



# Home Tech Toolkit

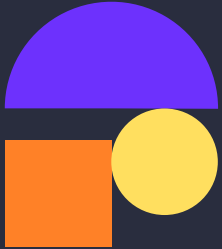
Tips and Resources for Handling Device Use at Home

# You're In Control!

Whether it's a personal smartphone or a school-issued Chromebook,  
if it's in your home, you're in control!

Read on to learn how you can control when, where, and how  
your child uses technology

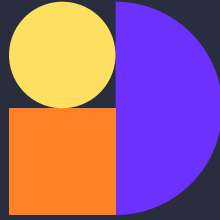
# Use the Three Ls



## Location

Pick spots in your house where technology use is allowed and prohibited.

We recommend that students only use computers in common areas of the house where it's easier to monitor, never in their bedrooms.



## Length

Agree on how much device time is enough. There is no "one-size fits all" answer -- discuss it with your family and agree on a healthy balance of device use.

The handbook includes grade-based estimates for homework time. Students are allowed to make up the work at a later date if it takes longer than the allotted time.



## Limits

Technical controls like router-based home Internet filters allow you to be in control of what your student can see on the Internet, even if it's a school-owned device.

You can also set "working hours" and toggle the Internet for specific devices in your home if your student has trouble respecting time limits

# Parental Controls

## Use tools to help set boundaries

Like with anything, kids need guardrails and scaffolds to help them grow into mature, responsible users of technology. Siena provides content-based filtering\*, but if you want more specific sites blocked or more device control while at home, consider investing in WiFi-based parental controls.

Most home WiFi routers have parental controls built in, though the power and user-friendliness of the features varies. Some companies sell routers specifically designed for this purpose -- try searching for "parental control routers"

[Read on here](#) for more information about both of these options

\*Siena's filters apply any time a student uses a school-owned device, or signs into the Google Chrome web browser with their Siena Google account on any other device. It typically does not apply to tablets, smartphones, or other web browsers like Microsoft Edge, Firefox, or Safari.





# Talk It Out

## The power of a family agreement

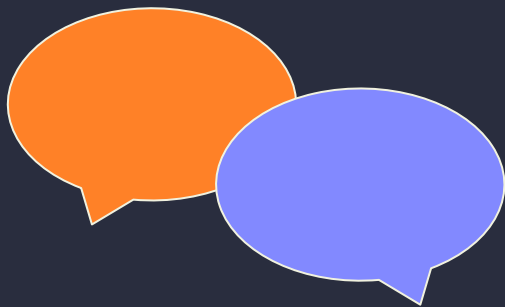
The best way to make sure that everyone respects home tech rules is to design them cooperatively with your family

Family tech agreements can help to communicate your boundaries clearly while still listening to your student's wants and needs - everyone will be happier

Many organizations have [samples](#) you can use as a starting point



# Stay in touch



Talk with other parents about tech use

Exchange ideas, notice trends, and find your boundaries

You can also reach out to Siena for help!

Email [support@thesienaschool.org](mailto:support@thesienaschool.org) to start a conversation

# More Resources

Click the colored links for more detailed info



[Raising Digital Natives](#)

**Dr. Devorah  
Heitner**

Dr. Heitner's approach to parenting and technology is compassionate and pragmatic. She has given workshops at Siena in the past and remains a trusted source for home tech tips!



[TechTalk Tuesdays](#)

**Screenagers Blog**

The producers of the Screenagers documentary have a regular blog with stories, advice, and resources for keeping the conversation about tech open and healthy.



[Ultimate Tech Guides](#)

**Common Sense  
Media**

This organization primarily rates popular video games, movies, and TV shows for family audiences, but they also have excellent digital resources for understanding and discussing the most popular social media apps and games.



[Allison Sibley](#)

**The Sibley Group**

This blog post by a licensed therapist in the DC area summarizes the lessons from a lot of the last decade's most prominent books and studies on children's tech use.



[Parental Controls](#)

**PC Mag Reviews**

PC Mag keeps up-to-date reviews of the top software-based parental control options, including detailed breakdowns of how they work and who they are designed for.

Note that these tools only apply to personal devices. Managing school devices requires [WiFi-based controls](#)