

YOU CAN LIVE WELL WITH TECHNOLOGY



Parenting in 2021 includes parenting in your child's digital world. These resources, referenced in the RMHC How to Prepare Your Child to be a Healthy Tech User workshop, are listed here. If you were unable to attend, we hope these resources are helpful for you, too!

Please email social@hicanopy.com if you have any questions.

FREE E-Book: Digital Parenting for Devices

Parenting has never been considered easy. But digital parenting? Digital parenting is a phrase that didn't exist only a few decades ago, and it's not exactly making things simpler. We are here to help you figure out what conversations you can have with your child to prepare them to be responsible, wise, and healthy tech users.

[Download the Digital Parenting for Devices e-book here!](#)

It includes the following...

- Choosing the best device for your child
- Preparing your child to [engage with the digital world](#)
- [Equipping your child on how to respond](#) when they encounter online dangers
- Helping your child thrive by implementing [Internet parental controls](#)
- Completing a [Family Technology Agreement](#) together

The Truth About Sexting: What Parents Should Know

Sexting is often more prevalent and damaging for teens than most adults realize. This blog incorporates the stories of two young women and how they fell into this destructive pattern. It provides excellent insight on how to prepare your kids to respond if they are ever asked for or sent an explicit image. Read more [here](#).

Conversations About Porn

Discussing pornography with your child is something that you probably wish could just happen without having to live through it, like having your taxes magically filed each year without actually having to collect receipts and complete forms. You may even not know where to begin when you consider how to talk to your kid about porn.

But consider this: If you don't have conversations like this with your child, their entire understanding of it could be defined by peers and the Internet...and isn't that even more terrifying than an awkward conversation? And we're here to help you figure out how to talk to your kid about porn, hopefully, making it a little easier to approach.

That's why we are here to help with several blogs and resources:

- [Where Kids Might Be Exposed to Pornography and How to Prepare Them to Respond](#)
- [How to Respond to a Child Watching Porn](#)
- [How to Talk to Your Kid About Porn and When to Have This Important Conversation](#)
- [Good Pictures Bad Pictures Jr. and Good Pictures Bad Pictures](#)

Parental Controls

One of the tricky spaces where parents must find their balance is how and when to manage the activity of their children. Talking with your kids about adding parental controls to their devices is not exactly the most thrilling conversation. If you're wondering how to tackle this topic, check out [5 Tips for Talking with Your Kids About Parental Control Apps](#) written by a mom of three teenagers.

Below are links that help unpack parental controls found on many popular platforms, services, and systems.

DEVICES & OPERATING SYSTEMS

- [Apple \(iOS\)](#)
- [Android](#)
- [Windows 10](#)

SOCIAL MEDIA PLATFORMS

- [TikTok](#)
- [Snapchat](#)
- [Instagram](#)
- [Discord](#)

STREAMING SYSTEMS

- [Netflix](#)
- [HBO Max](#)
- [Peacock](#)
- [Amazon Prime Video](#)
- [Disney Plus](#)
- [CBS All Access](#)
- [Hulu](#)
- [Apple TV](#)