
Managing and Understanding the Digital Lives of Young Adolescents



KING
SCHOOL

Some Statistics

- Over 90% of teens report going online daily
 - 45% say they go online “almost constantly”
 - 97% of boys play video games; 75% of girls play video games
- 95% of teens surveyed have or have access to a smartphone
- 71% of parents of a child 11 or younger report that they are concerned that their child might ever spend too much time on screens
- Almost two-thirds of parents today say parenting is harder today than two decades ago, with many citing technology as a reason why
- 51% of parents whose young child has their own smartphone say this child got the device between the ages of 9 and 11

What are our kids using?



TikTok

A social network for sharing user-generated music videos. It used to be called musical.ly. Users can create and upload videos, remix others' work, or browse content created by other users and by famous recording artists.



Snapchat

A messaging application for sharing moments. You can take a photo or a video, add a caption or doodle, and send it to a friend or add it to your story to share with some or all of your friends. Friends can view snaps for up to 10 seconds, and then it disappears."



Group Chats

iMessage lets you send texts, photos, audio clips, and videos—whatever you need to get your message across! In an iMessage group chat, multiple people can receive and reply to these messages all in the same conversation.

—

“Your child lives in two worlds simultaneously – the real world and the virtual world. In her mind, they are interconnected. What happens in one impacts the other, and vice versa.”

-Rosalind Wiseman

ROSALIND WISEMAN'S 5 TRUTHS OF ONLINE INTERACTIONS*

These are true
for people of all ages

- People do things online they wouldn't in real life.
 - People fight over technology in ways they never would face-to-face because they can say their version of events without getting immediate feedback that might curb it.
- the true
all ages
- It's easier and easier to disseminate information, but it becomes harder to get rid of.
- Despite knowing that privacy can be violated, people still post private information and are surprised when it becomes public.
 - Yesterday's teen paranoia is your child's reality—everybody really does know about that embarrassing thing he/she did in school today.

Some More Statistics

Teens say social media helps strengthen friendships, provide emotional support, but can also lead to drama, feeling pressure to post certain types of content

% of U.S. teens who say the following about social media

 POSITIVE

81% Feel more connected to their friends

69% Think it helps teens interact with a more diverse group of people

68% Feel as if they have people who will support them through tough times

 NEGATIVE

45% Feel overwhelmed by all of the drama there

43% Feel pressure to only post content that makes them look good to others

37% Feel pressure to post content that will get a lot of likes and comments

Note: Respondents who did not give an answer or gave other responses are not shown.

Source: Survey conducted March 7–April 10, 2018.

"Teens' Social Media Habits and Experiences"

PEW RESEARCH CENTER

What's Our Role

- 86% of online and cell phone-using teens say they have received general advice about how to use the internet responsibly and safely from their parents.
- 70% of online and cell-using teens say they have gotten advice about internet safety from teachers or another adult at school.
- 45% have received advice from friends or classmates, 45% have received general advice from an older relative, and 46% have received internet safety advice from a brother, sister, or cousin.
- 58% of teen internet and cell phone users say their parents have been the biggest influence on what they think is appropriate or inappropriate when using the internet or a cell phone.
- 18% of teens say their friends have been their biggest influence on appropriate internet or cell phone behavior.
- 36% of teen social media users who have witnessed online cruelty seek advice on how to cope, and nearly all say the advice is mostly good.

Recommendations

- Separation between sleep and device
- Privacy
 - What does it mean to have good passwords and be digitally safe?
 - Is anything really private?
- Know how to make the settings on devices work for you and your child
- **Dialog and communication**
 - **Create a Family Technology Plan**

Family Technology Plan

- Holds everyone in the family accountable
- Promotes unity
- Helps children know why it's important to balance screen time.
- Starts an important ongoing conversation
- Gives you flexibility



Creating a Family Technology Plan

Discussion #1

- Why do you use technology?
Why do you like technology?
- What do you like to do on a computer, table or cell phone?
- Can tools be used in the wrong way?
- How can technology as a tool help us?

Discussion #2

- Where? - Where in the house should we use devices?
- When? When are some times fo the day that we should put devices away?
- What? What are some of your favorite places to visit online?
- How long? How much time should we spend on our devices?

Family Technology Plan Outline

<<Last Name>> Family Plan

Where?

When?

What?

[LINK TO SAMPLE
DOCUMENT](#)

How long?

Action Items?

Transitioning to a new Family Technology Plan

- Communication
 - Keep an ongoing dialogue
 - Ensure your children can talk to you about things on the web
 - Create a safe place to talk about mistakes and prevent future problems.
- Use technology with a purpose
- Reward positive behavior
- Center digital device usage on positive experiences (when possible)
- Guard against digital distractions (parent tools)
- Keep an ongoing dialogue

Where To Go For More Information

[Google Family Safety Center](#)

[Common Sense Media](#)

Follow up Parent Coffee specifically
about online and digital safety

Parent Guidance Solutions

- Google Parental Controls
- Apple iPhone/iPad Settings
- Windows
- Nintendo Switch
- Playstation 4
- XBox
- Internet Service Provider
- Cellular Service Provider

Apple iPhone/iPad Settings

- Go to Settings and tap Screen Time
- Tap Continue then choose “This is my Child’s [Device]”
- Tap Content and Privacy Restrictions
- Enter Passcode
- Turn on Content & Privacy

[LINK TO MORE INFORMATION](#)

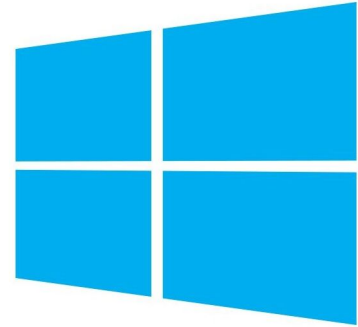
All Devices - [BARK](#)



Windows

- Open Windows setting and select Accounts
- Select Family and Other People
- Click on Add a Family Member
- Select Add a Child
- Complete set-up

[LINK TO MORE INFORMATION](#)



Windows 10

Nintendo Switch

- Install Parental Controls App
- Adjust available features
 - Play time
 - Available games
 - Customize online features

[LINK TO MORE INFORMATION](#)



Internet Service Providers

Most Internet Service Providers (ISP) have parent controls

Verizon FIOS - [LINK](#)

Optimum - [LINK](#)

Frontier - [LINK](#)

All Services - [CIRCLE LINK](#)



Cellular Service Providers

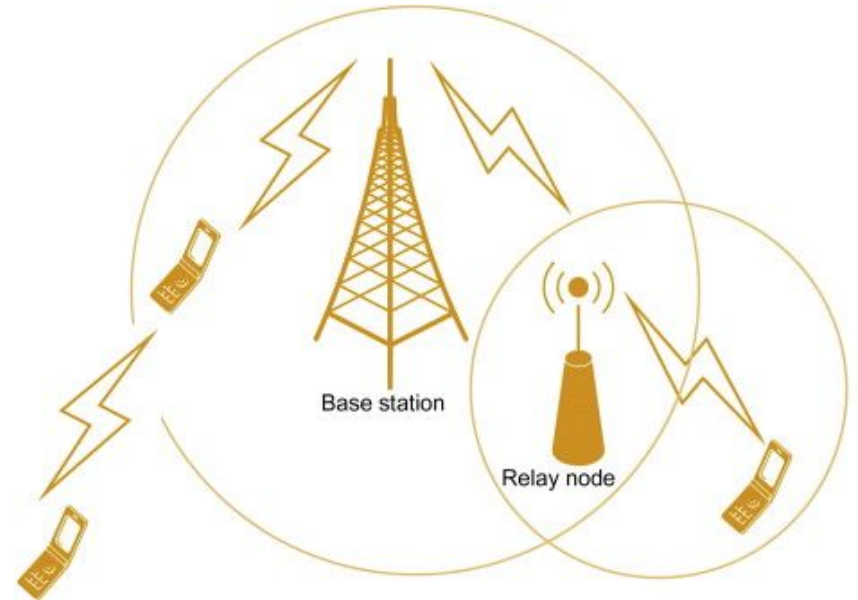
Most Cellular Service Providers have parent controls

Verizon Wireless - [LINK](#)

ATT - [LINK](#)

T-Mobile/Sprint - [LINK](#)

All Providers - [BARK LINK](#)



Other Tips

- Set blue light filter at evening times to help with sleep
 - Not the same thing as brightness
 - iPhone & Mac: Night Shift
 - PC (Windows 10): Night Light
 - Android: Night Shift/Night Light
 - Television: Warm Colors
- Gaming devices in common area instead of bedroom
- Mentoring rather than monitoring
- Offer alternate activities
 - Outdoor activities, family game nights
- Set “no phone” zones/times
 - Mealtimes, before bed
- **Watch your own screen use**

