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sGs™ Smart **GEN** Society

Smart Digital Family Plan

About the Plan

The SGS Smart Digital Family Plan (DFP) is a tool to encourage your family to have meaningful conversations to activate, protect, and empower safe media habits. This planning tool does not guarantee online safety and is provided as a courtesy of Smart Gen Society. The information provided in this report should not be construed as legal, medical or mental health advice.

About Smart Gen Society

Smart Gen Society (SGS) is a National non-profit, empowering smart choices in today's digital world. Our expert staff and trained facilitators seek to protect and empower the community to use online resources safely, while maintaining their privacy, and staying true to their personal brand.

Through proactive education and responsive digital wellness services we aim to reduce digital-based anxiety, prevent peer and predator exploitation, and ensure our communities remain safe on and offline.

Setting Appropriate Age Limits

The American Academy of Pediatrics (AAP) recommends the following:

- **Less than 18 months of age:** Avoid screen time except for video chatting with family and friends.
- **18 to 24 months:** It's OK to introduce screens. Choose high-quality, educational content and use the device with the child.
- **Between 2 to 5 years:** Limit screen time to one hour per day. Watch the content with the child and help them understand it. Encourage them to start applying what they're learning to the world around them.
- **6 and older:** Continue to set appropriate and consistent time limits. Avoid screens for at least one hour before bedtime.

Are They Ready?

Some questions to ask:

Are they emotionally secure and able to handle disappointment?

_____
_____

Do they have an addictive personality?

_____
_____

Can you trust for them to care for their device?

_____
_____

How do they handle conflict?

_____
_____

Will they come to you if something goes wrong?

_____
_____

Additional Notes • • •

_____
_____
_____

Guidelines

Setting Expectations for the Family

What devices are allowed for screentime:
- _____ Mobile device
- _____ Tablet
- _____ Television
- _____ Gaming device
- _____ _____

Beyond Screentime

Be prepared to provide your child with tech free activities to occupy their minds while unable to use their device.

Having other activities included in daily life allows family members to build and maintain balanced lives.

What are your child's favorite things to do?

_____
_____
_____

Sharenting

'Sharenting' is the term used to describe how parents, especially in today's society, share so much about their children on line. 'Over-sharenting' is something we encourage parents to keep in mind always. Please be cautious about what you post.

Screen Time

When you introduce screen time to your child, please consider the type of screen time it is. Choose a kind of screen time that is **active** instead of **passive**.

Active screen time is when we are learning, doing something creative, or doing an action along with the screen.

Passive screen time is when we're watching a film or scrolling absent-mindedly through social media.

Determining Screen Time at Home
Take a look at the blank spaces below and consider the amount of screen time you will allow your child each year they continue to grow older:

_____   _____   _____
0-18 mos   18-24 mos   2-5 years

_____   _____   _____
6-8 years   8-12 years 13+ years

Family Technology Times

M-F _____ to _____

Sat- Sun _____ to _____

Vacation Hours _____ to _____

Phones will be plugged into family charging station by: _____
_____

Family charging station will be located:
_____

Additional Notes ● ● ●
_____
_____
_____

Establishing Digital Boundaries

When setting digital boundaries in your home, it is important that all members of the family come together and agree to established rules.

This may be an adjustment for all, but each conversation encourages open communication about our digital lives.

Consider ways to keep each other accountable and to use technology in a positive and educational way.

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Changes to settings:
Does your child need permission to change settings in family center or to any apps? What will that process look like?
_____
_____

Location Services:
Do you want kids to share location with you?
_____
_____

Which apps are they allowed to share location with and who?
_____
_____

Places devices are not allowed:
_____ Family mealtimes
_____ Movie / game night
_____ Front seat of the car
_____ During sleepovers
_____ Bathroom or locker room
_____ Bedroom
_____ Behind a closed door
_____ _____
_____ _____

Application Age Limits

Please consider which applications you will allow (or already allow) and when:

App	Allow/ Don't Allow	What age?
Facebook		
Instagram		
Youtube (or Youtube Kids)		
Pinterest		
Roblox		
Fortnite		
TikTok		
Snapchat		
Facebook Messenger (or Messenger Kids)		
Reddit		
Twitch		
X (formally Twitter)		
Discord		

Things to consider when allowing applications:

_____ Unique usernames and passwords
_____ Set accounts to private
_____ Understand how to block and report users
_____ Turn location off on all apps
_____ Only friends with people you know in real life
_____ Will you allow chat while online gaming
_____ _____
_____ _____
_____ _____
_____ _____

Additional Notes • • •

_____
_____
_____

Trusted Adults

Our Communication Plan

Three trusted adults I can talk to are:

1
2
3

I will talk to my trusted adult when:

A trusted adult is...

A good listener
Non-Judgemental
Respectful
Confidential
Supportive
Encouraging
Solution Oriented

Plan of Action

Our Conflict Resolution Plan

What happens if...

Steps to Take

Here's what to do when things go wrong online:

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1 Open and honest conversation.

2 Each suggests potential solutions.

3 Make a plan.

4 Assess and update DFP as needed.

Remember:

No Shame or Blame: It is NEVER the minor's fault if they are exploited online.

Parents are not to blame if their child is exploited or makes a 30-second bad decision.

Open communication and trust are needed to restore digital wellness.

Usernames and Passwords

The importance of having smart login info...

To better protect the safety and privacy of families everywhere, SGS encourages parents and guardians to be intentionally engaged in a child's online activities. Directly talking to children about the applications they are using allows open communication about potential problem areas and safety concerns online. We recommend that parents periodically review these platforms to ensure children are staying safe, private, and "on-brand."

Parents should have access to all usernames and passwords of children's accounts.

App	Username	Password
Email		
Discord		
Facebook		
Instagram		
Pinterest		
Reddit		
Snapchat		
TikTok		
Twitch		
X (Formally Twitter)		
VSCO		
YouTube		

Gaming	Username	Password
Among Us		
Call of Duty		
Fortnite		
Grand Theft Auto (GTA)		
Minecraft		
Nintendo Switch		
Roblox		

Payment Apps	Username	Password
Venmo		
Cashapp		
Zelle		
Paypal		

Private Messaging	Username	Password
Google Hangouts/Meet		
Kik		
Marco Polo		
Messenger (Facebook)		
WhatsApp		

Talking Points

Although communication isn't always easy, it'S KEY in maintaining digital wellness.

5 Ways to Stay Safe Online:

1. Set your accounts to private.

2. Turn off your location.

3. Trust no one online.

4. Talk to a trusted adult.

5. Never share off-brand content.

What to do if digital exploitation occurs:

1. Don't delete the account or tip off the predator.

2. Place the device in Airplane Mode and keep it in a safe place.

3. Contact Smart Gen Society or FBI.

4. If you believe abuse or neglect has already occurred please contact the NE CPS Hotline: 1-800-652-1999

(!) **If a minor is digitally exploited, *it is never their fault.***

Common hardships for new users:

Getting a new device, and joining friends on social media is a lot of fun!

However, kids are navigating risky and emotional encounters on every platform they use.

It is important to talk to your kids about the issues they may face and how to handle them.

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FOMO- *Fear of Missing Out* anxiety that an exciting or interesting event may currently be happening elsewhere, often brought on by posts seen on social media.

Cyberbullying the use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

Digital Dependency the overuse of the internet or electronics to the point that one's daily life is affected.

Mental Health 2 in 5 teen students report persistent feelings of sadness and loneliness.

Research shows excessive screentime can greatly increase the likelihood of experiencing mental health symptoms or diagnosed mental illness.

Digital Wellness Services

 Smart **GEN** Society

Our Digital Wellness Program provides one-on-one and group support to those dealing with issues related to our online world. Whether you are dealing with a digital media crisis or trying to prevent one from happening, we are here to help. Our trained experts provide an array of services and expertise designed to restore and enhance your digital well-being.

Intervention Consulting

Smart Gen Society offers a wide variety of services to assist with one-on-one device consulting, family digital planning, and setting up device restrictions.

- **Brand Audit and Reset:** An evaluation and refresh of one's online brand.
- **Device Audit:** A thorough investigation into one's digital device along with the information on it including apps used, messages, and more.
- **Harmful Social Media Evaluation:** An evaluation of harmful online behavior and the potential solutions to solve the issue at hand. (Cyberbullying, Digital Dependency, FOMO, etc.)
- **Family and Caregiver Digital Planning:** Consulting with family members regarding digital device conflicts and working together to create a plan best suited for your family rules and boundaries.

Conflict Resolution

Smart Gen Society offers conflict resolution services facilitated by certified mediators who have strong social media expertise.

- **Restorative Youth Conferencing:** A party-driven process involving one or more youths and a neutral mediator facilitating the discussion.
- **Digital Co-Parenting Plan:** A type of mediation specifically designed for co-parenting. We'll help you develop a consistent and mutually agreed upon plan for how digital devices will be managed in both households.
- **Court Appointed or Diversionary Restorative Justice Mediation**
- **Consultative Mediation:** This mediation encompasses any kind of digital issues between two or more individuals outside of the above.

Crisis Roadmapping

Smart Gen Society can help navigate instances where a digital crisis has occurred. Including but not limited to the following: cyberbullying, digital exploitation, sending or receiving child sexual abuse material (CSAM), social media crises, off-brand usage, and more.

- **Digital Exploitation Navigation:** Our team will be there to help those who have experienced online exploitation in today's digital spaces.
- Assistance with removing compromising photos shared without consent.
- **Reports and Resources:** Our team will help you understand your options and the processes associated with handling any digital exploitation.

Policy and Legislation

Protect your district and individual schools with consistent, fair, and level-minded social media policies for administrators, teachers, families, and students. Each policy is designed for safety, privacy, and individual accountability. Smart Gen Society works to advocate for those who have experienced a digital crisis.

- **Social Media and Technology Policy**
- **Anti-Digital Grooming Legislation:** Bills LB 106 and LB 107 aim to stop the digital grooming of minors and vulnerable adults in Nebraska.

Education Services

Smart GEN Society

Smart Gen Society's proprietary curriculum is research-based and developed in partnership with the Munroe-Meyer Institute. Our presentations are updated constantly to reflect the ever-changing digital world and can be customized for specific problems and trends in a school or community. Our professional staff and trained facilitators empower students and families to think critically about their digital usage while maintaining their privacy and safety and staying true to their authentic selves. (SP) This workshop is also offered in Spanish.

School Based

(SP) Smart Digital Branding for Students
Interactive presentations tailored specifically for the grade level of the audience from elementary to college students. Designed to educate students on how to stay on-brand and maintain a positive and safe presence online and on social media

(SP) Power of Social Media
Social media impacts students in both positive and negative ways. This presentation highlights how to enhance the positive and reduce the negative impacts by teaching strategies and tools that students can use to protect their mental health and have safer, more positive experiences online.

Educating the Educator
Appropriate for all administrators, staff, and educators. Updating you with the latest trends and changes in our online environments by providing best practices to keep your students focused and safe online.

(SP) Parenting the Smart Gen
Teaching parents and caregivers how to protect your family's privacy, safety, and well-being online. We'll inform you of the long-term impacts of our digital choices and help you set healthy boundaries towards screen time limitations and account restrictions.

Community Based

Keynote Speaker
Amie Konwinski, Founder and CEO of Smart Gen Society, is an engaging, knowledgeable, and inspiring speaker. She is well-versed to speak on a number of topics related to social media, digital devices, and how they are affecting our society.

Toddlers and Tech
A parent/caregiver only presentation about how to safely manage your young child's online exposure and activities. From the long-term impacts of making choices online to helping your family build a well-balanced digital wellness plan.

Smart Digital Branding for Teams
This presentation helps athletic teams and other organizations learn how to stay safe and on-brand in the digital world while at the same time being a member of a team.

Frontline Digital Defense
This presentation gives frontline providers the tools needed to educate families early and often on smart, healthy, and safe social media use.

Smart Digital Branding for Businesses
This presentation will highlight how to protect and enhance your business's brand and stay aligned with your social media mission.

In-House Workshops

Smart Start
Educating parents and caregivers of young children on how to make smart choices online, and what the best practices are when it comes to introducing their child to the digital world. This workshop includes an optional learning lab to answer any questions.

Smart Settings
It's a memorable moment – their first digital device! This workshop will allow parents and caregivers to learn about their child's new device together and the expectations that come with it having a digital device. This workshop includes an optional learning lab to answer any questions and assist with setting up the device.

(SP) All About Snapchat and TikTok + All About Roblox and Fortnite
This workshop will allow parents, guardians, and caregivers to learn about the risks of using these apps and walk them through the steps on how to activate privacy, location, safety, and content settings available on the minor's device. This workshop includes an optional learning lab to answer any questions and assist with setting up these features.

*For a full list of all of our services, please visit our website or for a customizable program, reach out to us directly.