During these unprecedented times, it is normal to feel detached or isolated. However, technology has fortunately empowered us to stay connected during our time physically apart.

It is incredible to see all the ways Long Beach educators are utilizing technology to continue to cultivate the connections established within their school buildings.

With distance learning and more time at home, our children are undoubtedly having increased "screen time" so I wanted to put together a brief guide to help outline some tips & tricks to navigate popular social media apps and keep them safe online.

For more social-emotional wellness activities please join my Google Classroom (Code: bkd4nx3).

Stay happy & healthy!

-Ms. Golden, Elementary School Counselor

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**SET BOUNDARIES**

Clearly communicate your expectations and guidelines regarding technology usage so there is no confusion.

Some families may choose to create a charter or contract. For examples click [here](#).

**EDUCATION IS KEY!**

Try to take a proactive vs. a reactive stance.

Talk to your children about the consequences and dangers of inappropriate technology use before it becomes a potential problem.

**MODEL BEHAVIOR**

"Example is leadership."

If you came up with the expectation of no phones at the dinner table as a family - follow suit!

Children will take our lead so it is important to practice what we are preaching.
If you choose to allow your child to use social media it is important to know what apps they are using and how to keep their information and posts private.

Remind them that it is **never** okay to post any personal or private information online (i.e., full name, home/school address, phone number, etc.) or communicate/share with strangers online.

Below is an overview of 3 popular apps commonly used amongst our kids & additional tips.

**A video tutorial on how to configure the privacy settings within each of the apps can be accessed by clicking on the video camera underneath them.**

<table>
<thead>
<tr>
<th>App</th>
<th>What Is It?</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>tik tok</td>
<td>A social network where users post short clips of themselves replicating dance routines, lip-syncing along to popular songs, or challenges.</td>
<td>Most of the routines are a harmless &amp; creative way to have fun. However, some of the viral challenges can be dangerous. Remind them not to engage in these just for “likes.”</td>
</tr>
<tr>
<td>snapchat</td>
<td>A platform where users send photos/videos that are temporary. After it’s viewed it “goes away.” However, screenshots can be taken so “snaps” should be carefully sent with caution.</td>
<td>Snapchat has a &quot;location&quot; feature that when enabled allows individuals on your friend list to see your exact location in real time. I suggest disabling this feature or using it with caution.</td>
</tr>
<tr>
<td>instagram</td>
<td>An app that allows individuals to post pictures and videos to a newsfeed that can be viewed by their followers who can comment or like one another’s posts.</td>
<td>&quot;Finstas&quot; are fake accounts made to post candid or more &quot;real&quot; pictures. People may also use fake names to post unkind comments anonymously. Do not accept requests from people you don’t know.</td>
</tr>
</tbody>
</table>
Using Google Classroom or Zoom

Distance Learning Video Chatting

Expectations & Etiquette

- Be prepared! Have any materials you may need for your session close by
- Pick a quiet place where you can stay focused and engaged
- Keep your microphone on mute when you aren’t sharing to help everyone hear more clearly
- Use school appropriate language and behaviors
- Always make smart and safe choices when using the internet/technology & tell an adult right away if you see something that makes you uncomfortable

Have fun!
Always remember to think before you post!

Before you think:

T - is it true?
H - is it helpful?
I - is it inspiring?
N - is it necessary?
K - is it kind?