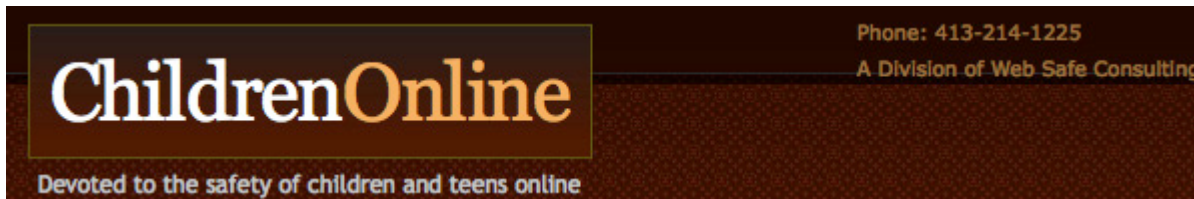


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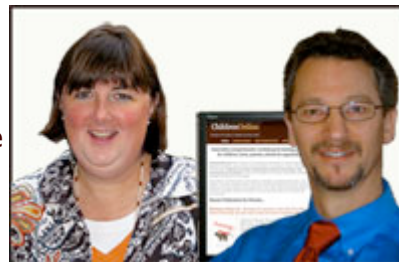
**Related Resources**

1. [Understanding the Need to Say "No" to Your Child](#)
2. [Setting Limits for Kids - Why Saying No to Children Can be a Struggle Worth Having](#)
3. [Saying "No" to Your Teen](#)
4. [Say No to Your Children and Stick to It](#)
5. [ParentsHelpingParents.org](#)
6. [When Your Teen Wants You to Say No](#)
7. [Say No to Your Teen - Six clear concise rules](#)

**Issue: #41****September 2010****41st Edition of the Children Online Newsletter.**

A key point to understanding technology and children is to keep in mind that the core issue is not about the technology.

For children and teens, technology and life online is all about connection, relationships and friends. The technology is simply a vehicle.



For many adults, technology is overwhelming to understand and so parents remain fearful, overwhelmed and confused by how to handle it. In reality parenting around technology is similar to parenting around other issues such as driving, riding a bike to school, going out to parties, or going to the mall with friends. Parents must put clear and consistent guidelines in place to help keep their child and/or teen safe.

At times the best a parent can do for their child is to say NO. Saying no can be challenging in the best of circumstances. We devote this newsletter to the concept of saying no.

Best wishes,  
 Marje Monroe and Doug Fodeman

Contact Marje or Doug via email at [marjem@childrenonline.org](mailto:marjem@childrenonline.org) or [dougf@childrenonline.org](mailto:dougf@childrenonline.org) for information about our programs or consulting services.

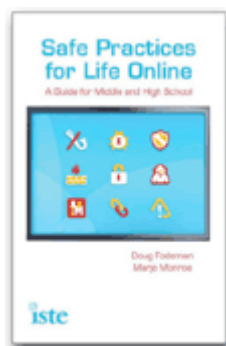
8. [No Means No: How to Teach Your Child That You Mean Business](#)

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Doug Fodeman & Marje  
Monroe.  
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## INTERNET SAFETY CURRICULUM

### Safe Practices for Life Online

Children  
Online has  
a



curriculum on Internet Safety that includes nearly 100 student exercises and lots of information on many topics including social networks, instant messaging, cyberbullying, online marketing, scams directed at kids, protecting privacy online, avoiding identity theft and impersonation, creating strong passwords and more.



There is  
also a

## Saying "no"

As parents we have all created non-negotiable rules in our homes. For example, for some families, respect at all times is a non-negotiable rule. Some parents do not allow their children to eat too much candy or sweets. While children will certainly complain, parents are clear in their answer of "No." Teens may beg to take the family car to a party, but many parents clearly say no despite the yelling, begging and subsequent eye rolling. On those occasions, parents easily see the harm that can come from eating too many sweets or, another extreme, driving a car to a party.

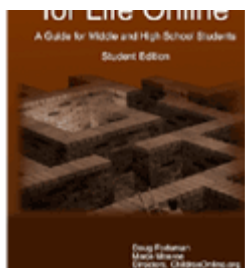
It is not so easy to see the harm online, but it is just as real.

### Our suggestions for Saying NO online:

- No to online use unattended by a parent before the age of 9. Before age 9 we recommend staying within visual distance from the child for constant supervision.
- No to chatting online before the age of 12 including games, chat rooms and instant messaging.
- No to texting before age 14. Texting can lead to many issues for children such as damaged relationships, fraudulent marketing, harassment, sexting and bullying.
- No to Facebook before the age of 15 or 16. Be clear and consistent. Understand that there is in fact real harm that can come from Facebook for children. (See our past newsletters on Facebook)
- No to "Teen" or Mature rated video games for children under age 14. We recommend parents actually play or research games before letting their children play.

### How to say NO:

- Be clear and consistent. Do not waver in front of your child or teen.
- Set up rules with your child early and clearly lay out your expectations so they are not surprised when you have to discipline or use sanctions.



student edition which includes cartoons and "Did you

know" sections of interesting facts for students.

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[Teacher's Edition at ISTE](#)

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- Set up a contract with your child with room for negotiation for thoughtful and good behavior.
- Do not negotiate during times of emotion or angry outbursts by your child. Hear them out (if they are respectful) and say you will consider their request, but will not waver right now. Ask your child to think through why they deserve the privilege.
- Stress that technology use is a privilege and not a right or expectation.
- Stress that privacy does not exist online and cannot be a reason for keeping parents "out of their online world."
- Know that it is a parents job to set boundaries and it is the child's job to push against those boundaries.

### About Children Online

**Children Online offers innovative and comprehensive workshops on Internet safety and online education to students, parents, faculty and administrators. Our approach, unique in the field of Internet safety, combines a thorough understanding of Internet technologies, child development and counseling, to focus on the impact of the internet on the social, emotional and language development of young people.**

**Doug Fodeman and Marje Monroe, experts in technology, counseling and education, work together to provide invaluable research and tools for parents and schools with practical real-life solutions to the issues faced by young people online. Since 1997, Marje and Doug have spoken to thousands of students, teachers and parents. They have several publications in the area of Internet safety and offer a free online newsletter. More detailed information can be found at ChildrenOnline.org.**

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