Parenting Guide To Tech Safety

Our World has Gone Digital

Before

After

Before

After

Before

After
90% of teens are online

Teens are online an average of 5 hours every day.

Parents believe their teens are online only 3 hours every day.

73% of teens are on a social network.

37% send messages to friends every day.

MONITORING IS MANDATORY

THE DIGITAL ERA CAN BE A DANGEROUS PLACE...

CYBERBULLYING

Over ½ of teens have been bullied online.

Over ½ of teens have engaged in cyberbullying.
Online Predators

Sexting

20% of teens have engaged in sexting

30% have at least one friend who has sent nude or semi-nude photos.

61% who've sent nude pictures admit they were pressured to do so at least once.

25% of teen girls have had nude or semi-nude photos sent to them accidentally.

17% of sexters share their message with someone else.

Online Predators

Online Predators use social networks to gain information about their victims...

82% Likes and dislikes.

65% Home and school.
A TEEN’S BRAIN CAN’T HANDLE THESE SITUATIONS

The prefrontal cortex of the brain isn’t fully developed until the mid 20s.

ACCESSING ADULT CONTENT

Of kids who have received sexual solicitations online...

- 50% Posted personal information
- 45% Interacted with online strangers
- 35% Placed strangers on their buddy lists

50% 45% 35%

27% of children 10-17 have been exposed to unwanted sexual material.

Only 1 in 3 young people view pornography intentionally.

Young people who look at violent X-rated material are 6 TIMES more likely to force others into sexual behavior.

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The Prefrontal Cortex controls...

- Short-term decision-making
- Concentration
- Goal oriented thinking
- Long-term decision-making
- Judgement
- Impulse control
- Focus
- Learning

 Teens' emotional response mechanisms develop faster than judgement and logic.

**THEY CAN'T MAKE THE BEST DECISIONS FOR THEMSELVES.**

**MONITORING HELPS YOU PROTECT THEM FROM THEMSELVES**

Why **SMARTPHONE MONITORING IS IMPORTANT**
PARENTS SHOULD USE MONITORING TO TEACH THEIR CHILDREN HOW TO CONDUCT THEMSELVES IN THE NEW “SOCIAL” WORLD.

Teens

- Can be more independent.
- Will better connect with their peers.
- Learn about boundaries and rules.
- Get the guidance to make good decisions.

Parents

- Can reach their child anytime.
- Will be able to stay current with emerging tech.
- Know when their child is in need.
- Protect their teen from outside influences.

I can... I can't...

- Protect their teen from outside influences.
Understand the technology they use and be supportive of the issues they face.

Make yourself the person they come to when they are in need.

Use current events to initiate conversation.

Don’t make it too personal.

Analyze, don’t criticize.

Privacy First
The importance of holding back personal information.

Social “Permanence”
Once it’s on the web, it’s there forever.

No Regrets
Never send a text or photo you’ll regret sending later.

Gossip Gets Around
You can end up a bully even if you don’t mean to be.

Communication is the foundation of keeping your teen safe

Learn THEIR Perspective

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Help Them Understand YOUR Perspective

When asked how they would feel if their parents were monitoring them, teens replied...

62% Accepting
75% Unaffected

YOU NEED TO EXPLAIN IT’S YOUR JOB to KEEP THEM SAFE, AND BE CLEAR ABOUT YOUR GOALS AND EXPECTATIONS.

SET LIMITATIONS AND BOUNDARIES

AT WHAT AGE SHOULD KIDS BEGIN USING MOBILE DEVICES?

AGE 6-9
CAN START USING AN IPAD/TABLET

AGE 10-12
CAN USE SMARTPHONE WITH MONITORING
It’s not about depriving or withholding, it’s about empowering parents to best teach their children how to use digital media and devices.

CREATE A SMARTPHONE AGREEMENT

Make it a collaborative process, so your kids can feel like they have some control.

Let them know when, where, and why you are monitoring.

SET BOUNDARIES UPFRONT, SUCH AS:

- No phones in the bedroom
- No phones overnight
- Phones stay in common areas
- No downloading apps without approval

Parents have to approve and review apps before they're installed.
(Tip: Add them to YOUR iCloud Account so you have full access to their activity!)
Children first turn to technology when their social-emotional needs aren’t met.

**BUT TECHNOLOGY IS ONLY A PROXY THAT LEAVES US UNFULFILLED.**

**LEAD BY EXAMPLE**

A study at Northwestern found that children with tech-obsessed parents were more likely to become dependent on various technology as they grew up.

**DISCONNECT**

**GOODBYE**

**“PHONE-FREE TIME”**

What are the consequences if they break the rules? Have these in writing!
DESIGNATE TIMES FOR FAMILY ACTIVITIES LIKE:

- Hiking
- Sporting Events
- Reading Together
- Camping
- Board Games
- Live Music

DRAW THE LINE

BUT NOT TOO FAR BACK

Denying them access to digital media cuts them off from their generation's main social channel.

LIKE ALL PARENTING DECISIONS, IT'S ABOUT FINDING A BALANCE BETWEEN KEEPING YOUR CHILD SAFE, AND EMPOWERING THEM AS INDIVIDUALS.

SOURCES:

http://www.internetsafety101.org
https://www.dosomething.org/facts/11-facts-about-sexting
http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html