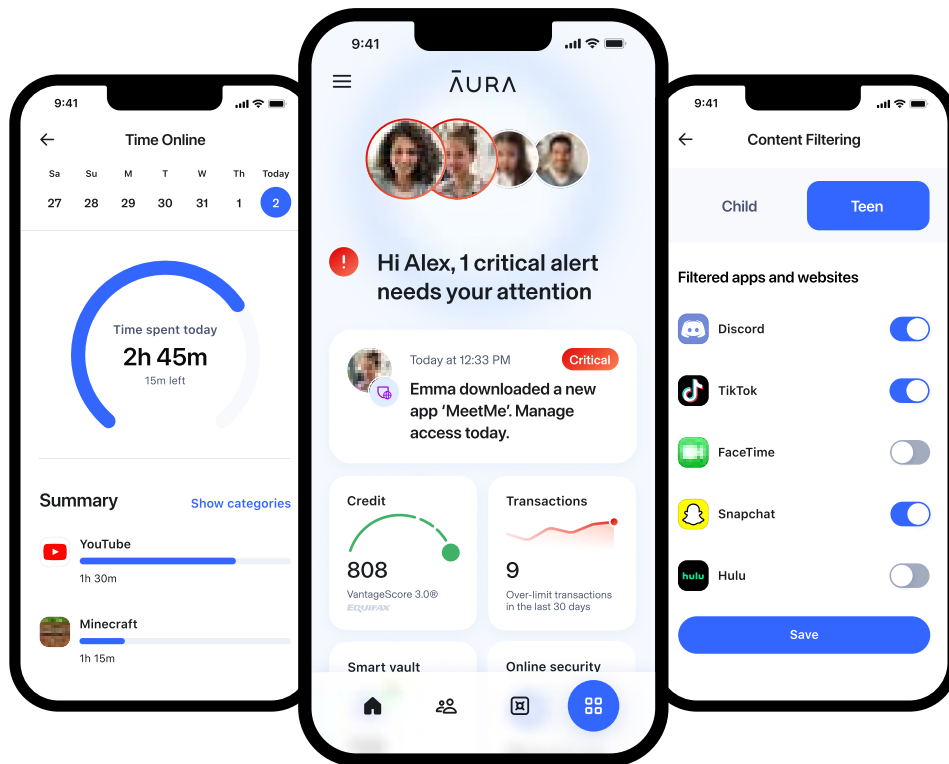
Aura's all-in-one, online security solutions proactively keep individuals and their families safe from identity theft, financial fraud, and online scams and threats. As the leader in intelligent safety solutions, Aura's one-of-a-kind subscription service brings together security, privacy and parental controls into a single app that can be utilized on up to 50 devices. Aura's affordable plans make adaptive and proactive digital safety accessible to everyone.

Aura's technology is easy to use, simple to set up, and comes with 100% U.S.-based customer support that is available 24/7. All subscription plans are backed with $1,000,000 in identity theft insurance for peace of mind.[1]

@Aura_Protects   @Aura_Protects   Aura.com   Aura Company   @AuraProtects

Key Product Features

Online & Device Security Protection
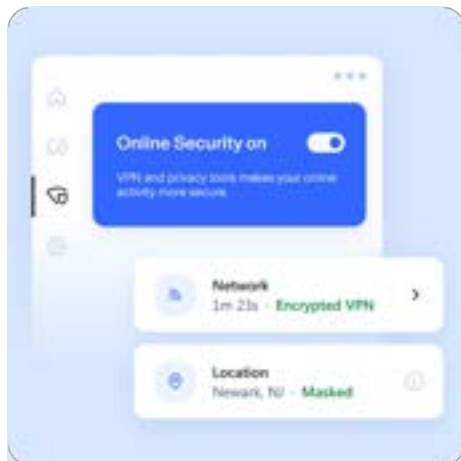
Antivirus
Keeps your devices safe from all types of malware, such as viruses, ransomware, spyware and more.

Virtual Private Network (VPN)
Shop, bank, and work online safely and privately. Our VPN secures your online activities with military-grade encryption to help keep data and accounts safe from hackers.

Safe Browsing
Aura, using machine learning and AI, automatically stops you from entering known malicious sites, like malware and phishing sites, that may steal your personal and financial info.

Password Manager
Secures your online accounts with strong passwords and easily access them across devices.

Identity Theft & Fraud Protection
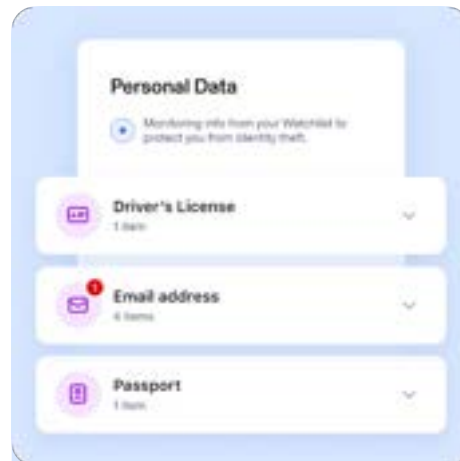
$1M per Adult in Identity Theft Insurance

Credit Monitoring
Real-time alerts across top three major credit bureaus (Equifax, TransUnion, and Experian).

Experian One-Click Credit Lock
Easily lock and unlock your credit within the Aura app.

Financial Transaction and Bank Account Monitoring
Scam and phishing protection while you browse online.

Personal Information and SSN Monitoring
Secures your online accounts with strong passwords and easily access them across devices.

Spam Call, Junk Mail, and People Search Site Removal

Parental Controls
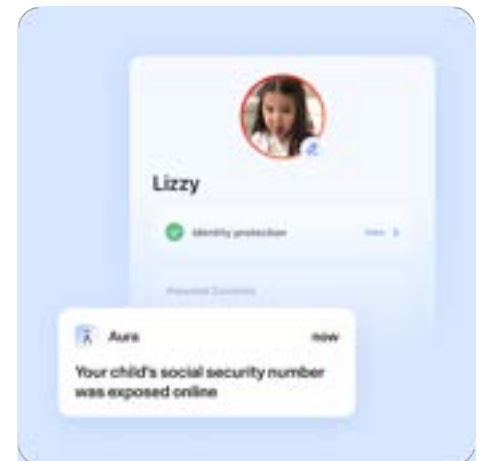
Content Blocking and Filtering
Customize what apps, games, and websites your kids can view online.

Child SSN Alerts
Aura scans billions of public records to detect and alert you if your Child's SSN is being used by someone else.

Screen Time Limits
Time limits for any app or website, customized per family member.

Internet Usage and History Tracking

Mobile Device Management
Add parental controls across all mobile devices.

Media Contact

Vardhinee Prakash
media@aura.com
925.791.7147

Activities for Your Kids
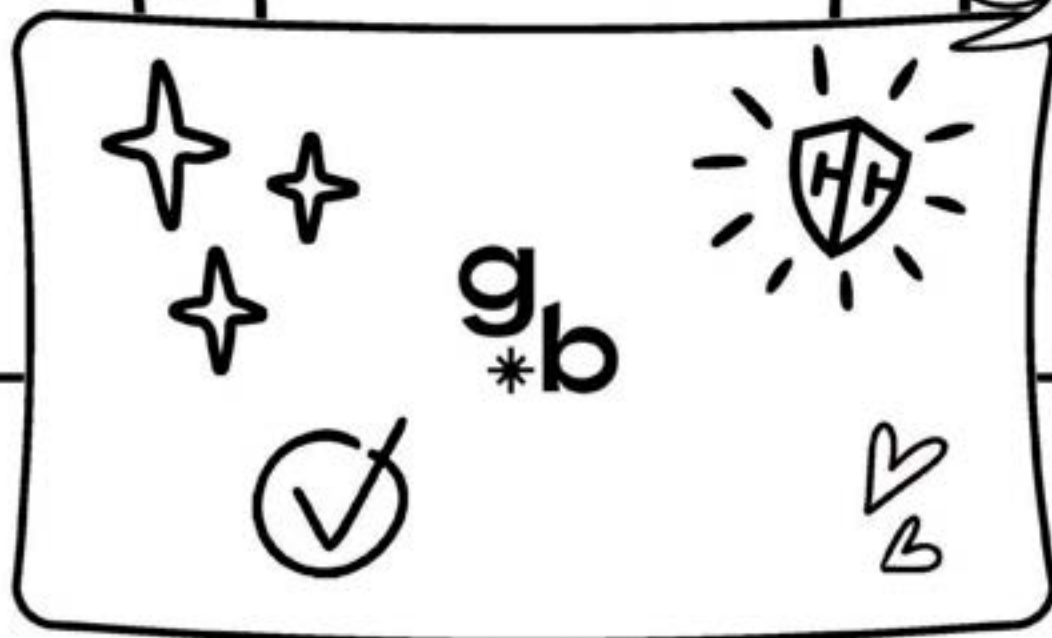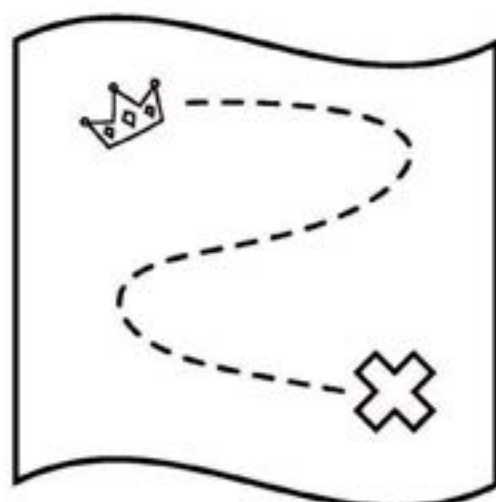
Includes:

- Coloring Pages (Elementary School)

- Wordsearch (Middle School)

- What is your Digital Safety Persona? Quiz (High School)
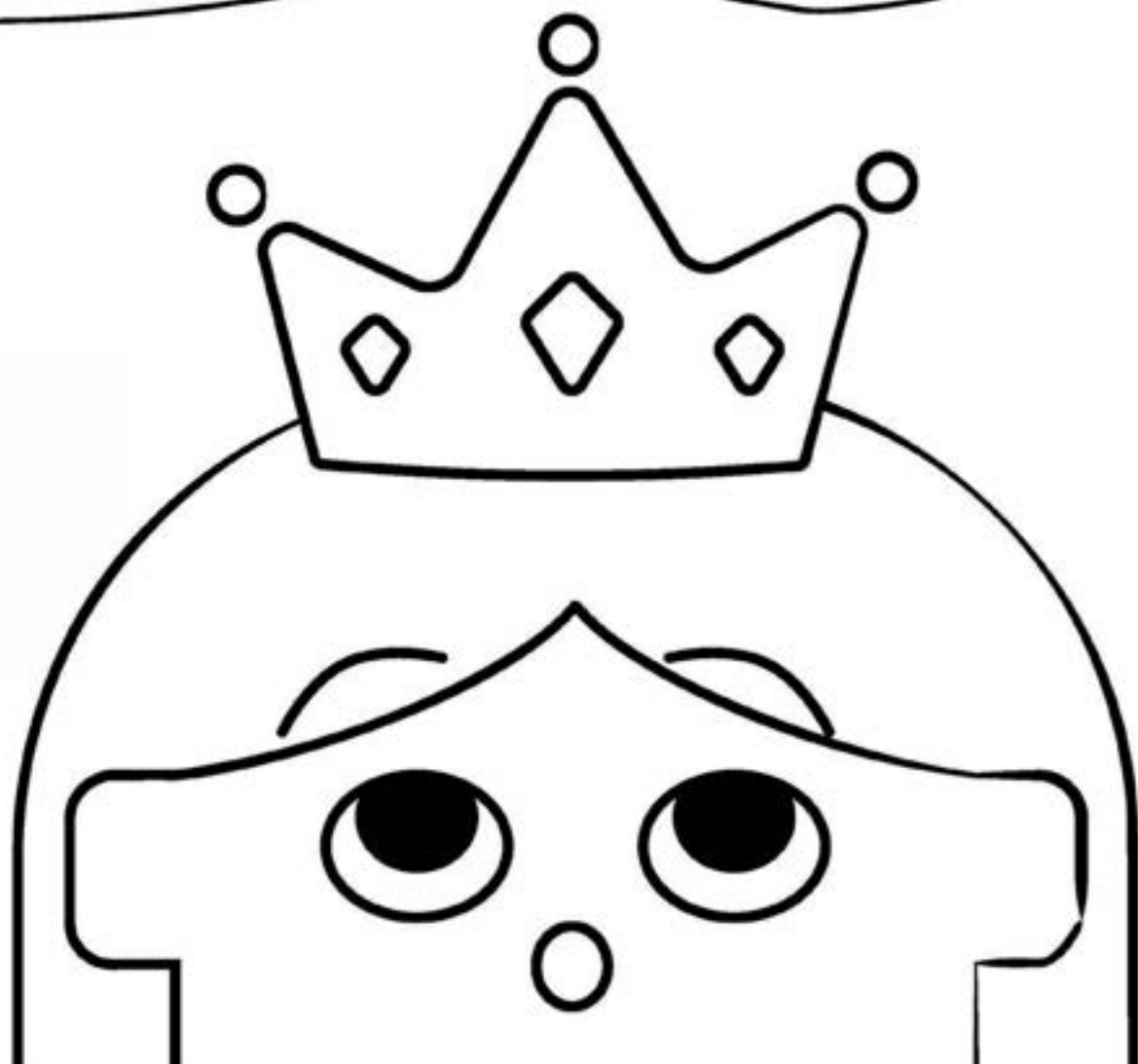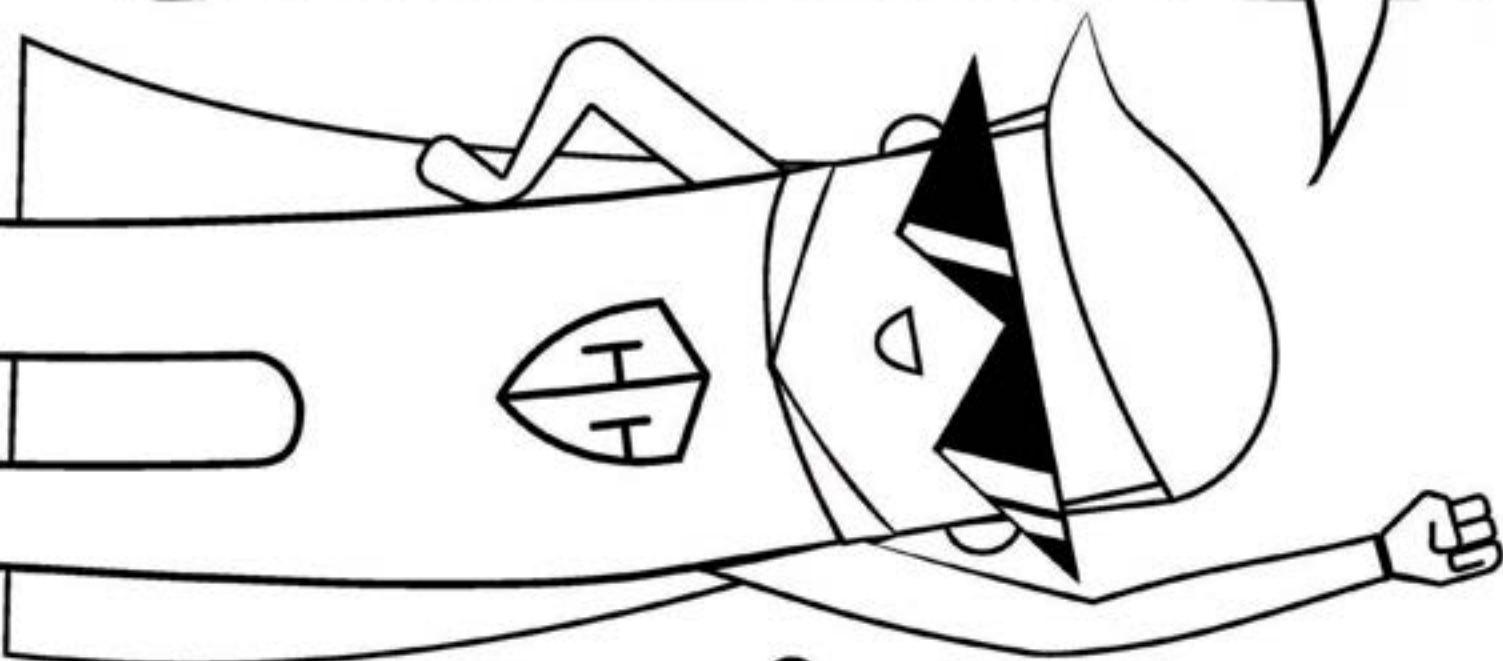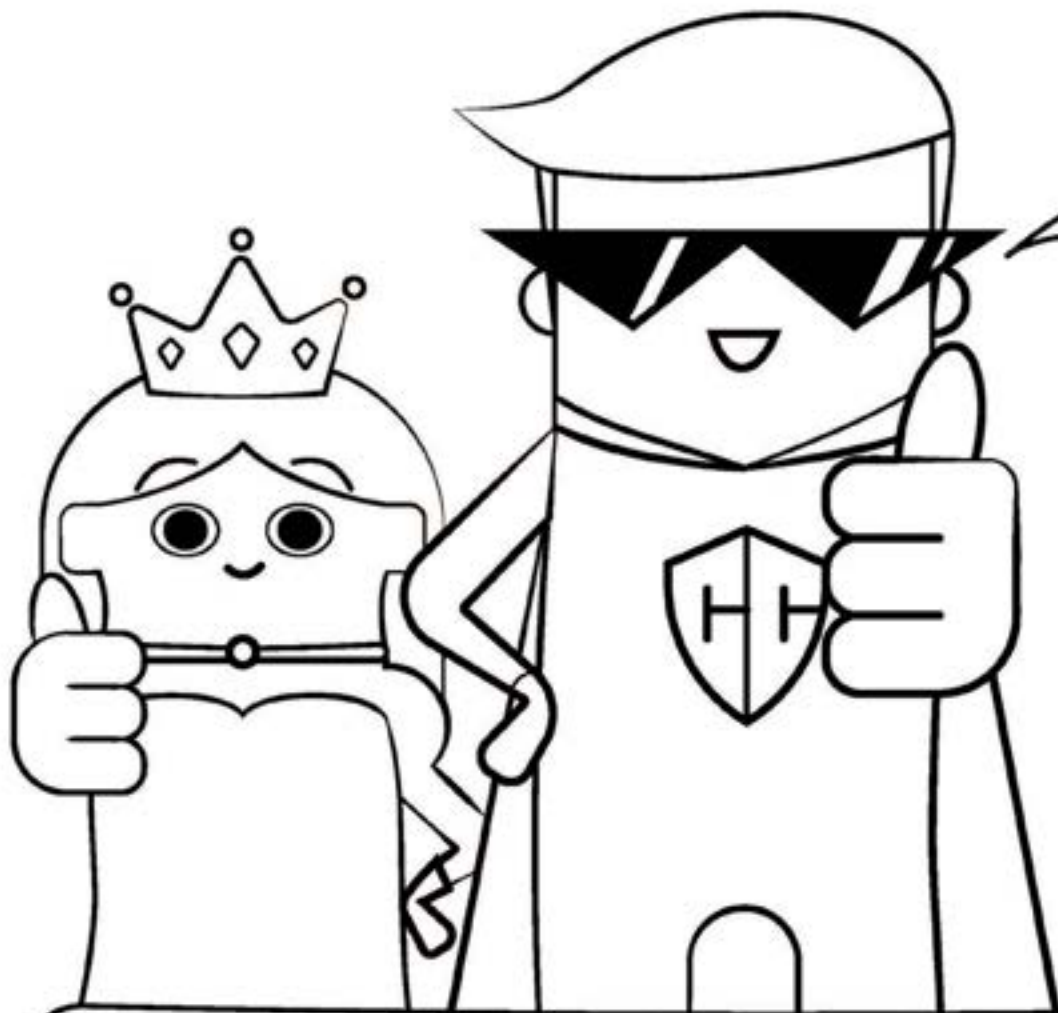
Internet Safety Wordsearch

```
L M P V O T F V S M F M K M Z
X E R Q H Q O O S Z O A U L E
P H I S H I N G X P Q J V J E
V E V X S S E C U R I T Y Y T
U K A D P O D F O R T N I T E
H T C P X A C P R K K T R Z X
R F Y Z C E S I M O N L G N T
I B I V W X F S A A N A U B I
P B X G Z W I I W L E W S V N
R Y V T Y W G E R O M M E K G
O U S E R N A M E E R E J D M
F C R Z A D I C P F W D D P U
I I N T E R N E T D X A T I B
L D S H R X M X T K M G L Y A
E C Y B E R B U L L Y K G L W
```

Words to find:

Fortnite	Username	Firewall
Password	Internet	Phishing
Texting	Security	Socialmedia
Privacy	Cyberbully	Profile

And see how many words you know on the back!

Definitions

Fortnite:
A popular online video game where players compete to be the last one standing. *It's important to play safely and be careful about who you talk to while playing.*

Password:
A secret word or set of letters and numbers you use to protect your online accounts, like your email or social media. *It's important to choose a strong password that others can't easily guess.*

Texting:
Sending written messages from one phone to another. *Make sure to only text people you know and keep your messages kind and respectful.*

Privacy:
Keeping your personal information, like where you live or go to school, private and not sharing it with strangers online.

Username:
A name you use to identify yourself on websites or games. *It's best to choose a username that doesn't reveal personal details about you.*

Internet:
A large network of computers that lets you find and share information, play games, and connect with others. *Always be careful about what you share and who you interact with online.*

Security:
Measures you take to keep your online accounts and personal information safe from people who might want to steal or misuse it.

cyberbully:
Someone who uses the internet or phones to hurt or threaten others. *If you encounter a cyberbully, tell an adult you trust.*

Firewall:
A system that helps protect your computer from unwanted access by blocking harmful data and threats.

Phishing:
A trick where someone pretends to be someone else, like a trusted company, to get your personal information. *Never give out your information to unknown or suspicious messages.*

Social Media:
Websites and apps where people share photos, updates, and messages with others. *Be careful about what you post and who can see it.*

Profile:
A page or account where you share some information about yourself on social media or other websites. *Make sure to set your profile to private and only share information you're comfortable with.*

What is your Digital Safety Persona?

Discover how **internet-savvy** you really are.

Start

You receive a message from a random account saying you've won a free phone. What do you do?

claim the prize immediately!

Ignore it—sounds like a scam.

check out their profile and research if it's legit.

A new app asks for your location and contacts. What do you do?

You're setting up a new social media profile. What's your privacy setting?

You're asked for personal info to claim your prize. How do you react?

Review the app's privacy policy before deciding.

Allow it—it's probably fine.

Refuse to share personal info and close the page.

Deny it unless it's absolutely necessary.

Public—more followers, more fun!

customized—who sees what depends on how well I know them.

Enter it quickly—they need it to send the prize!

Deny it unless it's absolutely necessary.

Hesitate and research before sharing any details.

Risky Rebel

You love living on the edge! You're adventurous online but sometimes take risks that could put your digital safety in danger. Think twice before clicking on anything that seems too good to be true.

Cautious Crusader

You play it pretty safe online and are careful about what you share. Tip: consider making your accounts private to become a careful curator.

Careful Curator

You carefully select what you share and with whom. You've mastered the art of enjoying the digital world while staying safe.