My Digital TAT2 is a nonprofit organization that helps schools and communities address one of the most challenging issues facing families today: How to build the healthy habits and critical thinking skills we need to integrate technology into our lives in a constructive way. Our proven, face-to-face curriculum inspires conscious and responsible participation in our connected world.

Parenting in the Digital Age

Today's students are living in a culture of personal sharing that has changed the concept of privacy. This shift profoundly impacts students in their social, emotional, and academic lives. Most are using social media in a positive way, yet they live in a world where there are few rules about how to behave online. The potential for making online "mistakes" can damage reputation and have long lasting effects. We call these long-term effects a "digital tattoo" - they can be created in an instant, but stay with their owner forever. Your role as a parent is to help your child develop the critical thinking skills they need to manage their own privacy, respect the privacy of others, and use responsible and ethical decision making in their online lives.

To hear about the latest trends, new websites, and legislative updates that impact us as we parent and educate children and youth in a 24/7 digital world:

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Tips for Parenting Your Child in a 24/7 Digital World

- Listen first: Be curious, not furious
- Watch, play, and listen with your kids and talk about online content together
- Together, create a media agreement that fits the needs of your family
- Let your child teach you about technology
- Model the digital behavior you want to see
- Know what sites your kids are visiting and understand how they are using them
- Help them develop strategies to deal with conflict
- Be sure they have a trusted adult in their life with whom they can share ideas
- Explain that nothing replaces face-to-face communication
- Assess risky behavior and if concerned, seek professional help
- Provide supervision, not "snoopervision"
- Create dedicated family time and digital-free zones that apply to everyone
- Put all digital devices to bed at least 30 minutes before bedtime
- Charge all devices in your own bedroom
- Consider restricting digital devices in carpools and on sleepovers
- Don't ban the tool, address the behavior that concerns you
- Find out what your child loves to do online and help them explore their interests in the real world

Never lose sight of how important you are to your child,
even if they cannot acknowledge it.