

# Digital Confidence

## A Parent Guide to Managing Devices

SCOTCH  
COLLEGE



### STEP 1:



**DOWNLOAD** the Introductory Guide to iPads in Middle School. Open the app in Pages. This will enable you to discuss expectation with your son and complete activities that will help you to navigate iPad use at Scotch College.

- Digital Etiquette
- Organise your iPad
- File Storage
- Security and your iPad
- Privacy and your iPad
- iPad @ Home
- Balance and Mindfulness

### STEP 2:

**CREATE** a Digital Family Agreement for home. It is important to have an open conversation about creating healthy family habits around the use of technology and screen time. This will help your son to feel part of the conversation and help you plan and avoid tricky situations. An example Family Agreement can be found on the back of this page.

### STEP 3:

**ORGANISE** Screen Time and Focus. Using Apple ScreenTime helps to develop self-efficacy and time-management. ScreenTime options can be found under **SETTINGS**. Please see below for suggested times in the Middle School residence.

#### MIDDLE SCHOOL RESIDENCE DEVICE TIMES

##### Weekdays

- 10 mins in morning before school (quick check)
- 30 mins after sport and shower, before dinner
- iPad only for homework (Prep) time
- 30 mins after Prep and before nightly routine (time to call parents)

##### Weekends

- 90 mins each day in the afternoon

## Digital Family Agreement

Our family are working together to create a healthy, balanced relationship with technology.

### Where can devices be used in our home?

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Which areas are TECH FREE ZONES?

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Where is our central charging area and what time are devices expected to be plugged in at the end of the day?

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### When can devices be used in our home?

Devices are only used in the morning to check what's on for the day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BEFORE 8AM							
MORNING							
AFTERNOON							
3:30 pm - 6:00pm							
6:00pm -							
Device charging							

When are our digital blackouts?

- Meal times
- Family gatherings
- Sleepovers
- Friends visiting

Other \_\_\_\_\_

### What are our devices used for?

Devices aren't available after school until homework and chores are completed.

Education expectations

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Leisure expectations - agreed apps that can be used

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Social Media expectations

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### What is important about privacy and sharing?

It is important that we work as a family to protect our privacy. We make sure that we do not sign up for anything on the internet without checking. We do not input our full name or personal information into any websites.

We do not upload personal images without discussing as a family.

Other \_\_\_\_\_

What is our strategy if we come across anything inappropriate or anything that makes us uncomfortable?

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### What are the consequences for breaking the agreement?

Our family recognises that screen time is a privilege and comes with responsibility. Our agreement is important to develop healthy habits for our family.

If the agreement is broken, we agree that these consequences be put in place for a period of time and that we will then discuss the family agreement again to make sure we all agree.

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Please sign the family agreement:

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## Helpful Websites:

### Office of eSafety



### Raising Children



### Common Sense Media



### YSafe



Scan the code to take you to our Middle School ILT page for further information