



PARENTING GUIDE TO TECH SAFETY

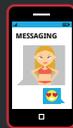
THE DIGITAL ERA CAN BE A DANGEROUS PLACE...

CYBERBULLYING



Over 1/2 of teens have been bullied online.

SEXTING



20% of teens have engaged in sexting

PREDATORS



Online Predators use social networks to gain information about their victims

ADULT CONTENT



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

Why SMARTPHONE MONITORING IS IMPORTANT



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.

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



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

LEAD BY EXAMPLE

DISCONNECT



Kids with tech-obsessed parents are more likely to be tech-obsessed themselves.

PHONE-FREE TIME



Designate 1-2 times a week for family activities like sports, board games, or hiking.

DRAW THE LINE



...But not too far back! Denying them access entirely can cut them off from their social circles.



LIKE ALL PARENTING DECISIONS,

IT'S ABOUT FINDING A BALANCE

BETWEEN KEEPING YOUR CHILD SAFE, AND EMPOWERING THEM AS INDIVIDUALS.