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Talkin' Tech

with Janell Burley Hofmann

A monthly newsletter for SINAI parents

January 2019



Parent Tech Tip: Permission to Post



Permission to Post is a practice for young people and their families to use when posting and sharing personal information, location, pictures and videos of yourself and others online, allowing for better, more thoughtful decision making.

What are some reasons why we should get Permission to Post personal information, location, pictures and videos before posting online?

- We don't want to freely share our personal information like our age/birthdate, name, location, school, banking info, address etc without making sure our Askable Adult has approved it. This is a strategy to support our safety and privacy.
- We don't want to share pictures and/or videos of ourselves and others unless they have agreed to it or a parent has approved it.
- We want to feel good about what we share online of ourselves and others.
- We want to be a good, respectful friend and member of our family.
- We don't want to sneak pictures and videos of people who may not know they are being recorded.
- There may be religious or personal reasons why someone doesn't want their picture shared online.
- Adults should be as conscious and considerate when posting about their children online. Permission to Post is a strategy adults and children can practice.
- We want to be good digital citizens - smart, safe and savvy.

Click on the video below to learn more about Permission to Post.



Who is Janell?



Janell Burley Hofmann is an international author, speaker and consultant on digital health and well-being. Janell works with youth, educators, families, communities and organizations finding solutions and best practices for living tech-healthy lives. She is also a mother of five children ages 11, 12, 14, 16, and 19. Additionally she has a Bachelor's Degree in Communications and Media Studies and a Master's Degree in Critical and Creative Thinking. This is the second year Janell has partnered with SINAI Schools. For more information on Janell visit www.janellburleyhofmann.com.

What's New? Learn, Read & Connect!

- **Support:** Did you know Common Sense Media can help you better understand your child's specific media consumption including games, social media, internet use, movies, streaming programs and even books? **Click here** to visit this great FREE resource for families.

- **Engage:** Want to make your own FREE tech contract? [Click here](#) to check out this feature made by Janell Burley Hofmann and VISR.
- **Follow:** Are you worried that screens are harming your child's well-being? [Read more here](#) on how negative impacts have been previously overstated in recent studies and research.
- **Read:** Balance, Modeling & Family Engagement are the keys to tech healthy living! [Check out this great piece](#) that describes the value of each.
- **Watch:** [Check out](#) Common Sense Media's tips for having a tech-healthy relationship with screens.

Do you have a tech & family question? Email Janell at JBH@JBHwrites.com. Janell will (confidentially) answer one question each month in the newsletter.



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