



# YOU CANNOT UNDO YOUR DIGITAL MISTAKE!



## Institute for Responsible Online and Cell-Phone Communication

*Introducing Digital Responsibility to a Digital Generation*

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# Parents & Educators

1. Talk candidly and openly with your kids and students about what they are doing online or with their cell phones.
2. Try your best to know who your kids and students are communicating with.  
**Parents** - If they are not going to offer the information freely, contact [helpdesk@iroc2.org](mailto:helpdesk@iroc2.org) for advice.
3. Try your best to limit unmonitored online and cell phone use.  
**Educators** – Prohibit cell phone use in the classroom  
**Parents** – If your child wants a computer in his/her room to do homework or a project, that is fine, but try placing the computer with internet access in a common room in the home. There are many utilities like thumb drives that provide your child the ability to save the information they require from the internet research in the family room computer and bring it to their computer (with no internet access) to add to their homework.  
**Parents** – Turn your internet access off from the router, or limit the time in which your child is allowed to spend on the internet per day.  
**Parents** – Set a time for your kids to “turn in” their cell phones for the day. You are the parent and you can set limits on the time of day the phone can be used. This is a good time to monitor the text messages and apps your child has on his/her phone.
4. Try to be aware of what your kids or students are posting online. Do they have a social media account?  
**Parents** – Monitor your child’s social media page frequently.  
**Educators** – If you have a personal social media account, do not “friend” your students. Never post information about your students on your account. If you have a class social media account, do not post personal information on this account. Follow the Wake County guidelines for acceptable use of social networking websites.