



Niam Txiv Nyob Rau Tiam Siv Digital

Nyob rau lub ntiaj teb siv twj digital xws li iPads thiab smartphones yog ib qhov chaw uas niaj hnuv pom, nws yog ib qhov tseem ceeb uas tsev neeg yuav tau teeb ciaj ciam rau txoj kev siv cov twj nov hauv tsev. **Txawm tias cov tub ntxhais kawm ntawv theem qis tsis tau nqa iPad los tsev rau lub caij nov**, los cov lus qhia hauv nov yeej pab tau cov tsev neeg qhia lawv cov me nyuam kom paub txog kev ruaj ntseg thiab thaj tsob rau lub neej siv digital rau thaum lawv loj hlob tuaj.

Npaj kom muaj qauv siv Digital



Niam txiv los sis cov saib xyuas muaj feem hais lo lus kawg seb yuav cia me nyuam siv tej twj digital xws li lub iPad rau hauv tsev heev npaum li cas.

Nws yog ib qhov tseem ceeb uas yuav tsum **teev thiab qhia kom meej** tias nej tus me nyuam tsuas siv tau lub iPad heev npaum li cas xwb. Qhov **Common Sense Media** yuav qhia tswv yim rau tsev neeg

txog kev tswj me nyuam txoj kev siv Internet kom muaj kev ruaj ntseg, thaj tsob thiab haum rau lub hnuv nyoog raws li **“Media Family Agreement”** nrog rau ib daim ntawv qhia tej ncauj lus uas yuav nrog me nyuam tham kom muaj kev thaj tsob txog kev siv twj txuas ncauj lus thiab siv twj technology.

Mus saib hauv goo.gl/8SdPYk kom paub ntxiv txog:

- Kev hloov tej yam uas **tsis pub paub** thiab **qhia lwv yam kev ruaj ntseg rau kev siv Internet**.
- Kev thaj tsob rau kev siv **social media**.
- Paub daws **kev kub ntxhov** hauv **media**.
- Qhia kom paub **tswj lub sijhawm siv iPad** thiab lub caij siv rau tej yam haum lub hnuv nyoog.
- **Cov websites muaj kev kawm** rau me nyuam yaus.

- Tswj kev siv xov tooj ntawm tes (**cell phone**).

Kej Rub Apps Tawm Los

Ua ntej yuav rub app tawm los, tsev neeg yuav tau saib seb cov apps puas yog:

- Siv dawb thiab tsis muaj tshaj tawm muag ub no
- Haum rau me nyuam lub hnuv nyoog.
- Kev pab ntawv los sis pab cuam rau me nyuam.
- Kev kawm; xav seb qhov app puas txhawb kom:
 - ✓ Muaj tswv yim thiab txawj xav.
 - ✓ Sib koom thiab sib qhia tswv yim.
 - ✓ Txawj daws teeb meem thiab xav tau tob.

Yog xav paub txog cov apps uas tsev kawm ntawv pom zoo rau tub ntxhais kawm ntawv siv hauv Self Service app store, mus saib hauv: www.spps.org/

Tswj Kev Nkag Internet Hauv Tsev

Cov tsev neeg uas muaj Internet hauv tsev muaj peev xwm tswj tau kom me nyuam tsis txhob nkag rau tej qhov tsis zoo los ntawm kev **dhos ib lub lim** li hauv nov rau. Lub

- **OpenDNS Home and Family Shield** siv DAWB xwb rub hauv: www.opendns.com los.
- **SafeEyes** muaj rau nej **yuav** hauv ntau lub khw; tshawb lub “SafeEyes” hauv Internet seb qhov twg pheej yig dua.
- **NetNanny** muaj **rau nej yuav** hauv: www.netnanny.com.
- Ntau qhov chaw txuas **cell phone thiab cable** puav leej muaj kev pab lim thiab, nug nej qhov chaw txuas cell phone thiab cable.

Yog xav paub ntxiv, saib **Phau Ntawv Qhia iPad rau Tub Ntxhais Kawm Ntawv thiab Niam Txiv thiab Kev Pab Rau Niam Txiv** hauv: www.spps.org/personalizedlearning