



Parenting in a Digital Age



Stanley Elementary
August 27, 2026



The Garden Grove Way

Our Mission

To ensure student success, we will provide a rigorous and supportive academic experience that motivates all learners to meet high expectations.

Our Vision

We are committed to preparing all students to be successful and responsible citizens who contribute and thrive in a diverse society.

Goal 1



Academic Skills

Academic Content
Academic English
Scholarly Habits



Goal 2



Personal Skills

Motivation
Well-being
Climate & Culture



Goal 3



Lifelong Success

College & Career Readiness
College & Career Success



DISTRICT TECHNOLOGY UPDATES



CONNECT



COLLABORATE



PROTECT



EMPOWER





CYBER SAFETY COP
TOTAL SAFETY SOLUTIONS, LLC



Cyber Safety Assembly
8/25



What was taught at the assembly?



Don't allow strangers in your digital world



Mean, rude, and threatening messages have real world consequences



Use social media for good

School-Issued Chromebook



**Issued to
all students
grades 3–12**



**District safety
filters in place**



APPS AVAILABLE

FOR TK-6



IXL Math

A personalized practice platform that builds confidence and mastery in mathematics.

ELA & Math



Epic! School Plus

A digital library with thousands of high-quality books, videos, and quizzes that inspire a love of reading.

Literacy



Imagine Language & Literacy+

Adaptive language and literacy program that supports English learners in developing communication and reading skills.

English Learners



How to Access ClassLink



1



Go to portal.ggusd.us

Open your web browser and go to portal.ggusd.us.

2



Username

Use the same username you use to log into your GGUSD account.

3



Default Password Format

First Initial + Last Initial + # + Student ID Number

Example: [RD#1234567](#)

Once logged in, you'll see your apps.



IXL SSO



Epic School Plus SSO



Imagine Language &
Litera...



AR/STAR SSO



Note: Students can change password; site tech can reset password.



What Students See When They Log in to ClassLink



 **Garden Grove USD**

 McGraw Hill ConnectED SSO	 Savvas Realize SSO	 Teach TCI SSO	 Twig Science Next Gen SSO	 Google Classroom SSO	 Aeries (Student)	 Discovery Ed SSO
 IXL SSO	 Epic School Plus SSO	 Imagine Language & Literacy+	 AR/STAR SSO	 Canva SSO	 Adobe Express for Education	 Renaissance SSO (Illuminate)

 **Digital Textbooks**

 **Digital Apps**

Available to all students



Agenda

1

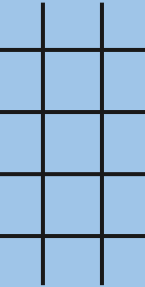
**Setting Healthy
Boundaries for
Screen Time**

2

**Popular Apps
and Parental
Controls**

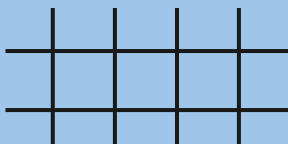
3

**Navigating
Artificial
Intelligence**



1

Setting Healthy Boundaries for Screen Time



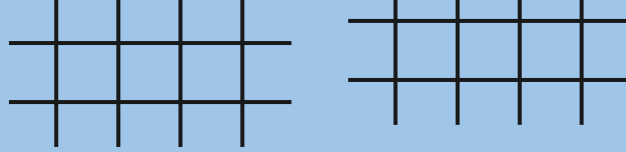
What is Social Media?

Social Media

is any device or application that allows a user to communicate with another person.

Includes: apps, video games, etc.





Three Major Problems with Social Media



Stranger Interaction

Children can interact with people they don't know.



Risky Behavior

Anonymity can increase risky or inappropriate behavior.



Reality Disconnect

Children can become disconnected from reality.

Online Presence is Permanent

What a child posts online is

PERMANENT

Potential Long-term Consequences:



College Admissions

1 in 4 admissions officers
reported reviewing social media
(NACAC)



Future Employment

70% of employers use social
media to screen candidates
during hiring (Career Builder)



Social & Emotional

Nearly half (46%) of teens
report experiencing
cyberbullying (PEW)

Major Depression Among Teens

Major Depression Among Teens

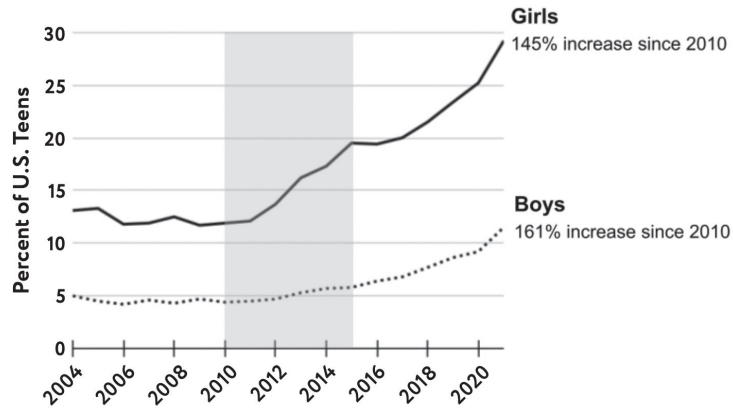


Figure 1.1. Percent of U.S. teens (ages 12–17) who had at least one major depressive episode in the past year, by self-report based on a symptom checklist. This was figure 7.1 in *The Coddling of the American Mind*, now updated with data beyond 2016. (Source: U.S. National Survey on Drug Use and Health.)³

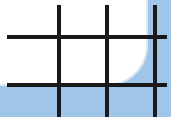
Key Insight

Since 2010, major depressive episodes among U.S. teens (ages 12–17) have surged dramatically, as documented in *The Coddling of the American Mind*.

Surge by Gender (since 2010):

- **Girls:** 145% increase
- **Boys:** 161% increase

Source: *National Survey on Drug Use and Health*



Meet Up with Friends Daily

Meet Up with Friends Daily

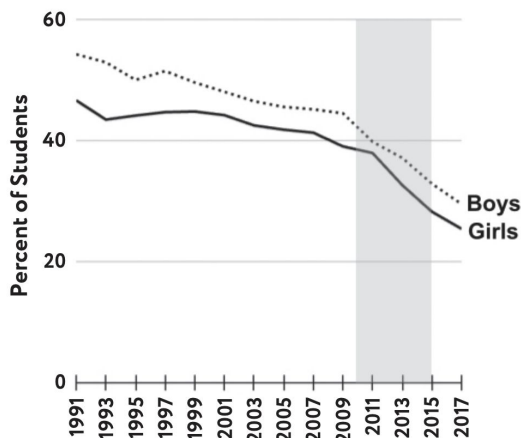


Figure 2.1. Percentage of U.S. students (8th, 10th, and 12th grade) who say that they meet up with their friends “almost every day” outside school.¹² (Source: Monitoring the Future. I explain how I use this important dataset in the endnotes.)¹³

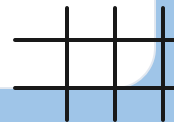
Key Insight

Since 2010, face-to-face socializing has plummeted. The percentage of teens who meet up with friends daily outside of school has declined rapidly, correlating with the rise of smartphones.

Decline by Gender:

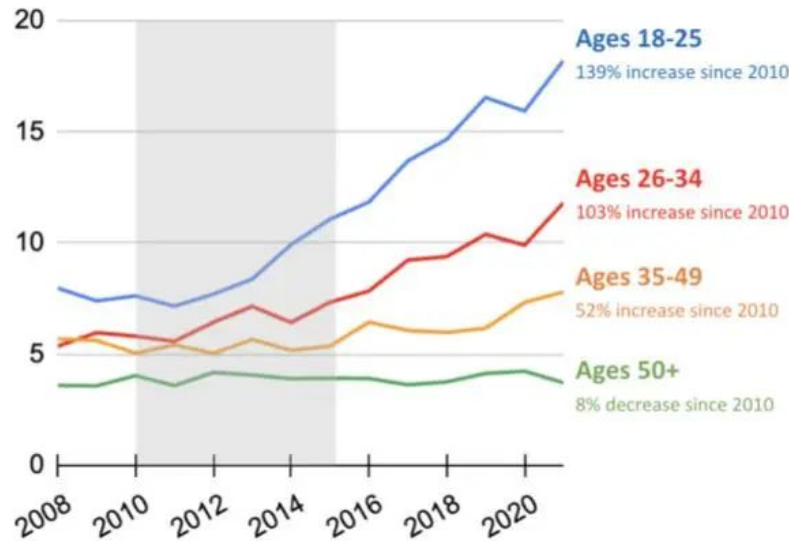
- **Girls:** Sharpest drop post-2010
- **Boys:** Steady, long-term decline

Source: Monitoring the Future dataset



Rising Anxiety Trends Among Youth

Percent U.S. Anxiety Prevalence



Key Insight

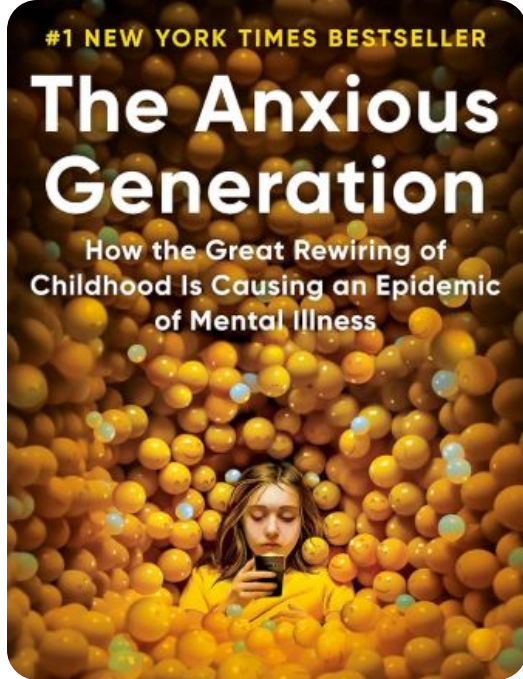
Anxiety rates have risen significantly among teens and young adults over the last decade.

Generational Impact:

- **Ages 18-25:** 139% increase since 2010.
- **Ages 26-34:** 103% increase since 2010.
- **Ages 35-49:** 52% increase since 2010.

Source: Percent U.S. Anxiety Prevalence Data

The Anxious Generation



Key Risks Identified:

- Increased Anxiety
- Lower Self-Esteem
- Social Comparison

Social Disconnection Trends

Meet Up with Friends Daily

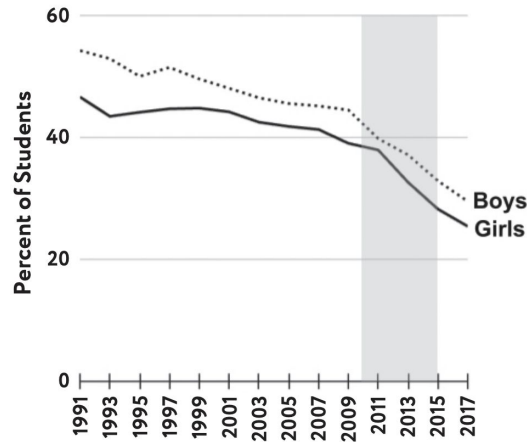


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Key Insight

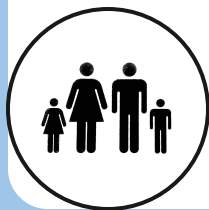
Over the last decade, teens have spent less time meeting with friends in person.

- The percentage of students meeting friends daily has dropped significantly.
- Both boys and girls show a steady decline in face-to-face social interaction since the 1990s.

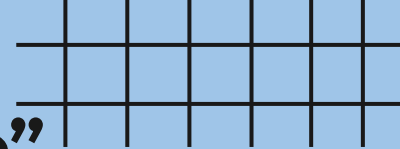
Source: Monitoring the Future / "The Anxious Generation"

What can families do?

Develop healthy family boundaries for cell phone use.



American Academy of Pediatrics Recommendations for “Screen Time”



18-24 Months

Limited screen time
to educational
programming with
caregiver

2-5 Years

Limited
non-educational
screen time to about **1
hour** per weekday
and **3 hours** on
weekends



6 and older

Encourage healthy
habits and limit
screen activities

4 Tips for Families

1. Set Rules & Follow Through



Establish clear boundaries and maintain consistency in enforcement.

2. Hold Children Accountable



Ensure children understand and face consequences for their digital actions.

3. Connect Through Family Meals



Use mealtime as a screen-free space to foster meaningful communication.

4. Use Parental Controls



Leverage technology tools to filter content and manage usage time.

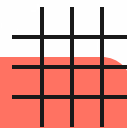
Tip #1: Set Rules and Follow Through

Recommendations

- Set time limits
- Screen-free zones
- Charge phones in parents room at night



Tip #2: Hold Children Accountable



Recommendations

- Create usernames and passwords together
- Log in to your child's phone periodically
- Ensure children understand and face consequences for their digital actions



Parental Monitoring

Parents should make sure they know all of their children's passwords and login information. They should monitor activity on **ALL** devices daily.

Tip #3: Connect through Family Meals

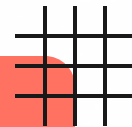
Recommendations

- Eat meals together
- Give children age-appropriate roles (preparing, serving, clearing up, etc.)
- Celebrate together!



"A family meal is a time when the whole family eats together, free from screens and distractions."

Tip #4: Use Parental Controls



Recommendations

- Check settings on the apps your kids use to limit content
- Keep personal information private
- Familiarize yourself with parental controls on TikTok, YouTube, Facebook, and Instagram



Active Management

Proactively using built-in tools across platforms helps create a safer digital environment and ensures age-appropriate content access for your children.

3 Parent Strategies



Modeling Healthy Behavior

Healthy digital habits start with parents modeling that behavior themselves.



Communication Strategies

Use calm, open conversations and “third-person” examples



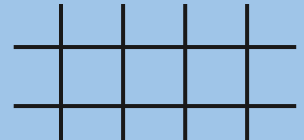
Providing Alternatives

Instead of only removing screen time, encourage face-to-face friendships, physical activity, hobbies, family time, and off-screen opportunities for connection.

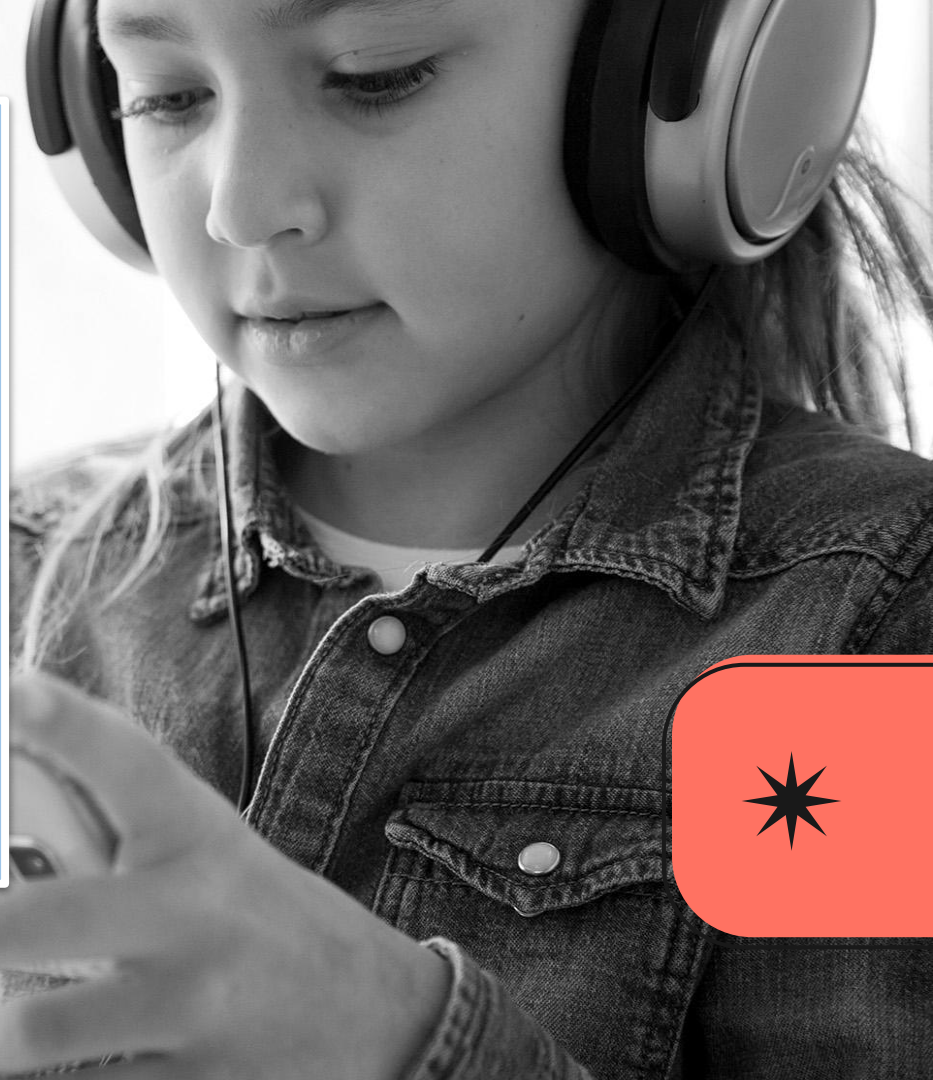
Source: From UCI Medical Presentation

2

Popular Apps and Parental Controls



**Social media is
the most common
way that children
are taken unfair
advantage of.**



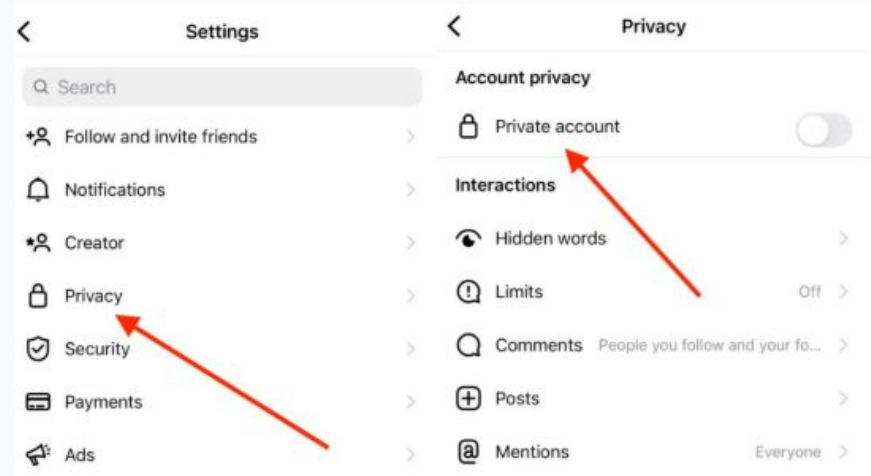
Popular Apps and Parental Controls

	Instagram 	TikTok 	YouTube 	SnapChat 
Private Account				
Restrict Content				
Hide Offensive Comments				
Screen Time Limits				
Recommendation	13 + w/ parental controls and supervision	13 + w/ parental controls and supervision	13 + w/ parental controls and supervision	Not safe for children of any age

Parental Controls

1. Set apps on private!

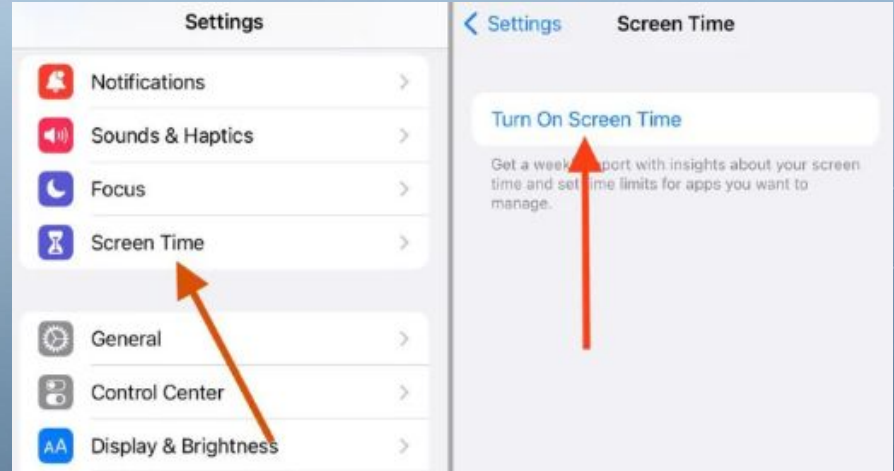
- ✓ First, know what apps your child is using
- ✓ Then, set social media accounts to private
- ✓ Review privacy settings together
- ✓ Have open conversations about online behavior and safety



Parental Controls

2. Manage screen time

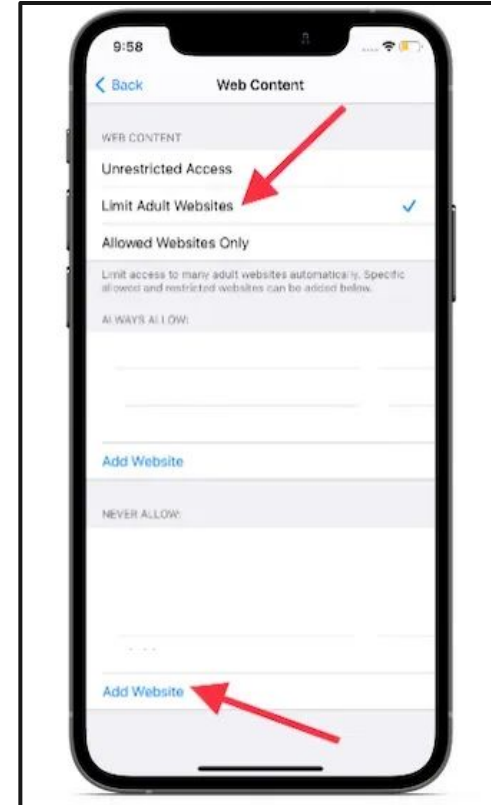
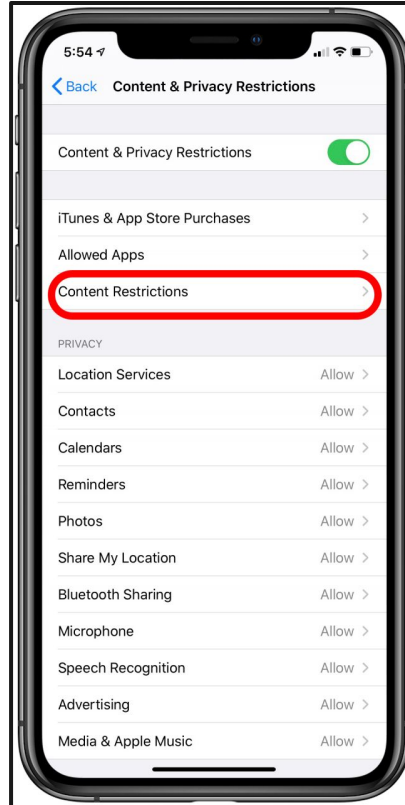
- ✓ Create screen-free times during meals, homework, and family activities
- ✓ Keep devices out of bedrooms overnight when possible
- ✓ Most devices already include built-in screen time reports



Parental Controls

3. Block unsafe websites

- ✓ Search for "Content Restrictions"
- ✓ Select "Limit Adult Content"
- i Note: Specific sites can be blocked under "Never Allow"



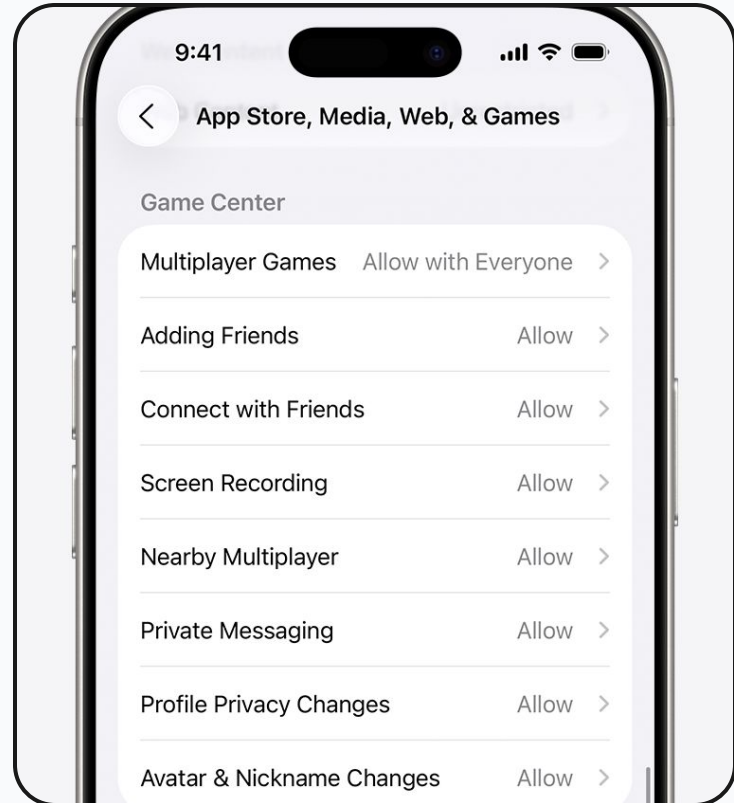
Parental Controls

4. Communication Limits

Control who can chat with your child.

Navigate to "**Content Restrictions**" to manage interactions across:

- Social Media & Apps
- Online Games
- Web Media



Cyber Safety Cop – Social Media Rules

Social Media Safety Rules

- ✓ **Minimum Age:** 16 y/o (not 13)
- ✗ **NO** for Snapchat and Discord
- 🔒 Private settings; no strangers
- 👁️ Actively monitor online activity
- 📲 Install a parental control app

Parental Control App Options:

1. Cell Phone Companies:

- AT&T Secure Family
- Verizon Family
- T-Mobile FamilyMode

2. Specialized Apps:

Bark: Advanced monitoring and alerts for parents

Upper Elementary & Intermediate Alternatives

Stay Connected Safely

Communicate without full internet access.



Feature Comparison

✓ ENABLED FEATURES

- Calls & Text Messaging
- Real-time GPS Location
- Emergency Button
- Parent Controls

✗ RESTRICTED ACCESS

- Open Web Browsing
- Social Media Apps

Cell Phones in GGUSD: What Parents Need to Know



In-Class Use Policy



Grades K-8: Cell phones are **NOT** allowed

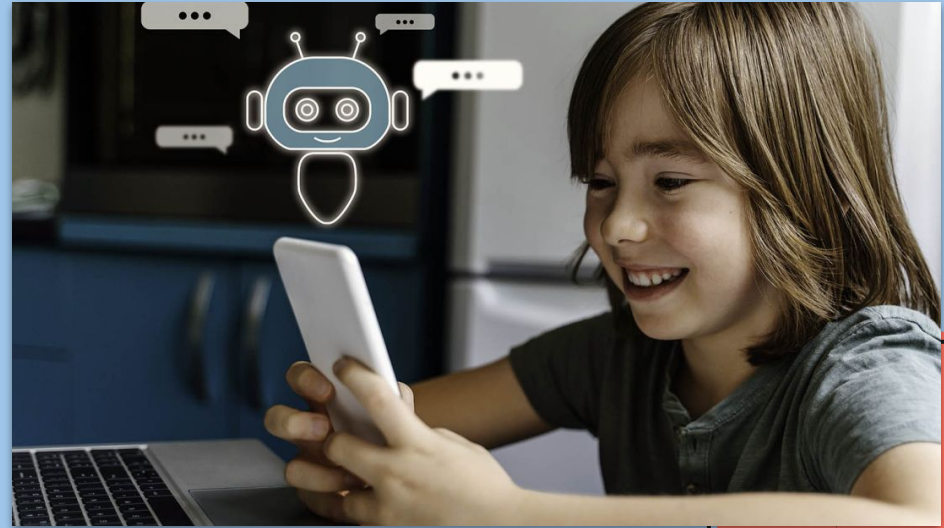


Grades 9-12: Cell phones are **NOT** allowed

**Unless specifically approved by the teacher for instructional purposes*

3

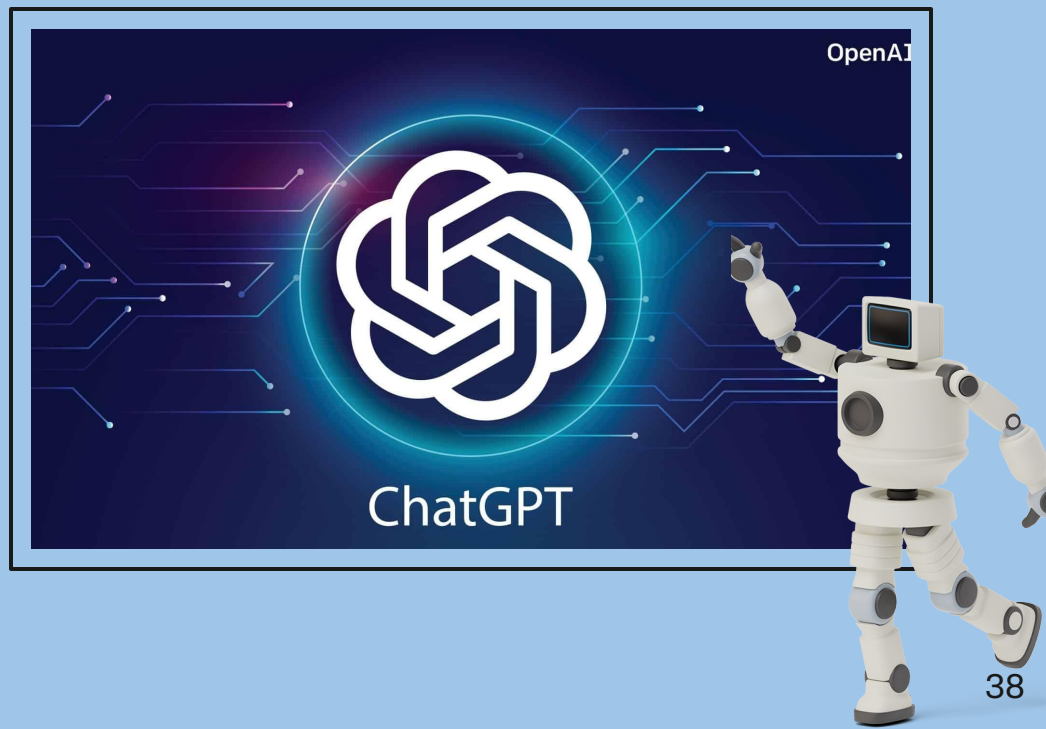
Navigating Artificial Intelligence



What is Artificial Intelligence?

Artificial Intelligence (AI) is a technology that perform tasks that typically require human intelligence.

— Google



Examples of What AI Can Do

**Explain
Homework**



**Create Practice
Questions**



**Plan Homework or
Family Routines**



**Write Emails to
Teachers**



**Make a
Study Guide**



**Practice Job or
College Interviews**



**Summarize or
Translate School
Messages**



Brainstorm Ideas



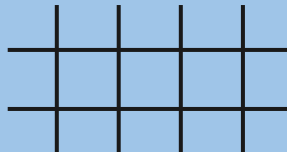
**Get Feedback on
School Work**



50%

of K-12 students report using
CHATGPT weekly

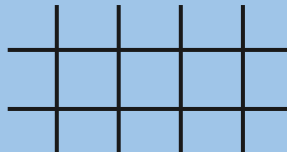
(AI for Education)

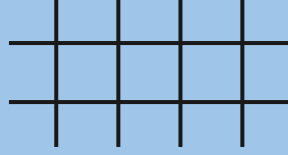


62%

of employers believe that
employees should have **AI
skills**

(AI for Education)





AI in GGUSD



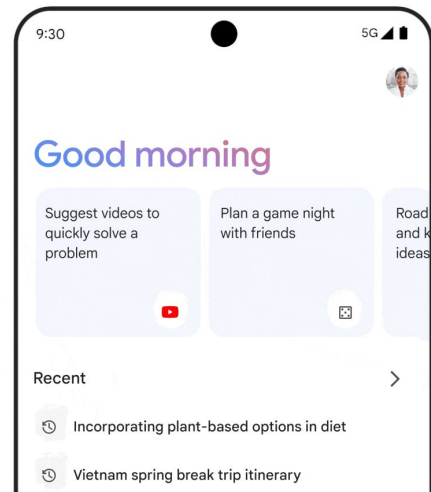
In GGUSD, students in grades 7–12 have access to Gemini



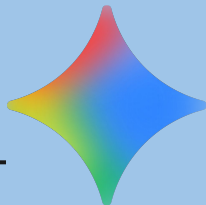
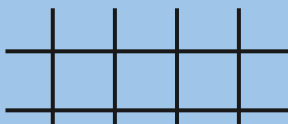
Explicitly designed for education.

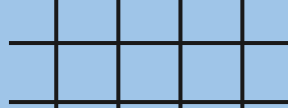


Strictly filtered for users under 18.



gemini.google.com





Google Privacy and Safety



Data is protected

Complies with FERPA & COPPA regulations.



Your data is private

Private and not shared with outside parties.



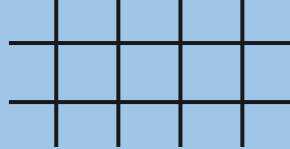
District Ownership

The district owns and controls their own data.

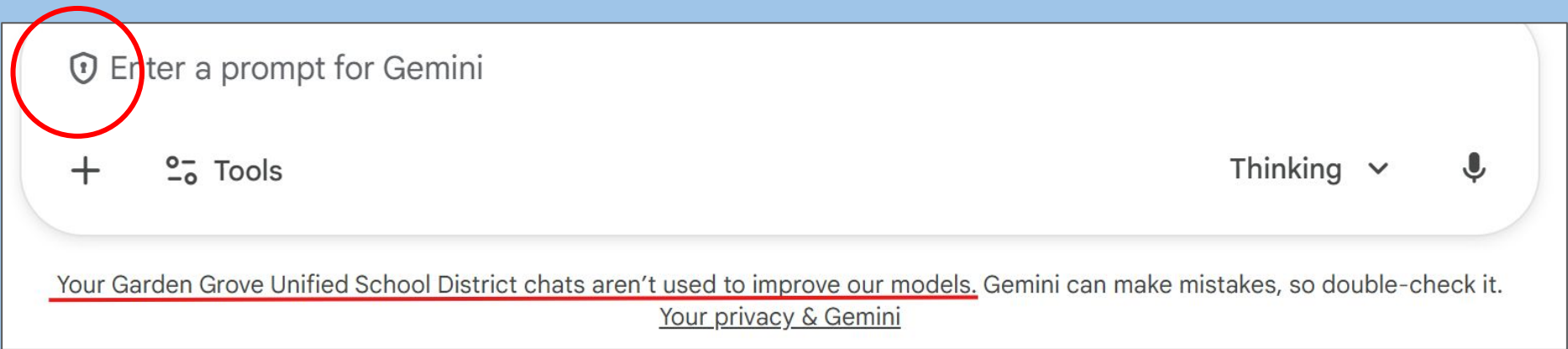


AI Training & Ads

Data is not used for AI training or advertising.



Prompting in Gemini



Enter a prompt for Gemini

+ Tools Thinking ▾

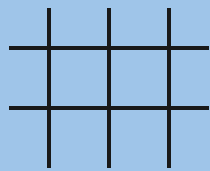
Your Garden Grove Unified School District chats aren't used to improve our models. Gemini can make mistakes, so double-check it.
[Your privacy & Gemini](#)

Tip: Better prompts = Better results

Example:

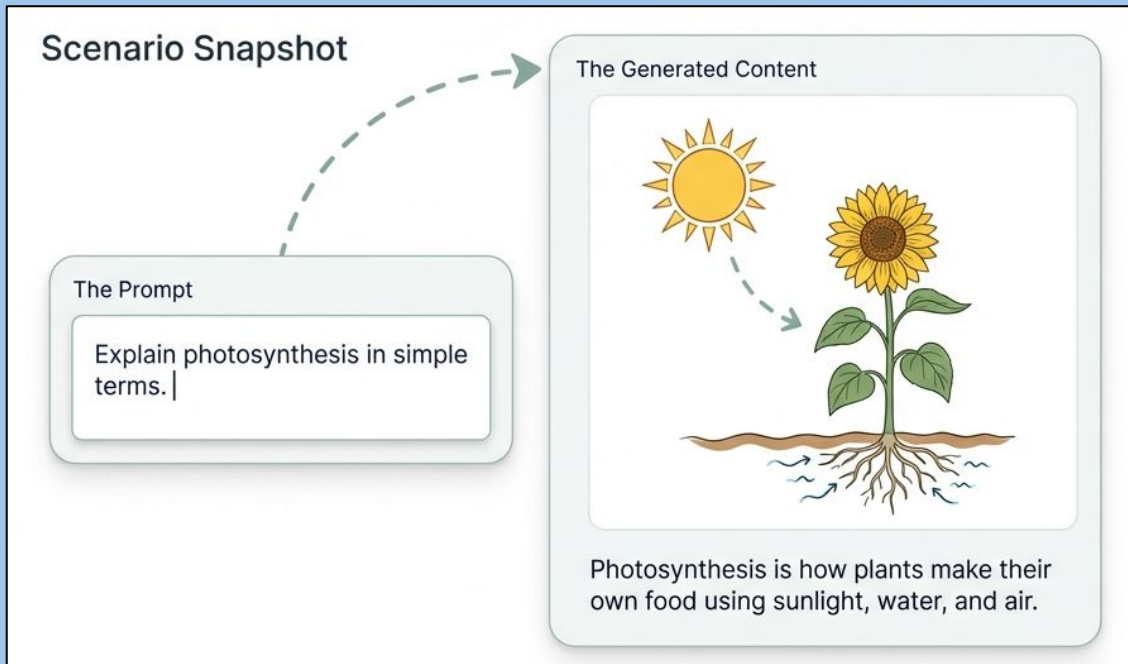
I am a parent of a ___ grade student. Help me _____.

What is Generative AI?



Generative AI creates **new content** when you give it instructions.

These instructions are called a **prompt**.



Lets Try: Parenting Scenario

Scenario Snapshot

The Prompt

I am a parent of a 12-year-old who just got their first phone. What are 5 ways I can help keep my child safe online? |



ChatGPT

The Generated Content





Thank You!

Richard Dinh
rdinh2@ggusd.us

For additional resources: [Parent Workshops](#)

