

# Good Digital Parenting Resource Guide



**girls  
inc.**

of Central Alabama



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of Central Alabama

**Girls Inc** advocates on behalf of girls ages 6-18 delivering life-changing programs and experiences. Our **researched-based programming** is delivered by **trained professionals** who focus on the development of the whole girl, supporting, mentoring, and guiding girls in an affirming, **pro-girl environment**. Here, girls learn to value their whole selves, discover, and develop their inherent strengths, and receive the support they need to navigate the challenges they face.

For more information about Girls Inc. of Central AL and our programs, contact: **Julean Kirkpatrick**, Community Impact Program Manager, [jkirkpatrick@girlsinccentral-al.org](mailto:jkirkpatrick@girlsinccentral-al.org)



**Bark** was created by parents, for parents to offer a better, easier, and more effective way to keep children safe online. Created in collaboration with child psychologists, youth advisors, digital media experts, and law enforcement professionals, Bark delivers a research-backed, kid-friendly solution for safeguarding families as technology changes how and where we communicate. **Bark's** technology includes monitoring text messages, emails and social activity for signs of harmful interactions and content, and sends alerts that detect potential risks, digital dangers and sensitive online issues.

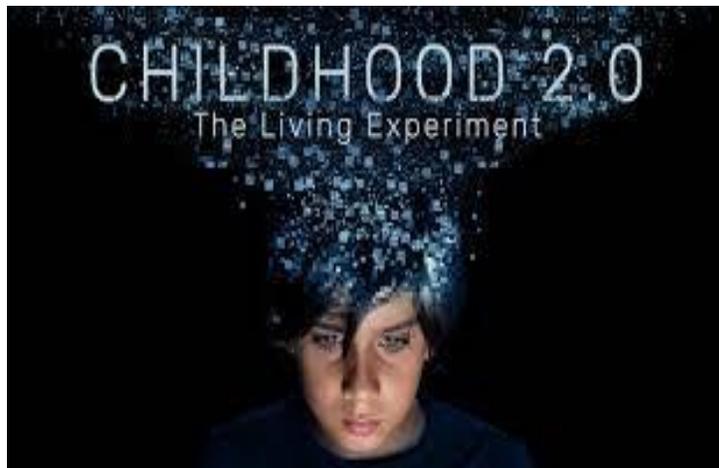
For more information about Bark and their services to schools and parents, contact **Renee Abrams**, School Safety Manager, [renee.abrams@bark.us](mailto:renee.abrams@bark.us)

# Keeping Our Kids & Teens Safe Online

## Social Media Dangers Documentary – Childhood 2.0

<https://www.childhood2movie.com/>

For the first time in history, mental illness and suicide have become one of the greatest threats to school-aged children. Many parents still view dangers as primarily physical and external, but they're missing the real danger: kids spending more time online and less time engaging in real life, free play, and autonomy. What are the effects on the next generation's mental, physical, and spiritual health?



Childhood was more or less unchanged for millennia, but this is **CHILDHOOD 2.0**. Run Time: 88 Minutes

## Handbook for Raising Kids in a Digital Age:

[https://mcusercontent.com/a594c6f8d80f1aaa768fb50c1/files/537636f3-1a7b-417d-ab30-9ebe555435ad/Handbook\\_Raising\\_Kids\\_Digital\\_Age\\_Childhood2.0\\_1\\_.pdf](https://mcusercontent.com/a594c6f8d80f1aaa768fb50c1/files/537636f3-1a7b-417d-ab30-9ebe555435ad/Handbook_Raising_Kids_Digital_Age_Childhood2.0_1_.pdf)

**Parenting in the Tech World** is a private online community for parents raising in the digital age:

<https://www.facebook.com/groups/parentinggeeks/>

**Child & Parent Tech Contract** - [Tech Contract](#)

## Parental Controls for Your Child's Social Media & Internet Use

**Barkomatic** **Barkomatic** is the Internet's **FIRST** customizable resource for parental controls. No matter how your child uses the Internet, **Barkomatic** can provide you with all the information you need quickly, easily and in **ONE** location!

## Parents' Guide to Smart Phone Safety

<https://www.missingkids.org/content/dam/netSMARTZ/downloadable/tipsheets/Parents%27%20Guide%20to%20Smartphone%20Safety.pdf>

## Internet Safety at Home

<https://www.missingkids.org/content/dam/netSMARTZ/downloadable/tipsheets/Internet-Safety-at-Home-EN-ES.pdf>

**Bark Blog** - <https://www.bark.us/blog/>

## Protecting Your Kids Online 2.0

<https://www.missingkids.org/content/dam/netSMARTZ/downloadable/tipsheets/Protecting%20Your%20Kids%20Online%202.0.pdf>

## Internet Safety – Common Sense Media

Check out the section on the website – “Exploring Questions by Age” (Pre-Schoolers thru Teens 13+) and more - <https://www.common sense media.org/privacy-and-internet-safety>

## Biblical Internet Safety – K-5<sup>th</sup> grade & 6<sup>th</sup>-8<sup>th</sup> Grades

**Finally - online safety taught through a Biblical lens.** These courses were created by national speaker Chris McKenna, the founder of Protect Young Eyes. These videos are intended to be watched by both kids and their parents - **Together!** Everything has its foundation on eight key Scripture passages.

[https://protect-young-eyes-university.teachable.com/?preview=logged\\_out](https://protect-young-eyes-university.teachable.com/?preview=logged_out)

# Parent Concerns About the Digital World



Kids of all ages are swiping and scrolling, totally transfixed by screens of all sizes. Welcome to the new frontier of parenting.

How do you talk to your children and teens about staying safe? What questions do you ask? How do predators enter our kids' digital world? If these are your concerns as a parent, you've come to the right place!

**Parents Need to Know** - <https://www.common sense media.org/parent-concerns>

**Hiding in Plain Sight – Hidden Apps** - <https://www.bark.us/blog/find-hidden-apps/>

**How Predators Lure Teens** [https://www.youtube.com/watch?v=3RucT\\_KORVE&list=WL&index=15](https://www.youtube.com/watch?v=3RucT_KORVE&list=WL&index=15)



## Online Predators:

<https://internetsafety101.org/6ZDZYRJA7> - This website has great information on predators, online gaming, sex trafficking, and more

## Grooming in the Digital Age -

<https://www.missingkids.org/content/ncmec/en/blog/2020/grooming-in-the-digital-age.html>

## Addressing Sex Trafficking & Predators

<https://www.missingkids.org/content/ncmec/en/blog/2021/addressing-child-sex-trafficking-online-training-now-available.html>



## Talking to Kids about Sexting

<https://www.missingkids.org/content/dam/netSMARTZ/downloadable/tipsheets/Talking%20to%20Teens%20About%20Sexting.pdf>

**Sexting: What Parents Should Know:** <https://kidshealth.org/en/parents/2011-sexting.html>

## Stonefish Video: Drawing Child Predators Out from the Shadows



<https://stonefishvideo.com/>

The **Bark** Team goes undercover in an online ecosystem to identify sexual predators and report them to law enforcement. Their goal is to demonstrate to parents how predators operate in the digital age – and how to protect their kids.

## National Center for Missing & Exploited Children

1-800-843-5678

If your child or teen has been sexually exploited, experienced online predation, child sex trafficking, child sexual abuse material exposure, sextortion, exposure to explicit material, etc., contact:

<https://www.missingkids.org/gethelpnow/csam-resources#overview>



# Addressing Mental Health

Research and mental health experts have stated the COVID-19 crisis has impacted the mental health of youth. With sudden changes to school, remote and hybrid learning, food insecurity, anxiety, depression, and stress, and not being able to see friends, it has all taken a toll on our children, teens and parents. Keeping mentally and emotionally healthy at this time is critical. Please consider the resources below to help you and your child during this time.



## Checking In On Your Teenager’s Mood During the COVID-19 Pandemic

<https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic>

## The Parent Assistance Line –

**1-866-962-3030 (8 am-8pm, M-F).** Speak to a Parent Resource Specialist for successfully maneuvering the daily challenges that come with parenting

## Mental Health During COVID-19: Signs Your Child May Need More Support (Infants to Teens)

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Signs-your-Teen-May-Need-More-Support.aspx>

## Language for Parents During Times of Worry

<https://www.erikasighthouse.org/wp-content/uploads/2020/05/Intervention-Language-for-Parents-En.pdf>

## Child Mind Institute – For Families

<https://childmind.org/audience/for-families/>

## COVID-19 Family Guidebook: Do It at Home Coping Skills & Activities

[https://www.childlife.org/docs/default-source/covid-19/covid19-family-guidebook-full---4112020.pdf?sfvrsn=62848a4d\\_0](https://www.childlife.org/docs/default-source/covid-19/covid19-family-guidebook-full---4112020.pdf?sfvrsn=62848a4d_0)

## Parent’s Guide to Teen Depression

<https://www.helpguide.org/articles/depression/parents-guide-to-teen-depression.htm>

## Teen Isolation & Suicide Prevention During a Pandemic

<https://www.sharp.com/health-news/teen-isolation-and-suicide-prevention-during-a-pandemic.cfm>

## Anxiety in Teens is Rising: What is Going On?

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders.aspx>

## How to Help Your Teen Deal with Stress

<https://www.youtube.com/watch?v=rzolqNrlilo>

# Bullying & Cyberbullying



## Cyberbullying: How to Spot It

<https://www.missingkids.org/content/ncmec/en/blog/2019/post-update/cyberbullying-unplugged.html>

## 5 Ways to Stop Cyberbullying –

[https://www.youtube.com/watch?v=zASfp7\\_-lhg&list=WL&index=70](https://www.youtube.com/watch?v=zASfp7_-lhg&list=WL&index=70)

## What Parents Should Know About Bullying & Cyberbullying

<https://www.pacer.org/bullying/parents/definition-impact-roles.asp>

## Know Bullying Mobile App

The **free** KnowBullying app will help you boost your child's confidence and build effective strategies for facing bullying. Includes: conversation starters, reminders to talk with your child, bullying prevention strategies, and more. **Download the app:** <https://store.samhsa.gov/product/knowbullying>

# Parent Guides

**Net Lingo** - <http://www.netlingo.com> - texting acronyms

**Emoji Slang: A Guide for Parents** - <https://www.bark.us/blog/emoji-slang-guide/>

## Tik Tok: A Helpful Guide for Parents

<https://www.familyeducation.com/teens/what-is-tiktok-a-helpful-guide-for-parents-of-teens>

<https://www.connectsafely.org/wp-content/uploads/qg-tiktok.pdf>

## Parent Guide to Fortnite:

<https://www.common sense media.org/blog/parents-ultimate-guide-to-fortnite>

## SnapChat: A Parent Guide:

[https://www.connectsafely.org/wpcontent/uploads/snapchat\\_guide.pdf](https://www.connectsafely.org/wpcontent/uploads/snapchat_guide.pdf)

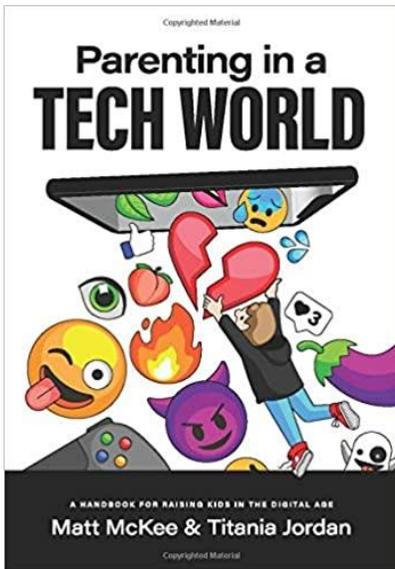
**Instagram Parent Guide:** <https://www.connectsafely.org/wp-content/uploads/Instagram.pdf>

**Parent Guide to Roblox:** <https://www.common sense media.org/blog/parents-ultimate-guide-to-roblox-0>



## 5 Apps Parents Should Know About Before Kids Hit “Download”

<https://www.king5.com/article/life/parenting/apps-dangerous-for-kids-parents-tech/281-5961b08b-c252-4836-bb22-1684e9bedd62>



How do you know when your child is ready for a smartphone? What do I do if I catch my child watching porn? How do I get to a place of trusting my kid with social media? How do I spot signs of trouble in my kid from their use of social media?

*Parenting in a Tech World* is for parents who don't know where to start with addressing the use of technology in their homes. Our book is a comprehensive resource that answers your questions and provides you with a plan of action for developing a relationship between you, your child and technology.

Available on Amazon.com:

[https://www.amazon.com/Parenting-Tech-World-handbook-raising/dp/0578733153/ref=sr\\_1\\_2?dchild=1&keywords=parenting+in+a+tech+world&qid=1614439838&sr=8-2](https://www.amazon.com/Parenting-Tech-World-handbook-raising/dp/0578733153/ref=sr_1_2?dchild=1&keywords=parenting+in+a+tech+world&qid=1614439838&sr=8-2)

## Video Games



**Video Game Ratings –** <https://www.esrb.org/ratings-guide/>

Every video game has a rating given by the Entertainment Software Rating Board (ESRB). This rating looks at the content in video games: substances, blood/gore, sex, violence, humor, language, nudity, and gambling.

**What ESRB ratings do your child's games have?**

**What Your Kids Don't Want You To Know About Online Gaming Dangers**

<https://www.youtube.com/watch?v=XjKi7nD3F-c>

# Resources for Kids, Pre-Teens and Teens

## Internet Safety for Kids

- **5 Internet Safety Tips for Kids**  
<https://www.youtube.com/watch?v=X9Htg8V3eik>
- **How to Prevent Cyberbullying (Kids & Teens)**  
<https://www.youtube.com/watch?v=4g8w7GV3-iA>
- **Internet Safety (K-1<sup>st</sup> graders)**  
<https://www.youtube.com/watch?v=iU2cxv8akC4&t=170s>
- **Internet Safety (2<sup>nd</sup> & 3rd Graders)**  
<https://www.youtube.com/watch?v=pzdSaGtavEI&t=17s>



## Dealing with Strong Feelings (Kids)



### Coping Skills for Elementary School Kids

- <https://www.youtube.com/watch?v=Nmu0Z--pM88>
- <https://www.youtube.com/watch?v=B3wsY138qOI&t=1s>



### Healthy Habit: Emotions are Real, Express How You Feel (Kids)

- <https://www.youtube.com/watch?v=bjflbVLtPu0>

## Internet Safety for Teens



- **Internet Safety for Teens**  
<https://www.youtube.com/watch?v=rzolgNrlilo>
- **How to Prevent Cyberbullying (Kids & Teens)**  
<https://www.youtube.com/watch?v=4g8w7GV3-iA>
- **Teen Voices: Who You're Talking to Online**  
[https://www.youtube.com/watch?v=Dil8Lj0\\_TGQ](https://www.youtube.com/watch?v=Dil8Lj0_TGQ)

- **Being Netsmartz (Tweens)**  
<https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/Your%20NetSmartz%20-%20Tips%20for%20Tweens.pdf>
- **Smart Tips for Teens** - Sharing too much, trusted adults, cyberbullying, online predators  
<https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/How%20Do%20You%20Use%20Your%20NetSmartz.pdf>

# Sexting

## Sexting: The Price of a Text -

<https://www.youtube.com/watch?v=2z7hnuXomx4&list=WL&index=142>

Everyone is talking about a girl at school who recently got exposed for sexting. Peyton's boyfriend Jacob is pressuring her to send nude pictures to him. Peyton trusts that he would never expose her images—he is definitely not like that. Or is he? Should Peyton be so trusting with sending these private pictures?

## You Sent a Sext – Now What?

[https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/You\\_Sent\\_A\\_Sext\\_Now\\_What.pdf](https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/You_Sent_A_Sext_Now_What.pdf)

## Think Before You Send

<https://www.missingkids.org/content/dam/netsmartz/downloadable/tipsheets/Think%20Before%20You%20Send.pdf>

# Dealing with Stress

## Stress Management Tips for Kids & Teens

<https://www.youtube.com/watch?v=3Nf2Pzcketg&t=56s>

## Your Life, Your Voice – It's OK to Ask for Help

<https://bit.ly/3kvEMZG>

A bully at school. That rough break up. Stress. School. Life can give you challenges. We have some tips and tools to help you deal.



**5 Tips TO HELP TEENS COPE WITH STRESS**

- GET SOME SLEEP**  
Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.
- FOCUS ON YOUR STRENGTHS**  
Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.
- DO THINGS THAT MAKE YOU HAPPY**  
Find activities or hobbies that make you happy and incorporate them into your daily life.
- ENGAGE IN PHYSICAL ACTIVITY**  
Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.
- TALK TO SOMEONE**  
It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find ways to manage your stress.

**USA MENTAL HEALTH FIRST AID**  
[MHFA.org/teens](https://www.mhfa.org/teens)