

Digiparenting



Mind your social media manners

Old-school etiquette in a high-tech society

Sexting? How to start the conversation with your kids

Raising kids in the digital age

Four checklists to manage your digital home

01

The digital home issue
February 2021



05

Editor's letter
Hello There

11

Family tools
Norton Security:
Keep your kids safe
online

19

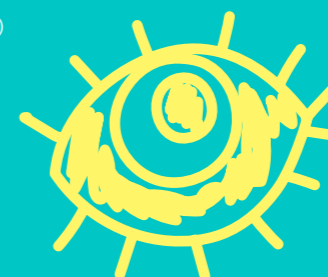
How to?
How to set up your
V-Kids watch

22

Featured
Sexting? How to
start a conversation
with your kids

25

Featured
We want to
meet you



08

Main article
Raising your kids
in the digital age

13

Learn the lingo
Learn the latest tech
lingo and slang

21

Gaming
What's hot
on X-box

23

Featured
Mind your social
media manners





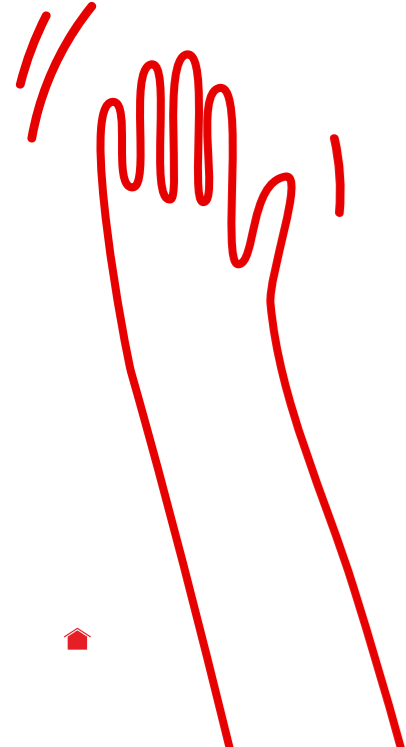
HELLO THERE

At Vodacom One Family, we are committed to supporting and empowering parents to build healthy and sustainable digital homes. That's why our DigiParenting Magazine is packed with tools and tips to help you feel more confident when it comes to getting involved and setting boundaries in your kids' digital world.

In an ever-evolving tech and digital world, our vision is to provide content that speaks to overall healthy digital habits for new-age parents and their homes.

We hope that this issue will be a reference tool for whenever you have a particular question or need more confidence to be more involved in your child's digital world.

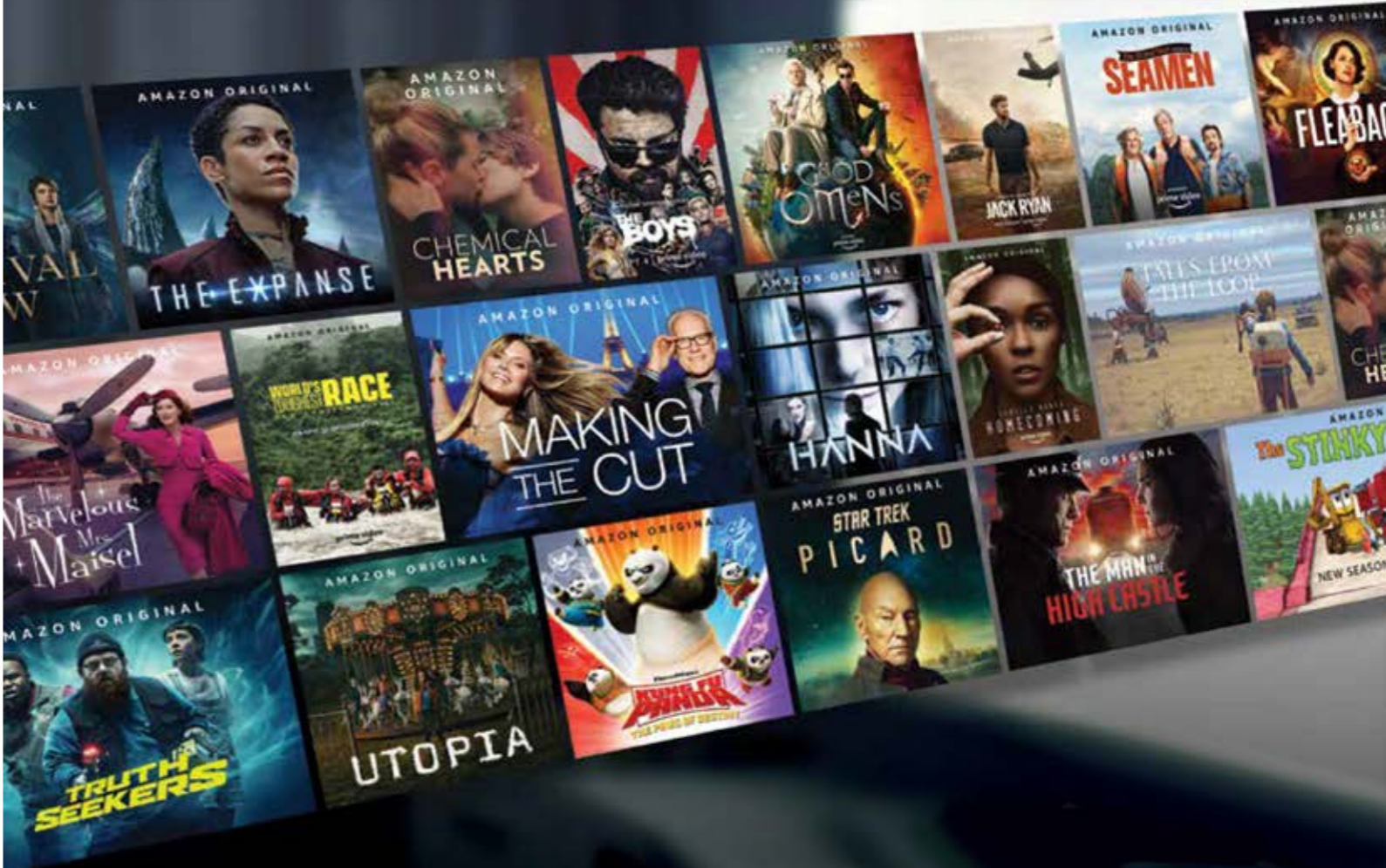
Melanie Forbes
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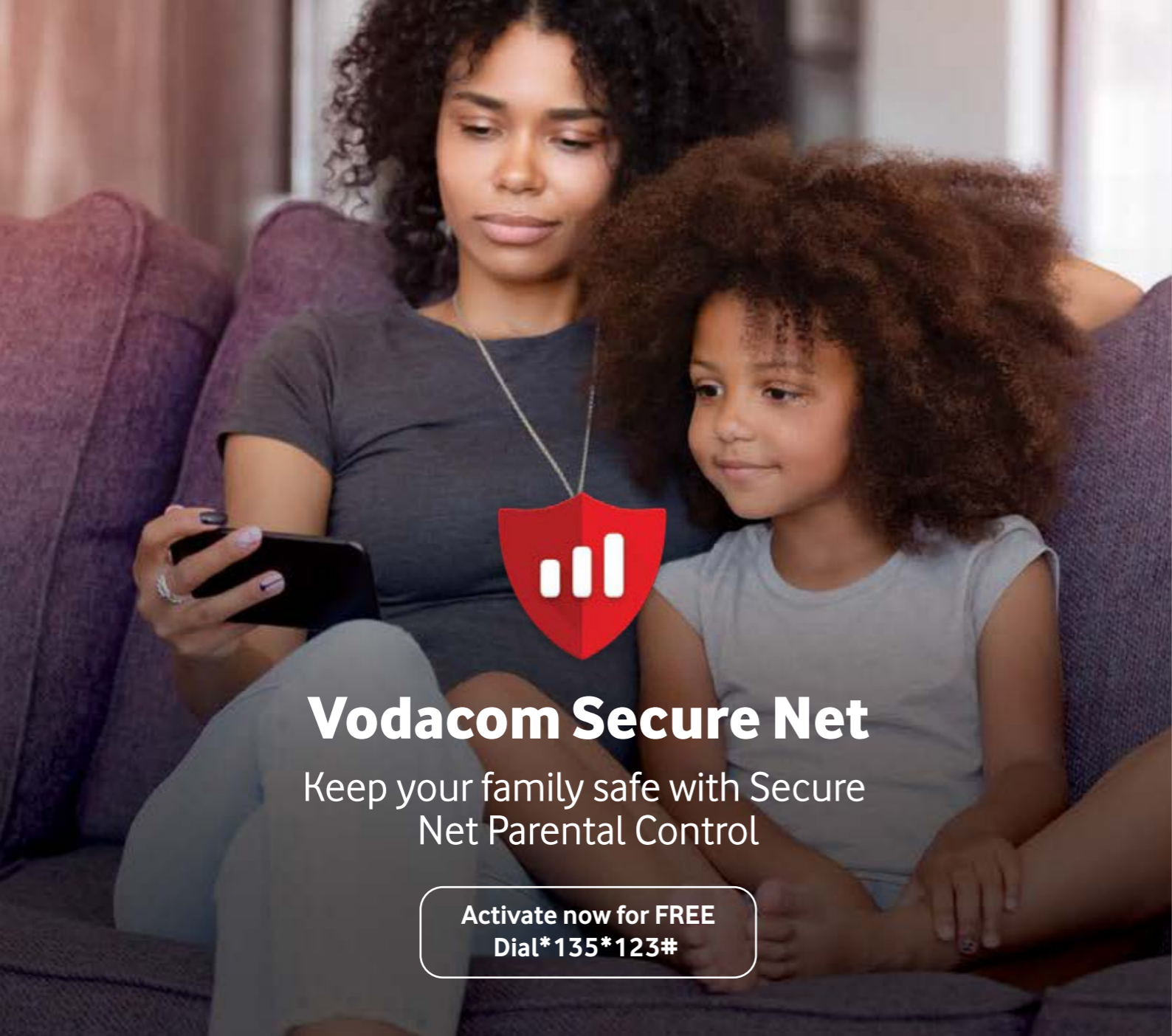
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Vodacom Secure Net

Keep your family safe with Secure Net Parental Control

Activate now for FREE
Dial*135*123#

Secure Net Parental Control does the work for you!

It makes sure your children are protected from the dangers of being exposed to illegal and inappropriate adult content including gambling and violent or sexually-based material.

Parents can block inappropriate or harmful websites for their child so they can 'surf' in safety and allow responsible access to mobile content.

How do I get it?

To get this **FREE** service from Vodacom dial ***135*123#** from your Vodacom cellphone.



When it comes to tech and digital content, a one-size-fits-all approach does not work when it comes to your kids.



This is because their technology timeline is far from straightforward. Not every 7-year-old, 10-year-old or 15-year-old uses the same technologies or watches the same things - it depends on their maturity, your views as a parent, and what devices they have access to at home.

This article is focused on helping you understand the digital content that is suitable for your kids' every life stage. We've put together four checklists that highlight the actions you can take as a parent to manage your digital home.

These are by no means definitive lists as digital trends change every now and then, but they're a good starting point which you're sure to find useful.



Raising Kids in a digital age



Under five Years

- **Start setting some boundaries** now for the amount of time they can spend on the devices i.e. cellphone, iPad or laptop.
- **Keep your electronic devices out of reach** and make sure you have passwords.
- **Check the age restrictions** on apps, games, online tv and films before streaming or downloading them.
- **Explain your technology rules** to your child's guardians, so they stick to them when you're not around.
- **Remember that public Wi-Fi** (e.g. In cafés) might not have parental control. Check restrictions before you grant your child access.
- **Set the homepage** on your family devices to an appropriate website.

Six to nine Years

- **Create a user account** with appropriate settings for your child on the family devices i.e. cellphone, iPad or laptop.
- **Agree on a list of websites** they're allowed to visit and the kind of personal information they shouldn't reveal about themselves online.
- **Set time limits** on playing games, chatting with friends or using the internet.
- **Bear in mind** what older siblings might be showing the younger ones online and agree on some family rules.
- **Talk to other parents** about DigiParenting for advice - they're probably facing the same challenges as you.
- **Familiarise yourself with age-restriction** rules your child only gets access to.

Ten to twelve Years

- **Make sure you've set some boundaries** before they get their first cellphone or games console.
- **Remind your child** to keep their phone and other devices safe when they're outdoors to prevent theft/loss.
- **Talk to them** about what they often post - whether they are comments or pictures.
- **Discuss the kind of things they see online** regarding their body image and relationships, for example.
- **Hold off on allowing them** to open social media accounts that have a minimum age limit of 13.
- **Remind them** that they shouldn't do anything online that they wouldn't do face-to-face.

Thirteen Years and older

- **Don't think it's too late** to reinforce boundaries on what they can, and cannot, access online.
- **Talk to them about issues** related to their health, wellbeing and body image online.
- **Discuss how they behave** towards others and what they post online. Don't shy away from conversations such as pornography, bullying and sexting.
- **Give them their own budget** for things like apps and music, so that they manage their money responsibly.
- **Discuss things like downloading** and plagiarism, so that they understand what's legal and what's not.
- **Adjust the settings** on parental controls in line with their maturity.

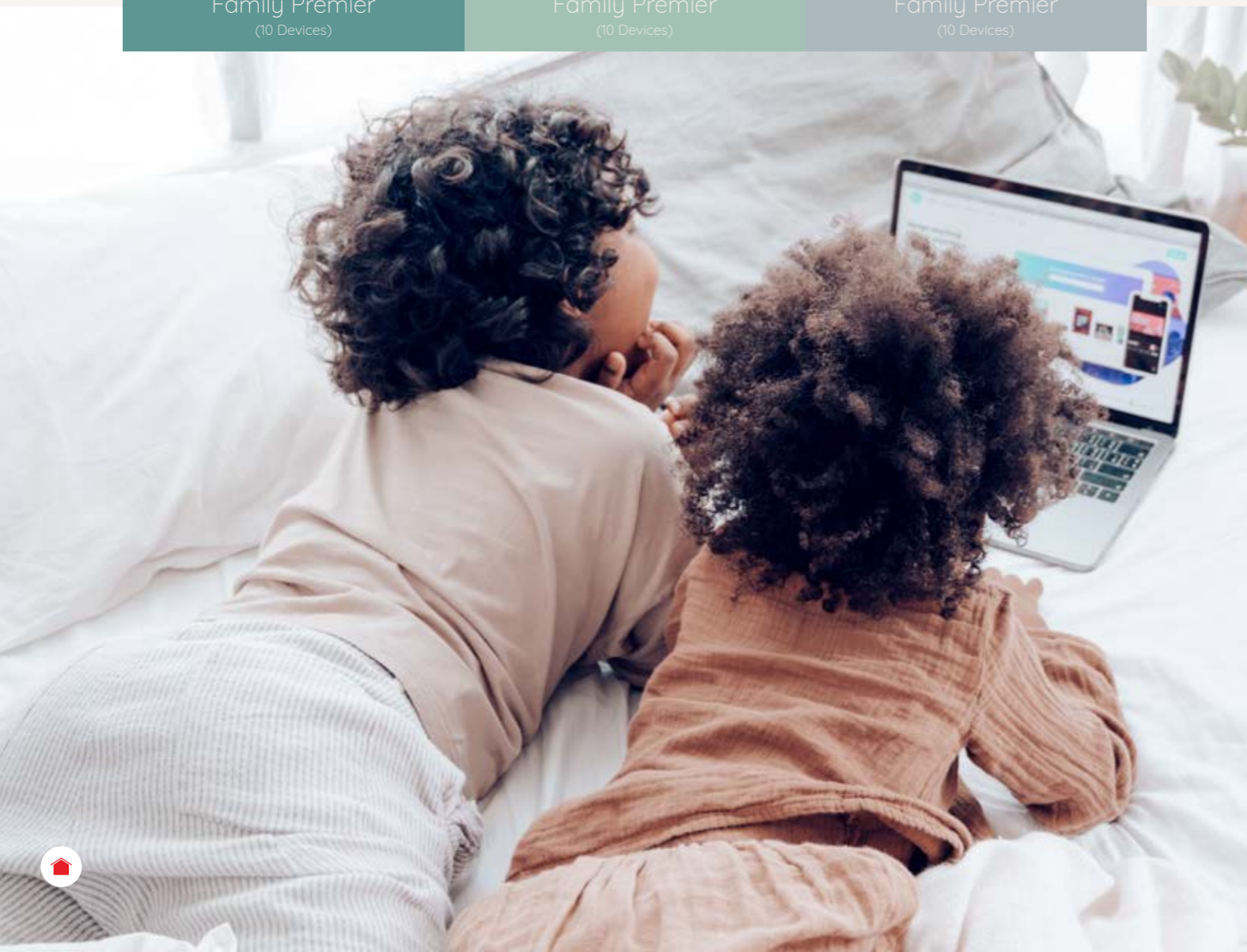


A safer digital home starts with Norton Security

As a parent, we know that building safe and smart online habits for your children are important to you. That is why Vodacom has partnered with Norton Security to offer you a family package that will make it easy for you to have ongoing conversations with your children about their online safety.

It will also provide you with features to help balance their time spent online versus offline. The Norton Family package gives your children the freedom to explore the good and help them avoid the bad – protecting them against sharing too much online.

R30	R360	R360
Monthly subscription for the product	Annual subscription for the product	Annual subscription on Vodacom App
Family Premier (10 Devices)	Family Premier (10 Devices)	Family Premier (10 Devices)



Features	Benefits	Windows	IOS	Android
Internet Supervision	Give your children the freedom to explore the Web safely with tools that block unsuitable websites, while informing you about the sites that they're visiting.	✓	✓	✓
Time Supervision	Manage the time your kids spend on their devices by scheduling a daily or weekly timetable and curfew on how many hours they can spend on each device (daily time limit functionality not supported on iOS, only curfew).	✓	✓	✓
Search Supervision	Gain insights into your kids' interests and help protect them from inappropriate content by seeing the words, terms, and phrases they're searching for.	✓	✓	✓
Personal Information Protection	Protect your children's sensitive and personal information when they're online, including phone number, address, school they attend, and email address.	✓		
Email Alerts	Get alerted when your kids attempt to visit a blocked site so that you can start a conversation about appropriate content.	✓	✓	✓
Access Request	Enables your kids to send you a note from within Norton Family if they disagree with a blocked site or a house rule to ensure open the lines of communication.	✓	✓	
Parent Portal	Manage your devices and keep them protected with an easy-to-use web portal.	✓		
Activity History	Spot their trends and emerging habits by getting a glimpse of what your kids are doing on their connected devices and how much time they've spent on their PCs.	✓	✓	✓
Parent Mobile App	Stay in the know about your kids' online activities and adjust settings anytime, anywhere.		✓	✓
Location Supervision	Stay informed about your kids' whereabouts with tools that enable you to see their location and provide a 30-day history to show where they've been.		✓	✓
Mobile App Supervision	See which apps your kids have downloaded on their Android devices and choose which ones they can use.			✓
Video Supervision	View a list of YouTube videos your kids watch on their devices and even get a snippet of each video, so you know when you need to talk.	✓	✓	✓
Instant Lock	Help your kids take a break from their devices by locking them with a PIN, so they can re-focus or join the family at dinner.	✓	✓	✓
Monthly/Weekly Reports	Opt to receive detailed reports of what your kids are doing online, right in your inbox via the Parent Portal.	✓	✓	✓

How to get it

Subscribe to Norton Family through these USSD channels and build safe and smart online habits for your children today.

*135*177#



LEARN THE LINGO

—speak

If you're still wondering what Wi-Fi or router or WTF means, this section is for you. Learn the latest tech lingo and slang.

BOSS KEY

Boss Key: Any key built into a game that quickly pauses the game and brings up a spreadsheet or other screen that looks like school work, so your parents don't realize you were goofing off.

KLUDGE

Kludge: A poorly programmed piece of software, a piece of hardware cobbled together from spare parts, or a project plan created by someone with no real experience with the task at hand.

CKI

CKI: Refers to an error in the Chair Keyboard Interface. Think about what connects the chair to the keyboard.

INTERWEBS

Interwebs: Slang word - a combination of internet and the world wide web - often used by those who confuse the two.

AFK

AFK: Acronym for Away From Keyboard. Used when you're stepping away from a chat to let others know you're not ignoring them.



What is Vodacom Home Internet?

Home Internet is a broadband service offered on Vodacom's wide coverage (LTE network) and offers fast connectivity without the hassle of installation. You get a single connection that is linked to a single location for all of the desktops, laptops, smartphones and gaming consoles in your home – allowing kids and parents to do their own thing or enjoy the entertainment together as a family.





Their freedom to move, your reassurance of their safety.

With the V-Kids Watch by Vodacom, you don't need to worry about your child's whereabouts because now you can stay connected with worry-free connectivity – even when you're not together.

How does it work?

The V-Kids Watch allows you to track where your child is by locating them via their watch from your app, as well as direct you to their location by using either Google Maps or Apple iMaps from your smartphone.

For added peace of mind, your child can press the SOS alert button if they need help and a notification will be sent to you and the contact members you've added within 5 seconds.

For travelling families who enjoy trips outside the country, the V-Kids Watch can also connect onto the European and African Vodafone networks at any of the countries listed on our website at no extra charge. Kindly refer to V-Sim Help and Support for more details at v.vodafone.com/za/help-and-support

Features include 2-3 days battery life, water resistance, worry-free connectivity, real-time GPS tracking, safe zones/geo-fencing and many more.

Set up your V-Kids Watch in these 5 simple steps

1. Download and open the V by Vodafone app from the South African Apple App Store or Google Play Store via your smartphone

2. Activate your V-Sim by Vodacom subscription in the V by Vodafone app

3. Insert the V-Sim into your watch

4. Download the TCLMOVE app from the Apple App Store or Google Play Store

5. Activate your device

Visit vodacom.co.za/v-kids to find out more about the V-Kids Watch, or contact our dedicated CloT Customer Care for any queries at v.vodafone.com/za/contact

With Xbox Game Pass, there's always something new for you to play

Join in the fun with new and trendy games or catch up on recent hits in our library of more than 100 high-quality console and PC releases.



What's hot on Xbox

1. NBA 2K20

NBA 2K20 continues to redefine the impossible in sports gaming, with ground breaking game modes and unparalleled player control and customisation.

2. Minecraft Dungeons

Fight your way to victory with an all-new action-adventure game set in the Minecraft universe and inspired by classic dungeon crawlers.

3. Ori and the Will of the Wisps

The little spirit Ori is no stranger to peril, but it will take more than bravery to reunite a family, heal a broken land, and discover Ori's true destiny.

4. Bleeding Edge

Grab your team and tear it up in Bleeding Edge - an electrifying online brawler where every fighter comes mechanically enhanced for mayhem.

With shorter winter days, your teenagers will be spending more time on their phones. But do you know who they're chatting to and what they're talking about?

According to Parenting24, teen sexting has been on the rise over the last decade as smartphones have become more available; one in seven teens

reports that they are sending sexts; and one in four are receiving sexts. While for many teenagers sexting may seem like harmless fun, your child needs to know that the consequences can be quite serious. For example, once they send a photo to someone, they lose control of it and it could be shared with other people or put onto social media.

So how do you start a conversation about sexting as a parent?

Talking with your child about sexting can be awkward, but here are some questions to help break the ice:

- What do you know about sexting and how do you feel about it?
- Do you know people at school who've sent or received a nude or a sexy selfie? Do they do it for fun or to flirt?
- Was it their idea to send the photo, or did someone persuade them to?
- What do you know about people sharing sexual images of someone to get revenge?
- Do you have any questions about things you've heard?

If your child has questions about sexting, try to answer them as honestly and openly as you can and, if you have concerns about the risks of sexting, you should explain your concerns and why you'd prefer your child didn't send sexts.

LET'S TALK ABOUT SEXTING



Social media etiquette for parents and teens

The COVID-19 pandemic has reminded us of the serious repercussions one could face for posting or even sharing misinformation. It's clear that parents and kids of all ages could benefit from a refresher course when it comes to social media best practice. Think of it as a high-tech version of old-school etiquette.

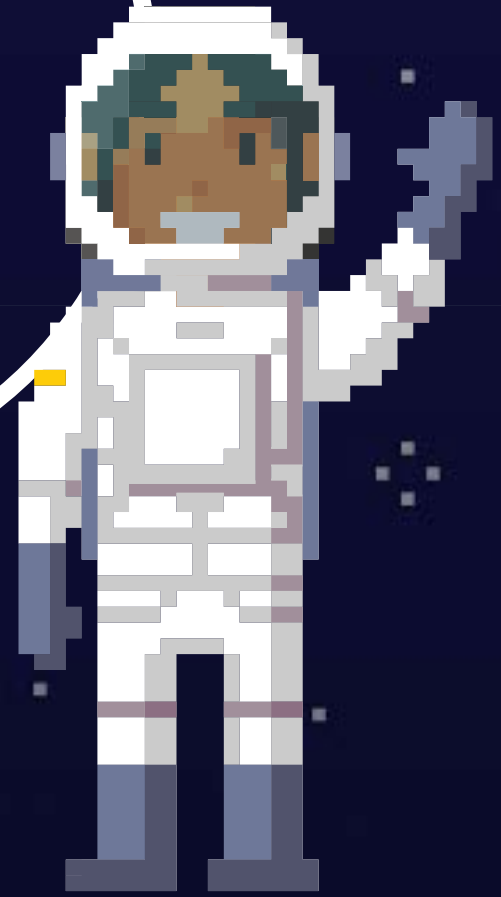


10 ways to mind your social media manners

- 1. Don't embarrass your head honchos.**
 Take care not to post or share anything that could potentially embarrass or concern employers, headmasters, guardians, or government.
- 2. Take care posting and tagging photos.**
 You wouldn't like someone posting and tagging you in an unflattering photo, or without your permission, so don't do it to others.
- 3. Remember it's not all about you.**
 Before you post, tweet or share anything, think about how others might interpret it. Make sure your opinion is not offensive, boring, or slanderous.
- 4. Your sense of humour won't fly with everyone.**
 Unless you're sending a private message, remember your social media posts can reach, and therefore offend, almost anyone.
- 5. You don't have to respond to everything.**
 Don't say anything on social media that you wouldn't say face-to-face, or might be forced to apologise for, or retract later.
- 6. Don't over-share.** Occasionally posting an everyday detail is OK, but constantly over-sharing is boring, and can be dangerous too. Not everyone out there is your friend.
- 7. Play it safer.** Don't misrepresent yourself or your achievements and never spread something you know to be untrue or false - there could be legal consequences.
- 8. Don't tell porky pies or white lies.**
 Dishonesty can have serious consequences, even on social media. Don't misrepresent yourself or your achievements, or share any untruths whatsoever.
- 9. Think twice before you tweet.** Adults... never drink and tweet. Also, don't pick a fight with someone digitally, or respond in the heat of the moment. Take it offline, and keep it sober and calm.
- 10. Beware of cyber bullying.** Anyone who receives a message that is insulting, abusive, or threatening, should save them as they can be used to take legal action against the sender.



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e-school success story

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- e-school is **FREE** for Vodacom customers.
- Register and you could win.

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