
Certificate in Family and Parent Coaching

Parenting in the Digital Age

Parenting in the Digital Age can be a challenging task for many parents as technology continues to advance at a rapid pace. With the rise of smartphones, social media, and other digital platforms, parents are faced with a whole new set of challenges when it comes to raising children in this digital era. In order to effectively navigate these challenges and support parents in their journey, it is essential to understand key terms and vocabulary related to Parenting in the Digital Age.

****Digital Literacy**** is the ability to use digital technology, communication tools, or networks to access, manage, integrate, evaluate, and create information in order to function in a digital society. In the context of Parenting in the Digital Age, digital literacy is crucial for parents to understand how to use technology responsibly and guide their children in using digital tools effectively and safely.

****Screen Time**** refers to the amount of time spent using digital devices such as smartphones, tablets, computers, and televisions. Excessive screen time can have negative effects on children's physical health, mental well-being, and social development. Parents need to set limits on screen time and encourage children to engage in other activities such as outdoor play, reading, and creative pursuits.

****Cyberbullying**** is a form of bullying that takes place over digital devices such as smartphones, computers, and tablets. Cyberbullying can include sending hurtful messages, spreading rumors, sharing embarrassing photos or videos, and other forms of online harassment. Parents play a key role in educating their children about cyberbullying and teaching them how to respond effectively if they experience or witness cyberbullying.

****Online Privacy**** refers to the protection of personal information shared on the internet. With the increasing use of social media and online platforms, it is important for parents to educate their children about the importance of safeguarding their personal information and privacy online. Parents should teach children about privacy settings, the risks of sharing personal information online, and how to protect themselves from online threats.

****Digital Footprint**** is the trail of data that is left behind when someone uses the internet. This includes social media posts, online comments, search history, and other digital activities. Parents need to help their children understand that their digital footprint can have long-lasting consequences and teach them to be mindful of what they share online.

****Parental Controls**** are tools and settings that allow parents to monitor and control their children's online activities. Parental controls can be used to block inappropriate content, limit screen time, and track children's online behavior. Parents should explore and utilize parental control options to create a safe and healthy digital environment for their children.

****Online Predators**** are individuals who use the internet to exploit and harm children. Online predators

may use social media, online chat rooms, or gaming platforms to groom and manipulate children for inappropriate or illegal purposes. Parents need to educate their children about the risks of online predators and teach them how to stay safe while using the internet.

****Digital Citizenship**** refers to the responsible and ethical use of technology and digital platforms. Digital citizenship includes respecting others online, protecting one's own privacy and security, and using technology in a positive and productive manner. Parents should instill values of digital citizenship in their children and model good online behavior themselves.

****Tech Addiction**** is a condition characterized by excessive and compulsive use of technology, leading to negative consequences in one's life. Children and adults can develop tech addiction from spending too much time on digital devices, social media, or video games. Parents need to be aware of the signs of tech addiction and take steps to help their children develop a healthy relationship with technology.

****Digital Well-being**** encompasses the physical, mental, and emotional health of individuals in relation to their use of technology. Maintaining digital well-being involves finding a balance between screen time and other activities, practicing good digital habits, and prioritizing self-care. Parents should support their children in developing healthy digital habits and promoting overall well-being in the digital age.

In conclusion, Parenting in the Digital Age requires parents to be informed, proactive, and engaged in guiding their children through the challenges and opportunities of the digital world. By understanding key terms and vocabulary related to Parenting in the Digital Age, parents can equip themselves with the knowledge and skills needed to foster a safe, healthy, and balanced digital environment for their children.