

Media Safety & Literacy

Using Technology Safely

Plan Ahead

- develop guidelines about when and where to use tech
- know strategies to protect privacy and personal information
- plan for encounters with cyberbullying, inappropriate content, phishing for information, clickbait, and false information
- determine how passwords and access will be shared
- engage children and teens in researching new tech and creating plans for use

Reduce Negative Effects

Consider whether the following strategies would benefit you:

- talk together frequently about what you're experiencing online
- set time limits and time periods for tech use (avoid bedtime)
- create tech free zones (bedrooms, dinner table)
- charge devices in one common space overnight
- limit contacts to family & close friends
- follow each other on social media
- use an internet filter or safety apps



Build Self-Regulation Skills

- Will using this technology serve a good or needed purpose?
- How does using this make me feel during and afterwards?
- Is it time to take a break (today or for a longer time period)?
- How would I feel if someone I admire saw how I was using the internet right now?

Additional Resources

Six Strategies for Family Media Safety (Ensign 8/20).

www.churchofjesuschrist.org/study/manual/abuse-prevention-and-protection/using-technology-safely

Evaluating content: www.common sense media.org

Short lessons for each age level with video and handouts:

<https://www.common sense.org/education/articles/23-great-lesson-plans-for-internet-safety>

What is developmentally appropriate? <https://tech.ed.gov/earlylearning/principles/>

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Using Technology Wisely

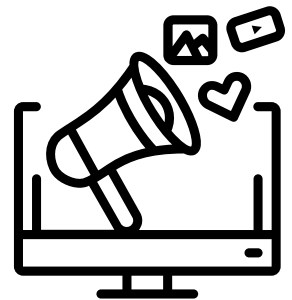
Don't let your actions online drive a wedge between you and those you are trying to influence positively with your gospel messages and invitations. (Study Matthew 5)

Be a Peacemaker

- Avoid posting too frequently, not being genuine in friendship or invitations, using insults or name-calling, repeating false information, and letting fear overwhelm.
- Identify common ground. Assume the best. Ask sincere questions. Be willing to engage. Seek to unify. Take breaks for your emotional health. Set boundaries. Hope.

Plan before Posting

- Examine your motives. Why do I want to share this?
- Examine the claims. Have I done basic fact checking?
 1. Read beyond the headline. Is it overly sensational? Call that out before posting.
 2. Check the date of the article. Is it current?
 3. Analyze whether the news source is a parody account or item is a joke.
 4. Explore who is behind the claims and what might be motivating them. What will they gain by broadcasting this? Why might they frame something this way? What words and symbols do they evoke? What are they trying to make you feel?
 5. Read about the issue from multiple sources to triangulate facts in common. The most convincing lies are those that start with a kernel of truth. What are media sources with a different bias saying?
 6. Avoid posts that speak in extremes.
 7. Try to use your own words when you create a post.
 8. Avoid insider language- acronyms, shorthand expressions, slogans.



Ideas for Positive Online Interactions

- Share moments of gratitude and kindnesses you observe.
- When posting about everyday activities, connect your faith or a gospel principle.
- Use honest, everyday language. How are the friends/family you want to reach discussing faith? Sharing your faith isn't about YOU, it's about connecting with THEM.
- Consider church media hashtags (#HearHim #ShareGoodness #LIGHTtheWORLD).

Additional Resources

Recognizing divisive media and fake profiles: www.spotthetroll.org

Avoiding conspiracy theories: <https://library.mormonwomenforethicalgovernment.org/media-literacy-conspiracy-theories-whats-driving-them/>