

TEEN ESTEEM+

What you
NEED TO KNOW...

B4

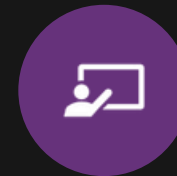
Getting
your child a
Smartphone

Since 1994 Teen Esteem has been equipping K-12 students to make healthy life choices with a key focus on respect for self and for others, reaching well over 350,000 students and parents.



Parent Education

- Community Workshops
 - Parent Ed Events
- Lunch & Learns in the Workplace
 - ED Talks Videos



Classroom Presentations

- 5th Grade
- Middle School
- High School



Assemblies

- Grade School
- Middle School

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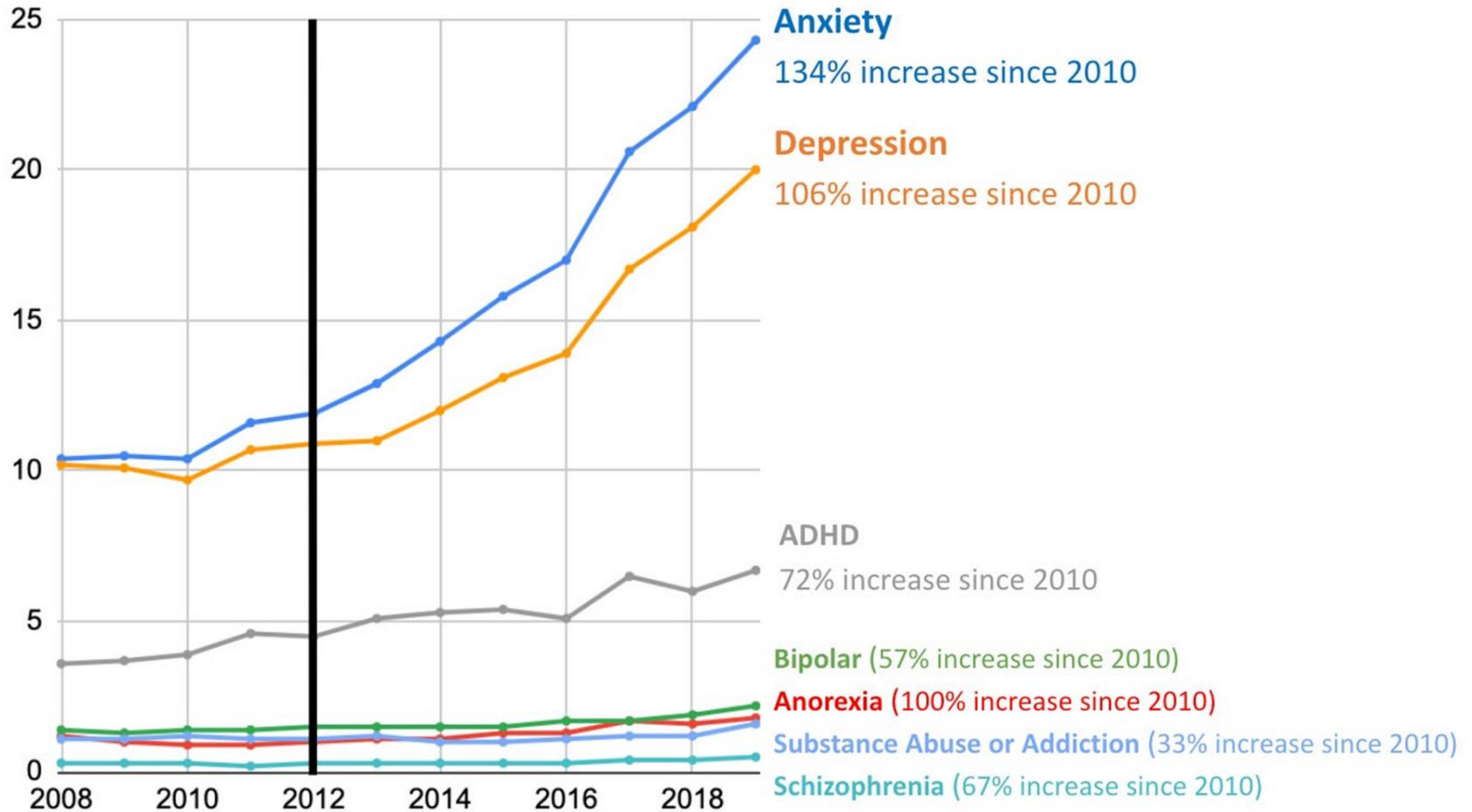
**Getting
your child a
Smartphone**

Why it is so important to...

- **Wait until your child is mature enough to have a Smartphone**
 - **Stay engaged once they do have a Smartphone**

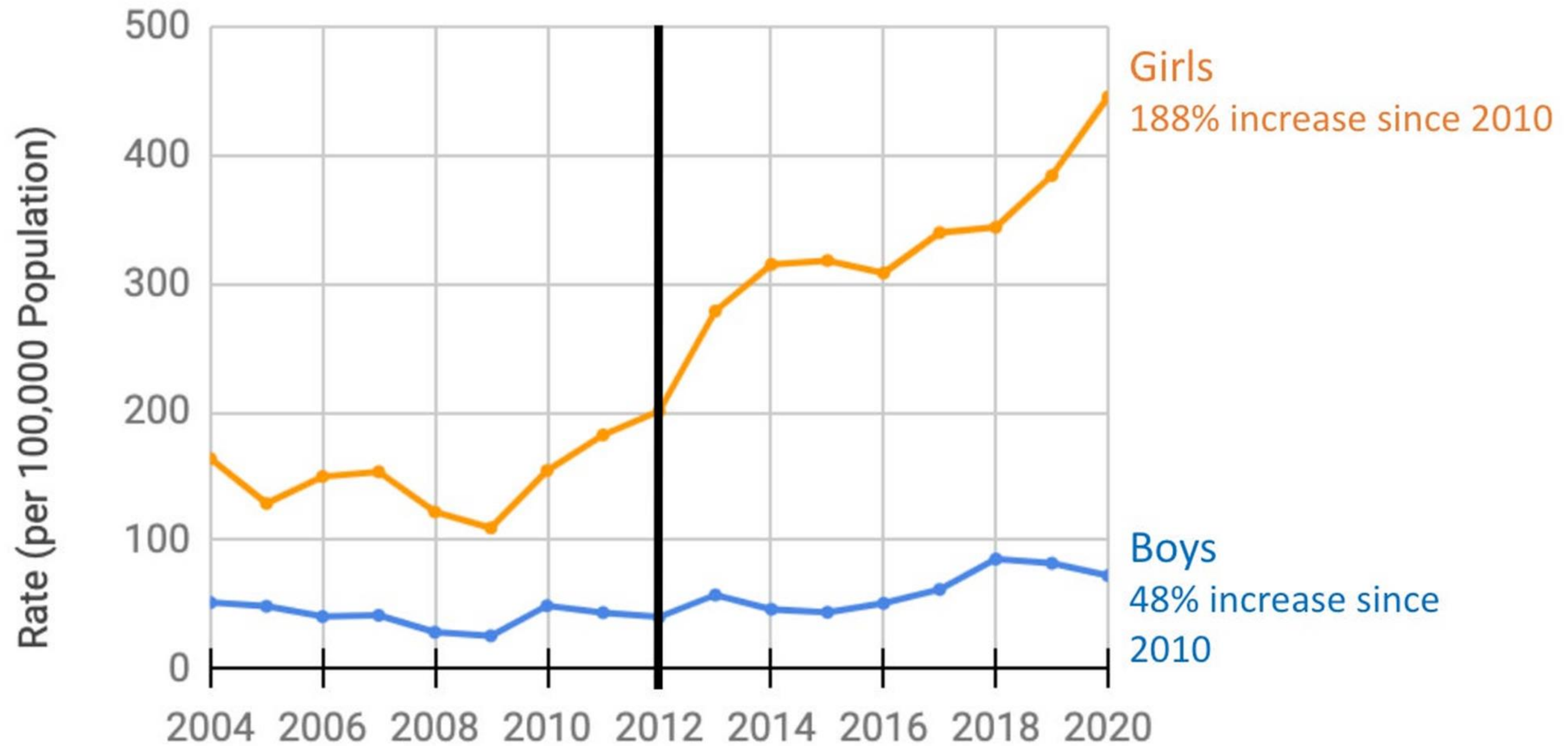
Mental Health

% of US Undergraduates Diagnosed with a Mental Illness



Jonathan Haidt, Anxious Generation

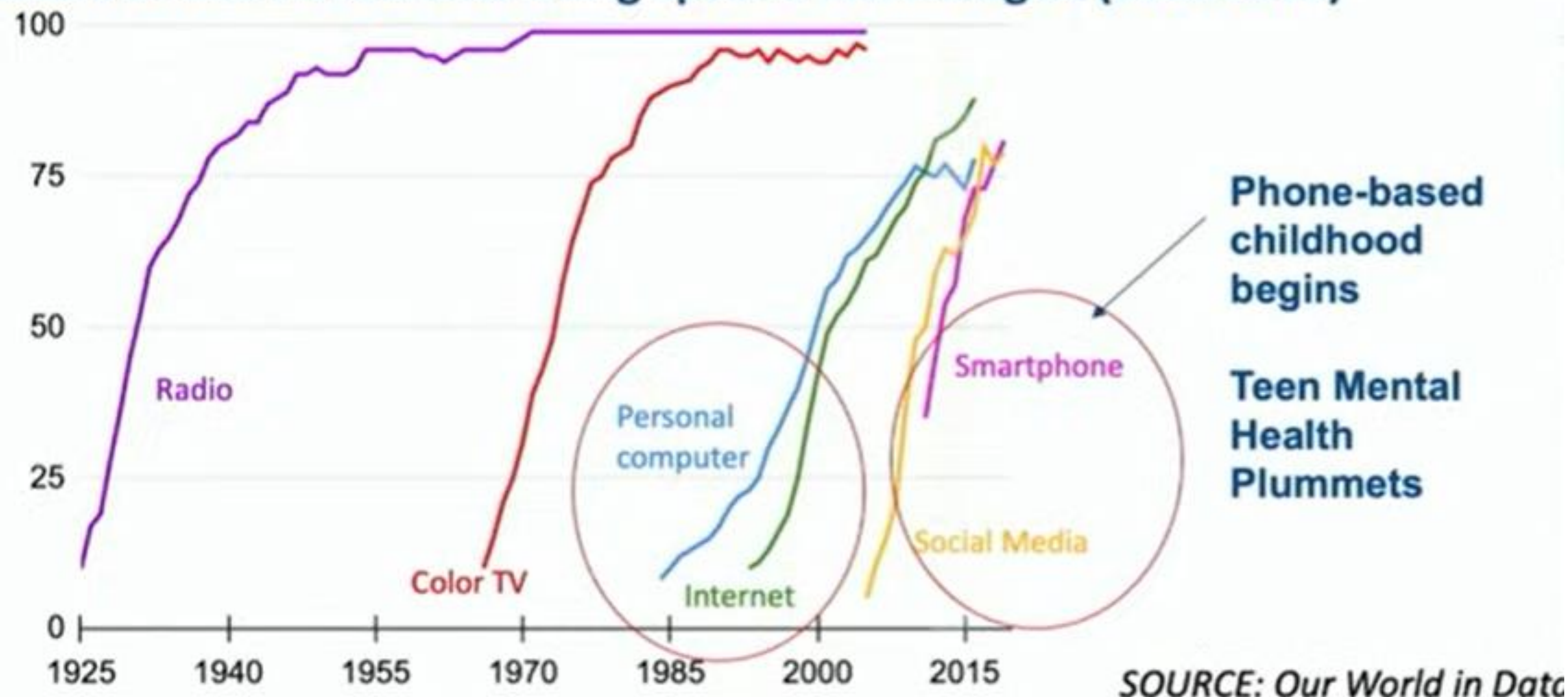
US Teens Admitted to Hospitals for Nonfatal Self-harm (Ages 10-14)



Jonathan Haidt, Anxious Generation

The Internet Came in Two Waves. The First was Amazing

Share of U.S. Households Using Specific Technologies (1925-2019)



The suicide rate among U.S. middle school students doubled from 2007 to 2014

What happened in 2007?

**Center for Disease Control (CDC)*



1973



1993



2004



2007

In 2009 girls admitted to the hospital for non-fatal self harm increased
63% for girls aged 15-19
189% for preteen girls aged 10-14

What happened in 2009?

**Center for Disease Control (CDC)*

In 2009 Social Media Became Widely Available on Smartphones



A University of Michigan study showed after rising since the early 1990s; adolescent self-esteem, life satisfaction and happiness plunged after 2012

What happened in 2012?

2012 is the year
smartphone ownership
reached the 50% mark
in the United States.

#1 It makes them feel worse about themselves



#2 It makes them feel worse about their friendships



#3 They can't get off of it

**US Surgeon General/CNN*

Surgeon General's

"Social media is associated with significant mental health harms in adolescents"

1. Wait until after middle school before considering allowing their own social media profiles
2. Allow text messaging during the interim
3. Screen Free Zones – for the WHOLE family

- 1. Mental Health**
- 2. Influences**
- 3. Cyberbullying**
- 4. Pornography**

Pornography

Average age of exposure is between 8 and 12

- “The porn addiction part was most impactful because I used to go through it and it was pure hell.”
- “The most impactful part was where they talked about porn because I could relate. I was borderline addicted at a very young age of 8.”
- The part about porn was the most impactful as I have struggled with use for quite some time. I first came across it by accident as a 3rd grader and haven't been able to cut it out of my life yet.

joinfortify.com

fightthenewdrug.org

TEEN ESTEEM+

- 1. Mental Health**
- 2. Influences**
- 3. Cyberbullying**
- 4. Pornography**
- 5. Screen Addiction**



Social Media Experience

Lindsay

COPING IN THE INTERIM

Alternatives to Smartphones

Gizmo Watch
TickTalk Watch
Gabb Watch
Gabb Phone
Bark Phone Starter Plan

Pinwheel
Apple Watch
Light Phone 2
Wisephone
F1 Flip Phone from
Sunbeam Wireless

*Wait until 8th

We can leverage the technology they want
to give them the wisdom and healthy habits
they need

STRATEGY #5: Be Clear



Smartphone Contract for Kids

STRATEGY #4: Prepare them for Their Own Battles



how to get around my parents control of my iphone



[All](#) [Videos](#) [Forums](#) [Images](#) [Shopping](#) [More](#)

[Tools](#)

About 28,200,000 results (0.43 seconds)

Videos



How to Turn Off Parental Controls on iPhone

YouTube · App Tutor
Jul 26, 2023



How to Turn Off Parental Controls on iPhone

YouTube · Gauging Gadgets
Jul 25, 2023



How To BYPASS Parental Controls on iPhone or iPad ...

YouTube · Mr Saunders
Feb 28, 2022



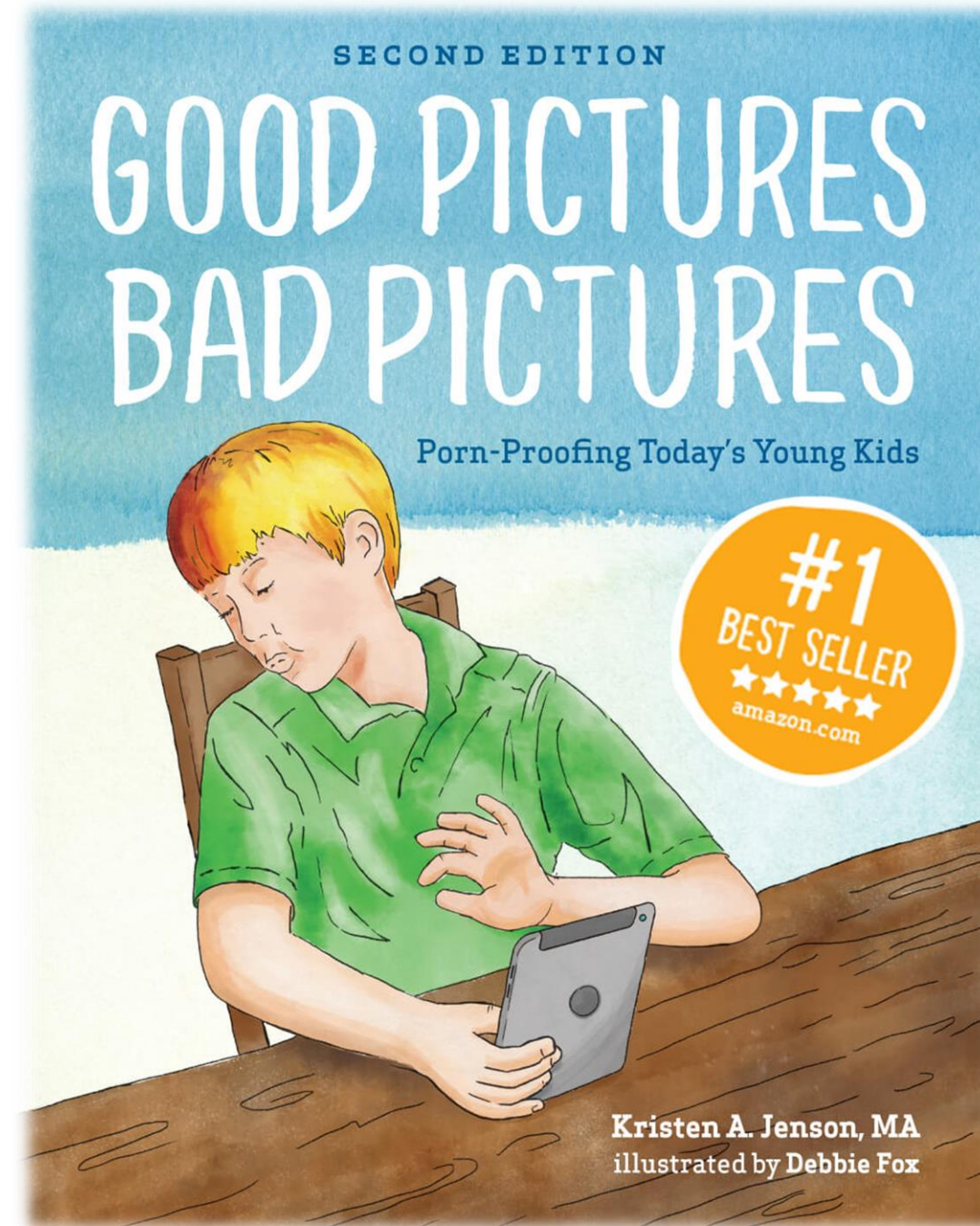
IOS 14 Screen Time Hacks: How To Get Around Your Parents ...

YouTube · IrwinTech
Apr 19, 2021

10 key moments in this video 

[Feedback](#)

[View all](#) 



STRATEGY #3: Grace

For you, for them, and for friendships

STRATEGY #2: Model Healthy Behavior - Our Actions Speak Louder Than Our Words

STRATEGY #1: Connection

Pick a Time and a Place to Connect One on One

Mitzie's Top 5 Strategies

5. Being clear is being kind
4. Prepare them for their own battles
3. Have grace for yourself and them
(Especially around friendships)
2. Model healthy behavior
1. Pick a time and place to connect often

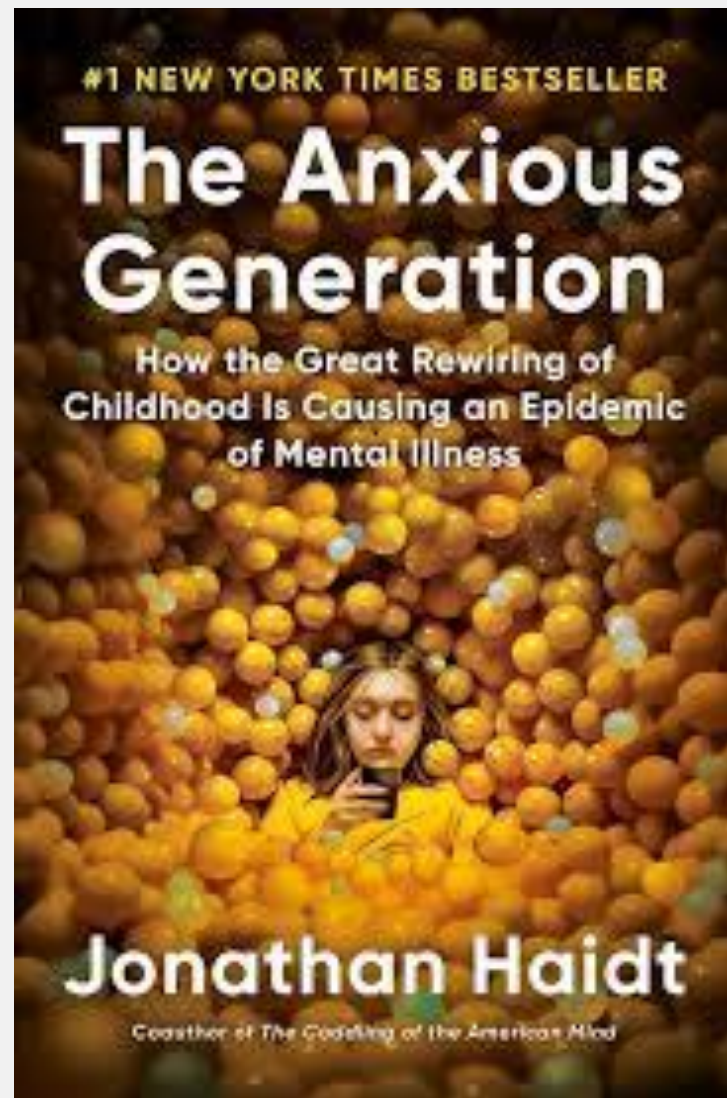
Are They Ready?

- ✓ Self Control, Self Discipline, Self-Accountability
- ✓ Limitations
- ✓ Mature Conversations
- ✓ Responsible with Belongings

Monitoring



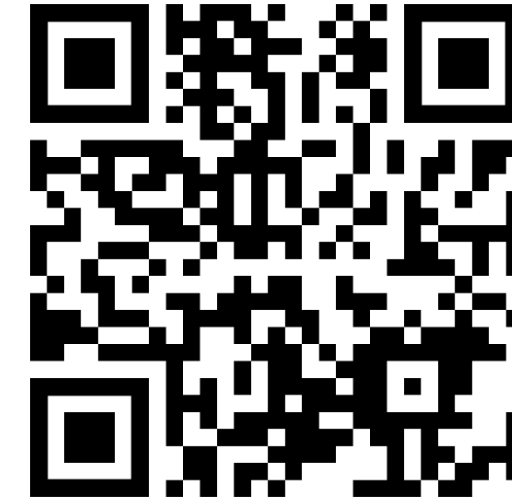
Top Parental Control Apps



- Wait til 8th
- Screensense.org
- Parenting in a Tech World (Facebook)
- Work with your school/PTA and propose Phone-Free School
- MAMA



Sign up for our bi-monthly resources



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For slides: julie@teenesteem.org