



SEPTEMBER

Growing Up Digital

September Parent Resource

Theme: *Is Our Family Ready?*



A new school year often brings new routines—and new requests for technology. The best question is not, **‘What age should my child get technology?’** A better question is, **‘What access is my child ready to handle responsibly right now?’**

Grades K–2



Everyone Else Gets to Watch It

Student A wants to watch videos by herself because her friends do. After a video ends, autoplay brings up something that feels strange and then something scary. Student A stays quiet because she worries the tablet will be taken away if she tells her dad.

TALK ABOUT IT

- Why might Student A be afraid to tell an adult what happened?
- What should Student A do next time a video feels scary or confusing?
- What kind of video access makes sense for Student A right now?

FOR PARENTS

- Use child profiles when available.
- Turn off autoplay and limit open search.
- Keep devices in shared family spaces.

TRY THIS AT HOME

- Check the video profile your child uses.
- Review autoplay, search settings, and where the device is used.

FAMILY PHRASE

“I saw something that made me uncomfortable. Can you help me?”

Grades 3–4



Can I Turn On the Chat?

Student B wants the chat feature turned on in his online game because all of his friends use it. His mom has to decide whether he is ready for that feature—and what rules and safeguards would need to come first.

TALK ABOUT IT

- What should Student B understand before chat is turned on?
- What information should never be shared in a game?
- What should Student B do if someone asks him to keep a conversation secret?

FOR PARENTS

- Being ready for the game is not the same as being ready for every feature.
- Review friend lists, text chat, voice chat, and who can send messages.
- Children are more likely to report a problem when they know the first adult response will be calm and helpful.

TRY THIS AT HOME

- Open one game together and review friend requests, chat settings, private servers, and in-game purchases.

FAMILY PHRASE

“Someone said something strange in the game. I need you to look at it with me.”

Grades 5–6



It's My Phone

Student C gets a first phone before middle school and quickly wants more apps, more privacy, and fewer limits. Later, a friend suggests secretly taking the phone back after bedtime. Now the family must decide what responsible phone access really looks like.

TALK ABOUT IT

- Which rules should Student C help decide?
- Why might a family keep phones out of bedrooms overnight?
- How can Student C earn more independence over time?

FOR PARENTS

- Parental controls work best when children know what is being monitored, why it matters, and how trust is built.
- A phone agreement should include both child responsibilities and adult commitments.
- The goal is guidance, not surveillance.

TRY THIS AT HOME

- Do a 10-minute phone check: apps, permissions, purchases, notifications, and overnight charging.

FAMILY PHRASE

“I made a mistake with my phone, but I need help fixing it.”