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What is *iQ: smartparent*?

WQED created a series for parents that seeks to empower them with new knowledge, tools, and abilities to successfully guide their children in the use of digital media and technology. *iQ: smartparent*'s are a community of parents and experts who want to understand the opportunities and challenges of media as it relates to the development of their children.

About this Episode

Children and teens are using social media to define and share their personal narratives. When there is no "delete" button on Facebook or other social platforms, what story does your child's online identity tell, now and into the future? What does it mean to be a good digital citizen? This episode of *iQ: smartparent* explores how parents and children can have safe and positive experiences online.

Discussion Questions

1. How much time do you estimate your kids spend with digital media each day? Ask your teens to record their usage for a week, including the time of say they are online, and compare your perception with reality.
2. Is your teen a late-night media user? Do you have concerns about this, and how do you deal with it?
3. Many people describe their smartphone as an extension of themselves – much like a diary. Thinking of a smartphone as a diary, do you believe that parents should look at the content and/or have constant access to the phone? How does this vary with the age of the child? What rules work in your household?
4. Has your child struggled with cyberbullying? Either as the one being bullied, or the one accused of the bullying?
5. Improve your policy knowledge. Do you know your state or school's specific rules regarding cyberbullying? What federal resources are available? How does your school address bullying, and what role do you think they should play?
6. What positive things have your teens done using social media? What does it mean to be a good digital citizen?
7. Has the information in this episode changed how you view this topic? Why or why not? What questions still remain? Share your thoughts with us at education@wqed.org or on social media #iqsmartparent.

About the Guests



Deborah Gilboa, MD is a Board Certified Family Physician, mother of four sons, and a professional parenting speaker and writer. She is also the author of *Teach Resilience: Raising Kids Who Can Launch!* and *Teach Responsibility: Empower Kids with a Great Work Ethic*. Doctor G has served as an expert resource for Parents magazine, MSNBC, Yahoo News, USA Today and is a regular contributor to Huffington Post Parents, Your Teen Magazine, and many other media outlets. She follows three basic principles when guiding parents from toddlerhood to young adulthood: Respect, Responsibility, and Resilience. Her website is www.AskDoctorG.com



Caroline Knorr. As [Common Sense Media's](#) parenting editor, Caroline helps parents make sense of what's going on in their kids' media lives. From games to cell phones to movies and more, if you're wondering "what's the right age for...?" Caroline can help you make the decision that works best for your family. She has more than 20 years of editorial and creative marketing writing experience and has held senior-level positions at Walmart.com, Walmart stores, Cnet, and Bay Area Parent magazine. She specializes in translating complex information into bite-sized chunks to help families make informed choices about what their kids watch, play, read, and do. And she's the proud mom of a teenage son whose media passions include [Star Wars](#), [StarCraft](#), [graphic novels](#), and the radio program [This American Life](#).



Kelly Kochamba is the Primary Media Representative and Community Outreach Specialist for the [FBI Pittsburgh Field Office](#). In this role, she oversees the [FBI Citizens Academy](#), an eight week hands-on inside look at the FBI programs and priorities, bringing together a cross section of local business and community leaders. Other programs under Kelly's supervision include the CREST program, a condensed version of the Citizens Academy offered to more focused sectors of the community, and the Adopt-A-School/ Jr. Special Agent Program, created to promote internet safety. Kelly also co-partners with the FBI Civil Rights Squad in the management of the Southwestern Pennsylvania Anti-Human Trafficking Coalition, created to locate and assist victims of human trafficking in the Pittsburgh area. She has worked with numerous private, public and non-profit organizations, including families, schools, at-risk youth, Special Olympics of Western PA, Make-A-Wish, and several others.



Rick Wallace is Director of Special Operations/Global-National Security Analyst at [Tiversa, Inc.](#) He provides peer-to-peer (P2P) intelligence and security services worldwide and is known as a major contributor to law enforcement agencies' investigative efforts. Rick works to protect and educate global law enforcement in overall Internet safety, shielding them from cybercrime and guarding children worldwide from exploitation. Rick was recently presented with the FBI Directors Community Leadership Award for his outstanding contributions to law enforcement as well as his many volunteer activities. In May 2013, the FBI-LEEDA Executive Board awarded Rick its first Investigative Excellence Award

Online Resources

Research

Social Media, Social Life: How Teens View Their Digital Lives

www.common sense media.org/research/social-media-social-life-how-teens-view-their-digital-lives

Teens Use Tech To Build Relationships, Not Destroy Them: Report

www.pewinternet.org/2015/08/06/teens-technology-and-friendships/

Websites

Family Online Safety Institute

www.fosi.org/

PBS Kids' Webonauts Internet Academy

<http://pbskids.org/webonauts/>

Common Sense Media – Digital Passport

www.common sense media.org/about-us/news/press-releases/common-sense-media-launches-digital-passporttm-for-families

Carnegie Cyber Academy

www.carnegicyberacademy.com/

FBI Safe Online Surfing

<https://sos.fbi.gov/>

FBI Child ID App

www.fbi.gov/news/stories/child_080511/child-id-app

FBI - Protect Your Children

www.fbi.gov/investigate/violent-crime/cac

National Center for Missing and Exploited Children

www.missingkids.com/home

National Center for Missing and Exploited Children - NetSmartz Workshop

www.netsmartz.org/Parents

OnGuard Online

www.consumer.ftc.gov/features/feature-0038-onguardonline

Articles

16 Apps and Websites Kids Are Heading to After Facebook

commonsensemedia.org/blog/16-apps-and-websites-kids-are-heading-to-after-facebook

What are the social media basics for high school kids?

www.commonsensemedia.org/social-media/what-are-the-social-media-basics-for-high-school-kids

Parents' Top 10 Cyberbullying Questions

www.commonsensemedia.org/cyberbullying

How to Raise Mindful Kids in a Digital World

www.huffingtonpost.com/dr-jim-taylor/mindfulness_b_2615692.html

California Law Says All Websites Must Give Minors Option To Delete User Activity

<http://abcnews.go.com/Technology/calif-law-websites-minors-delete-activity/story?id=20361045>

NYTimes: Facebook Eases Privacy Rules for Teenagers

www.nytimes.com/2013/10/17/technology/facebook-changes-privacy-policy-for-teenagers.html

Facebook Study Reveals Links Between What You Post And Who You Are

www.huffingtonpost.com/2013/10/02/facebook-study-language_n_4031222.html

Is Social Media Giving Your Teen a Negative Body Image?

commonsensemedia.org/blog/is-social-media-giving-your-teen-a-negative-body-image

How Do I Keep Up With the Latest Social Apps and Sites Teens Are Using?

commonsensemedia.org/social-media/how-do-i-keep-up-with-the-latest-social-apps-and-sites-teens-are-using

How Can I Help My Kid Avoid Digital Drama?

www.commonsensemedia.org/social-media/how-can-i-help-my-kid-avoid-digital-drama

Snapchat and 7 More Iffy Messaging Apps That Teens Love

commonsensemedia.org/blog/snapchat-kik-and-6-more-iffy-messaging-apps-teens-love

When Selfie Improvement Apps Go Too Far

www.commonsensemedia.org/blog/when-selfie-improvement-apps-go-too-far

What Should I Do When Other People Post Pictures of My Child Without Asking Me?

www.commonsensemedia.org/privacy-and-internet-safety/what-should-i-do-when-other-people-post-pictures-of-my-child-online

My kids' ONLY friends are their online pals. Should I worry?

www.commonsensemedia.org/social-media/my-kids-only-friends-are-their-online-pals-should-i-worry

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