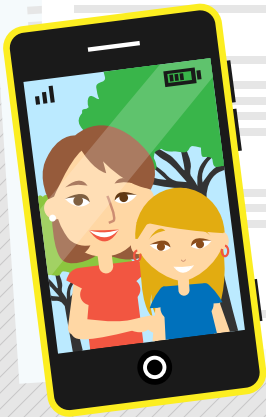
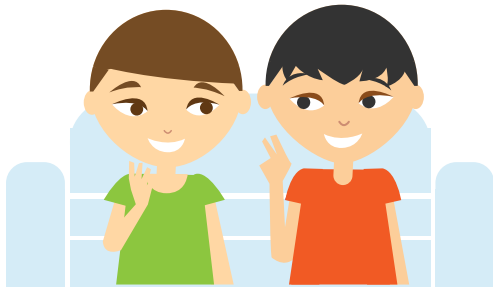


PARENTING GUIDE TO TECH SAFETY

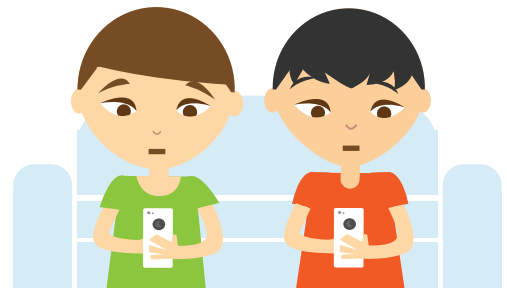


OUR WORLD GONE DIGITAL

Before



After



TEENS ARE MORE CONNECTED THAN EVER



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...

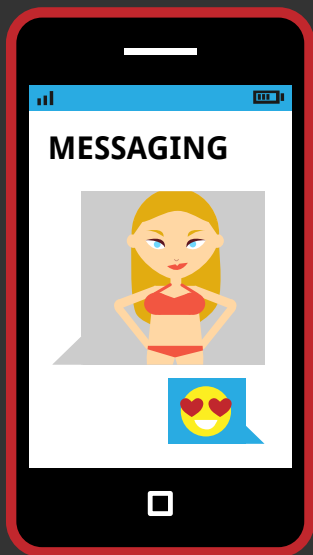
CYBERBULLYING

OVER 1/2 of teens have been bullied online.

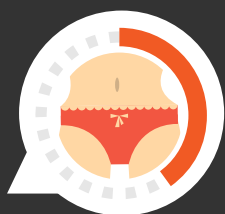


OVER 1/2 of teens have engaged in cyberbullying.

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.

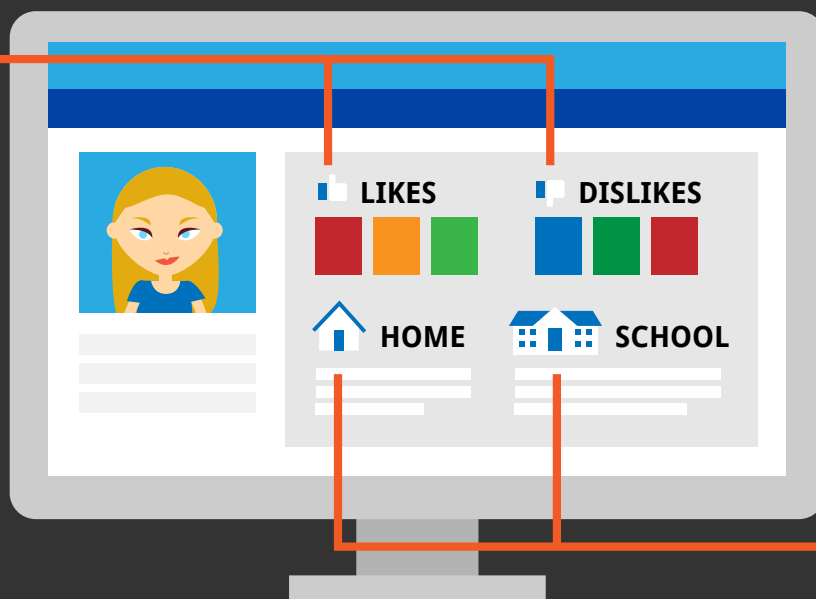


17% of sexters share their message with someone else.

ONLINE PREDATORS

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

82%
Likes and dislikes.



65%
Home and school.

Of kids who have received sexual solicitations online...



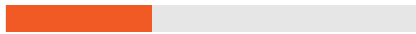
50% Posted personal information



45% Interacted with online strangers



35% Placed strangers on their buddy lists



ACCESSING ADULT CONTENT



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

Only **1 IN 3** young people view pornography intentionally.

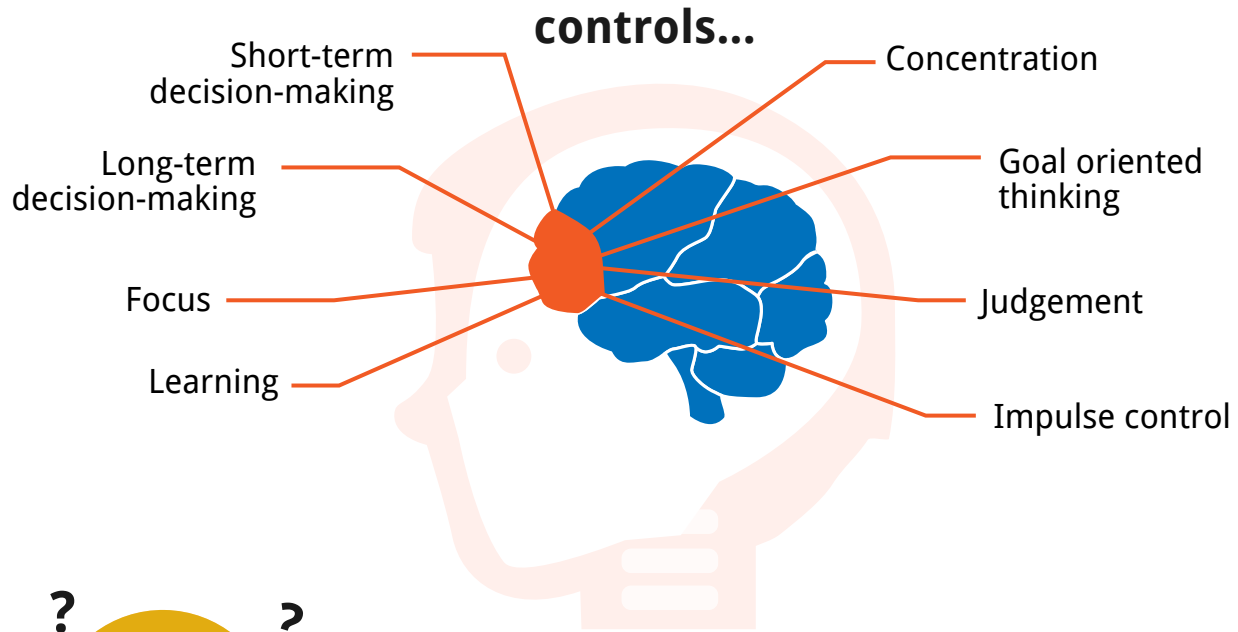


Young people who look at violent X-rated material are **6 TIMES** more likely to force others into sexual behavior.

→ A TEEN'S BRAIN CAN'T HANDLE THESE SITUATIONS ←

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

THE PREFRONTAL CORTEX



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

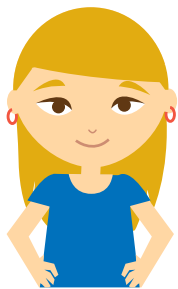
Why
SMARTPHONE MONITORING
IS IMPORTANT



Teens



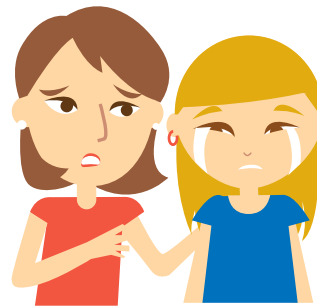
Parents



Can be more independent.



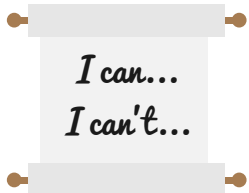
Will better connect with their peers.



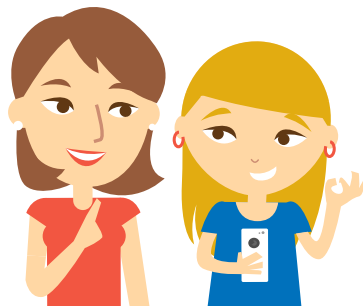
Can reach their child anytime.



Will be able to stay current with emerging tech.



Learn about boundaries and rules.



Get the guidance to make good decisions.



Know when their child is in need.



Protect their teen from outside influences.

PARENTS SHOULD USE MONITORING TO TEACH THEIR CHILDREN HOW TO CONDUCT THEMSELVES IN THE NEW "SOCIAL" WORLD.



PRIVACY FIRST

The importance of holding back personal information.



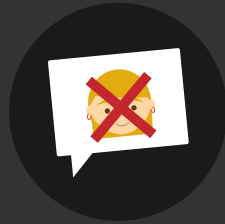
SOCIAL "PERMANENCE"

Once it's on the web, it's there forever.



NO REGRETS

Never send a text or photo you'll regret sending later.

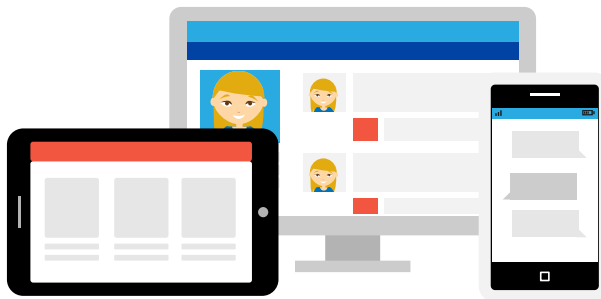


GOSSIP GETS AROUND

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



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.

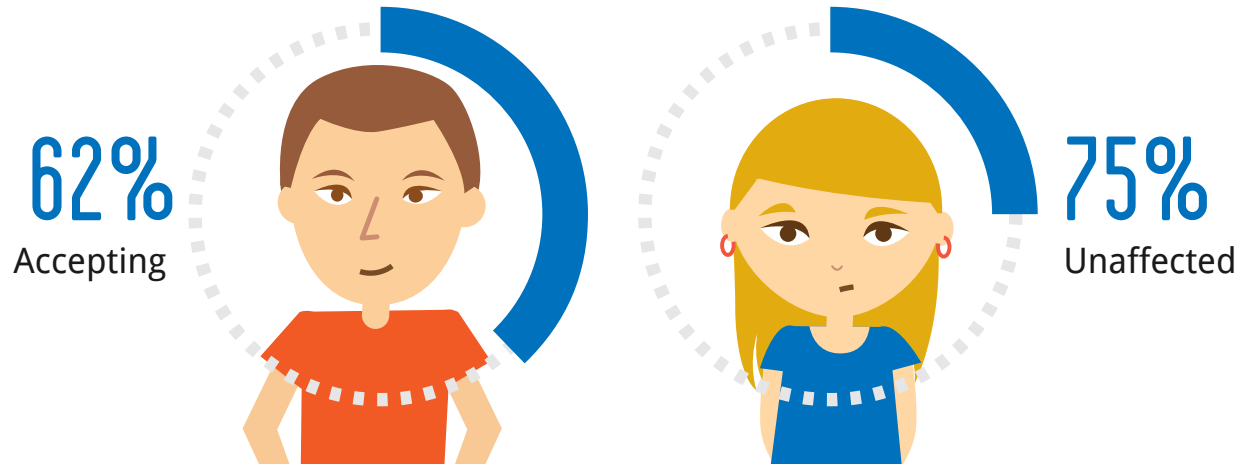


Analyze, don't criticize.



Help Them Understand YOUR Perspective

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



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

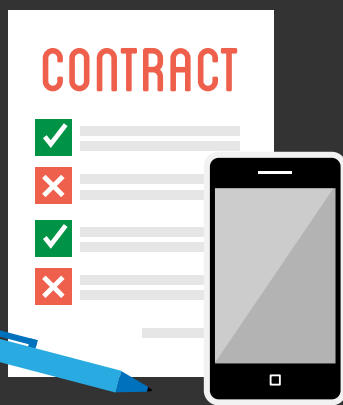
CAN USE SMARTPHONE WITH MONITORING





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 ←

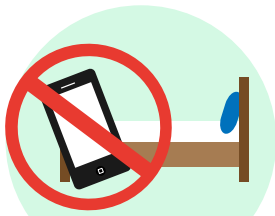


Make it a collaborative process, so your kids can feel like they have some control.



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

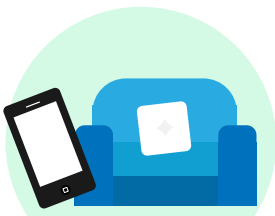
SET BOUNDARIES UPFRONT, SUCH AS:



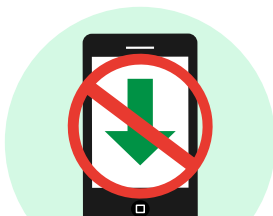
No phones in the bedroom



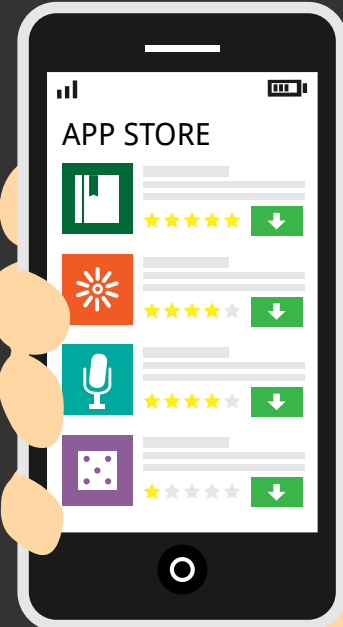
No phones overnight



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!)



What are the consequences if they break the rules? Have these in writing!

LEAD BY EXAMPLE



Children first turn to technology when their social-emotional needs aren't met.

BUT TECHNOLOGY IS ONLY A PROXY THAT LEAVES US UNFULFILLED.

DISCONNECT



GIVE YOUR KIDS YOUR FULL ATTENTION

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

“PHONE-FREE TIME”



DESIGNATE TIMES FOR FAMILY ACTIVITIES LIKE:



Hiking



Sporting
Events



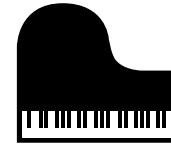
Reading
Together



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.keepyourchildsafe.org/teens/teen-family-life.asp>

<http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html>

<http://facebook-parental-controls-review.toptenreviews.com/30-statistics-about-teens-and-social-networking.html>

 **TeenSafe**
www.teensafe.com/pta