

# Parenting Your Teenage Student: Transition & Change

**Cypress-Fairbanks ISD**  
**Department of Psychological Services**



# Welcome Back!

Night 3

# 4

1. Technology

2. Drugs & Alcohol


3. Relationships & Sex

4. Driving

# 1. Technology

# Technology – Introduction

Recent estimates tell us that American teenagers spend up to 9 hours per day between TV, cell phones, music, computer, video games, print, and movies, often more than one simultaneously



Technology use should be monitored, have rules

Develop guidelines for technology use

# Technology – General Risks



Increased access to the child



Increased access to inappropriate content



Oversharing and provision of private information

# TYPES OF SOCIAL MEDIA



Social Networking



Photo  
Sharing



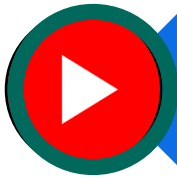
Texting Apps



Internet Forums



Video  
Sharing



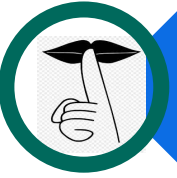
Live  
Streaming



Microblogging



Dating/Chat  
Apps



Secret Apps

# Social Networking Apps - What are they?

- Online platforms used to build social networks with others who share **interests, backgrounds, or connections.**
- This is **what most people think of** when they hear “social media.”



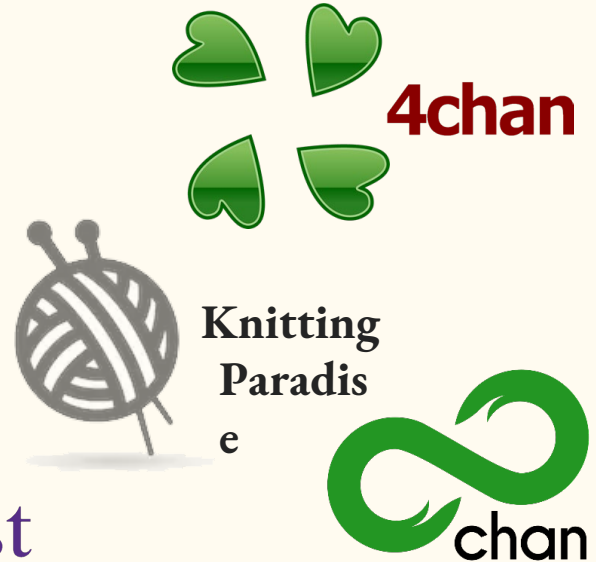
**StumbleUpon**





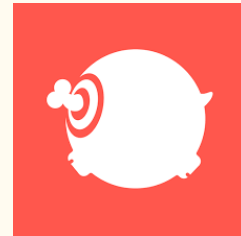
# Internet Forums - What are they?

- Started in the '80s, they are the **earliest** recognized “social media.”
- Function as community **message boards** that cater to specific discussion topics.
- There are literally **thousands** of forums.



# Microblogging Apps - What are they?

- Similar to **blogging**
- **Short and frequent** posting about shared interests or current events
- Posts can be liked, commented on, and even **reposted**



# Video/Photo Sharing Apps - What are they?

- Online sites dedicated to **video** and/or **photo posting**.
- Allows **anyone** to share image content.
- Most images allow **public comments**.
- Content may typically be **shared** outside of the site.
- Site functionality may allow for **live-streaming** of videos.



**Snapchat**



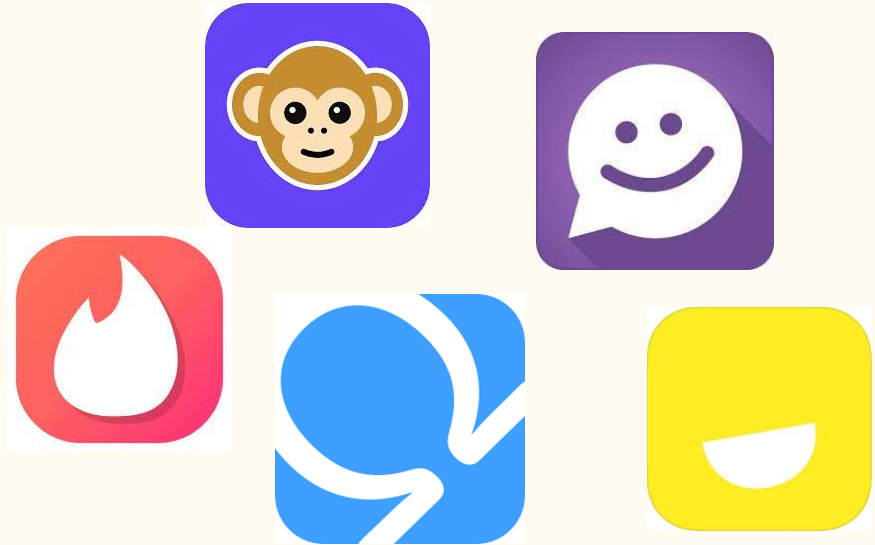
*Instagram*



**Tik Tok**

# Dating/Chatting Apps- What are they?

- Types of apps that allow users to **connect with strangers** in order to date, meet up, or just chat
- Can be at **random** or based on “**matches**”



# Texting Apps- What are they?

- Allows **users to chat with anyone** they want, regardless of the device they are using
- Can message users **individually** or in a **group**
- **Unlimited messaging** and no need for a phone plan
- Can send texts, photos, videos, audio messages and/or calendar links



# Livestreaming Apps- What are they?

- Allow users to **broadcast themselves live**
- Can watch and comment on other users' streams in **real time**
- Users can earn "**currency**" from fans
- Other photo and video sharing apps allow this **feature**



liveMe



YOU

# Courtesy of our friends at WikiHow!

<https://www.wikihow.com/Hide-Your-Online-Activities-from-Parents>

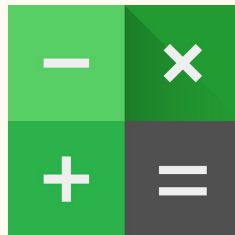


## How to hide computer activity:

- Delete your browser history.
- Tab-switch (alt-tab) when adults are around.
- Use private browsers (ex. Chrome Incognito).
- Use a virtual desktop.
- Create secondary social media accounts using a fake email address that does not include your real name ["FINSTAS" and "RINSTAS"].

## How to hide phone activity:

- Use folders to hide applications.
- Temporarily disable apps so they don't show up on the home screen.
- Use apps that hide other apps:



**Calculator  
Vault**



**App  
Hider**

# Technology – Problem Prevention



Understand capabilities of all devices purchased



Technology should be kept in public places



Install monitoring software; filtering software for internet use



Deactivate online component of devices that cannot be monitored



Set privacy levels to their highest



Teach digital safety



Check ratings for video games, tv shows, movies



Set time restrictions



# Technology – Managing Problems



Build technology into the major/minor system



Coordinate with other parents to try to limit access with their peers' devices



Ability to maintain an open and friendly relationship with the kids is critical

# Technology Resources

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CommonSenseMedia.org

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Secret Apps (Best Secret Folder, Calculator, Audio Manager/Hide It Pro)

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Privacy Settings/Filters

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Parental Control/Monitoring/Location Services (Net Nanny, Safe Eyes, TeenSafe, OurPact, Life 360)

## 2. Drugs and Alcohol

# Drugs and Alcohol – Introduction



## Age of first exposure

Adolescent brain is more prone to addictions due to brain development, especially with risk factors



## Higher levels of marijuana today

# The Evolution of E-Cigarette, or Vaping, Products



1<sup>st</sup>

**GENERATION**

Disposable  
e-cigarettes



2<sup>nd</sup>

**GENERATION**

E-cigarette  
with prefilled  
or refillable  
cartridge



3<sup>rd</sup>

**GENERATION**

Tanks or Mods  
(refillable)



4<sup>th</sup>

**GENERATION**

Pod Mods  
(prefilled  
or refillable)

Drugs and Alcohol: E-Cigarettes and Vapes

# Drugs and Alcohol- E-Cigarettes and Vapes

Tanks & Mods



Rechargeable  
e-cigarette



Disposable  
e-cigarette



# E-Cigarettes: Prevalence and Risks



# Drugs and Alcohol – Problem Prevention

## Model good habits

- Evaluate and define your own attitudes towards these activities
- Talk openly with your teens about drinking and drugs

## Do your kids drink with you at your house?

- Occasional sample of wine or beer for special occasions or toasts might be acceptable...
- Regular, recreational drinking with you is NOT

## Educational activities

- Volunteering/visiting drug/alcohol rehab center
- Ask what they know/have learned at school about alcohol and drug use



# Drugs and Alcohol

## Monitoring

Do not leave your teen by him/herself overnight.

Be familiar with your teen's friend group and activities

Generate solutions to potential problem scenarios they may encounter when they are home alone

- Ensure he/she knows what to say and do
- Develop a "back up" plan

If your teen goes out, ensure he/she know the rules and then wish him/her a good time

- Set a time to be home

# Drugs and Alcohol – Managing Problems

Signs that drug use is a problem include:

- Unusual mood swings
- Change of friends
- Suddenly falling grades
- Increased irritability
- Withdrawal
- Sudden secretiveness
- Spending substantial amounts of money with nothing to show for it
- Being obviously under the influence

Early intervention is the key, so do not waste time if there is cause for concern

- Contact your local health department or a nearby hospital to talk to a drug/alcohol counselor about your worries

# Drugs and Alcohol – Managing Problems cont'd.

If your teen arrives under the influence one night, acknowledge that there is a problem, but do NOT talk about it then.

- The next morning, request that the teen undergoes a drug test.
- Calmly tell teen that their refusal to complete the test leads you to believe that the results would have been positive.

# Drugs and Alcohol – Managing Problems contd.

## Only minor experimentation?

- Have teen attend an educational program given by an outpatient alcohol and other drug abuse (AODA) clinic, health department, or local hospital
- Monitor urine for a few months afterwards (e.g., family doctor, drug home test kit)

## Major problem?

- Family doctor or psychiatrist can leave a standing order at an emergency room or the doctor's office for drug urinalysis (test will be surveilled)
- Consider need for psychological treatment

# 3. Relationships, Sex and Romance

# Sex and Romance Introduction

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According to the CDC (2020) 158,043 babies were born to women aged 15-19 years of age

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Only 38% of teens at age 17 or younger earned their high school diploma by age 22.

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Youth under age 25 experienced about 13 million sexually transmitted infections (STIs) in 2018

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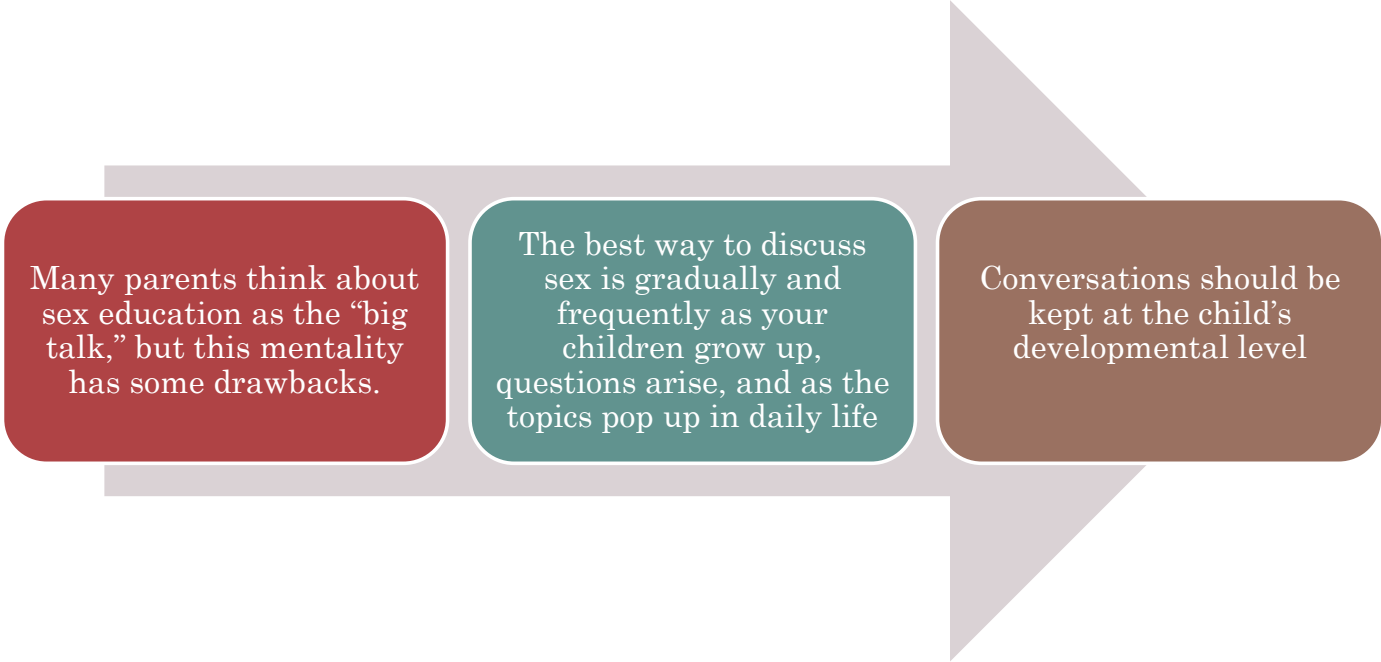
By age 18, 42 percent of U.S. females and 38 percent of U.S. males have initiated vaginal sex

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Comprehensive sex education is effective at assisting young people to make healthy decisions about sex and to adopt healthy sexual behaviors

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# Sex and Romance– Problem Prevention



Many parents think about sex education as the “big talk,” but this mentality has some drawbacks.

The best way to discuss sex is gradually and frequently as your children grow up, questions arise, and as the topics pop up in daily life

Conversations should be kept at the child’s developmental level

# Sex and Romance- Problem Prevention

“Look. My job may not be to give you all the information about sex. It may be more just to make sure you know it so you don’t get hurt. I am talking about things like getting pregnant, sexually transmitted diseases, ... Let’s do this. I’m going to make up ten sex questions for you and I want you to make up ten for me. You can try to stump me if you want, but I can try and stump you too. Then we sit down a few times and throw the questions at each other. Of course, we will make sure we come up with the right answers. How about it?”



# Sex and Romance – Managing Problems

## STIs/STDs

- Ask you teen if they need a check-up
- Ask you family doctor to do STD/STI tests during physicals

## Sexual Abuse

- Possible questions to ask: “Has anyone ever made unwanted or forced sexual advances to you?” and “Would you tell me if they had?”
- If yes ☐ See a mental health professional trained in this area
- Try and stay calm and never scold child for “making ridiculous claims” ☐ if something does happen, he or she will be unlikely to share

## Your daughter tells you she is pregnant...

Be thoughtful regarding your initial response. You and your daughter will always remember your immediate reaction.

Give her a hug  
Cry if you feel like it  
Stay calm

If you feel unable to control your emotions, it is okay to step away and wait prior to having a discussion.

Contact pregnancy counseling service to consider available options.

Ensure counseling is offered (not just abortion screening) to ensure your daughter is well educated to make a choice.

Access support yourself as needed

## **Your son tells you that he is going to be a father...**

Again be thoughtful regarding your response.

If you feel unable to control your emotions, it is okay to step away and wait before having a discussion.

Discuss:

- How he is going to manage the situation

- How he can support the girl

- How the decision will be made about the baby

- Ask him what you can do to help

Maintain your own support system.

## 4. Driving

# Driving – Problem Prevention

Parents model good driving habits:

- Avoid speeding, tailgating, drinking and driving, and using your phone while driving
- Always use your seatbelt

Practice makes perfect:

- Have your teen drive 1000 miles with you before getting driver's license
  - Keep track of miles
- Different conditions (e.g., residential areas, expressway/interstate, good and bad weather, dawn/dusk/dark)
- Make it fun!



# Driving – Problem Prevention



## Instilling responsibility:

Consider having the teen pay part or all of his/her insurance

Consider having the teen pay for his/her own gas



Praise and acknowledge teens' accomplishments and the times they demonstrate responsibility



# Driving – Expectations/ House rules

Consider Texas  
state laws

- Curfew, passenger restrictions, no cell phones

Grades

Curfew

Zero tolerance for  
drinking and  
driving

Front and back  
seat belts must be  
worn at all times

Violations will be  
considered medium  
to major offenses



# Driving: Managing Problems



Consider a signed behavioral contract agreed upon by you and your teen(e.g., combining GDL laws with Major/Minor system)



Consequences for misbehavior = temporary loss of car privileges



## Examples

Ticket for going 10 miles over the speed limit □ two-week car restriction

Drinking and driving □ MAJOR!  
6 months to 1 year + community service

Second episodes (e.g., ticket, accident) □ MAJOR, grounding + driving lessons paid by teen



No EXCEPTIONS! - loss of car privileges include necessary commutes (e.g., to and from school)





THANKS!