

RIDGE Families

We live in a digital world that's quickly changing before our eyes, and it can often leave us wondering what the future holds for our kids. In an age where information is available at our fingertips via a smartphone or tablet, it's amazing to think about the possibilities kids have to learn new things instantaneously. It's also scary to think about the information that's getting to our kids without our knowledge.

More than ever before, parents need to monitor what their kids are watching, especially with gut-wrenching stories of videos being spliced on YouTube to teach kids disturbing and self-harming acts. In our partnership with you, Ridge Families strives to help families be prepared for things like this. Below are some helpful tips on how you can begin the conversation with your family.

1. Double-check all restrictions you may have on streaming services, and consider having appropriate boundaries as far as their tech and YouTube usage goes.
 - a. If you have young kids, consider even tightening YouTube Kids restrictions by [changing the videos your kids watch](#) to be approved only by a parent.
2. Begin a conversation with your family using this outline:
 - a. Let them know they're not in trouble and that you want them to know that you love them and want them safe.
 - b. Tell them (age-appropriately) what you're hearing. Some kids may be seeing scary things in YouTube videos that may say bad things, to do bad things, and not tell your parents.
 - c. Ask your kid if they have seen or heard anything like this.
 - d. Reminded them that if ANYONE (online or in person) tells them to not tell their parents something, that's a sign that they need to tell a parent what they saw or heard.

- e. Reiterate that you've said all of this because you love your family and want to protect them and have therefore decided to only allow a few channels on YouTube Kids, as well as your choice of other apps like Netflix, Amazon, and Nick Jr, etc.
3. Ask them again if they've seen or heard anything then ask them again that if they do see something, to talk to you about it.
4. Remind them one more time that they're not in trouble and that this isn't a punishment at all. This is to protect them.

If you have any additional questions on how to talk to your kids about technology, [email us](#) or check out the different [age-appropriate resources](#) on our Ridge Families page.