Warp Speed: Parenting Teens in a Digital Age – Resource Sheet

Websites

1. **nsteens.org** Created through a partnership with Sprint and the Internet safety experts at NetSmartz Workshop, a program of the National Center for Missing and Exploited Children. Through animated videos, short films, games, and interactive comics, NSTeens teaches tweens and teens about making safer choices online. Teaching materials are available for intermediate, middle school, and high school educators so they can bring these engaging lessons right into the classroom.
2. **netsmartzkids.org** Created by The National Center for Missing and Exploited Children, NetSmartzKids is an interactive and educational site designed to teach kids ages 5 to 14 how to stay safe online and off.
3. **netsmartz.org/parents** Videos, presentations, and helpful tips about technology issues for parents.
4. **commonsensemedia.org** Non-profit dedicated to helping kids thrive in a world of media and technology.
5. **staysafeonline.org** Website from the National Cyber Security Alliance with the mission to educate and empower our global digital society to use the Internet safely and securely.
6. **safeteens.com** Internet safety for teens.
7. **digitalcitizenship.net** Helps teachers, technology leaders and parents understand what students should know to use technology appropriately.
8. **screenagersmovie.com** Netflix documentary by Dr. Delaney Ruston explores struggles over social media, video games, academics, and internet addiction. Website also includes resources.
9. **operationparent.org/for-parents** Sample parent and teen technology contracts

Books

1. *i-Minds: How Cell Phones, Computers, Gaming, and Social Media are Changing our Brains, our Behavior, and the Evolution of our Species* by Mari Swingle
2. *It's Complicated: The Social Lives of Networked Teens* by Danah Boyd
3. *The App Generation: How Today's Youth Navigate Identity, Intimacy, and Imagination in a Digital World* by Howard Gardner and Katie Davis
4. *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age* by Catherine Steiner-Adair, EdD
5. *iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing Up* by Janell Burley Hofmann
6. *What Are They Thinking: The Straight Facts about the Risk-Taking, Social-Networking, Still-Developing Teen Brain* by Aaron M. White, PhD and Scott Swartzwelder, PhD
7. *The Parents Handbook for Talking with your Teens About Social Media: The Right Words and Effective Techniques to Get Your Kids Safely On Board* by Ellen Mossman-Glaze MSEd
8. *Designing Digital Experiences for Positive Youth Development, From Playpen to Playground* by Marina Umaschi Bers
9. *A Practical Guide to Parenting in the Digital Age: How to Nurture Safe, Balanced, and Connected Children and Teens* by Winifred Lloyds Lender, PhD
10. *Why do they Act that Way? A Survival Guide to the Adolescent Brain for You and Your Teen* by David Walsh, PhD
11. *Cyber Junkie: Escaping the Gaming and Internet Trap* by Kevin Roberts

Apps

1. **Apple Screen Time – IOS:** Daily time limit on apps and/or device use, and bedtime use limits.
2. **Google Family Link – Android:** Best for kids under 13. Free app to set limits on phone use, schedule times for phone to be disabled, block phone access, block specific Apps, etc,
3. **Qustodio – Android:** Set time limits, block calls, view text and web searches, screen time limits, block phone access, Cost is $55.
4. **Mobicip Safe Browser:** Parental controls for phones, tablets and computers.
5. **Norton Family Premier:** Best rated parental control app. Also consider Eset Parental Control for Android or Qustodio

Auntie Jessica's Rules for Raising Healthy Teens on Technology:

1. Balance – help young people find balance between technology and non-technology use. Work with them to explore safe and appropriate ways to use technology while they also engage in face-to-face and real life activities.
2. Communication – invest in the ongoing communication with your child about safety issues and concerns related to technology use. We spend a year educating our kids how to operate a motor vehicle, but there is no class or training on how to safely use mobile technology that gives us access to anything and everything at the press of a button.
3. Ask your kids to show you how their phone works, or how a certain app works. Apps to explore include Twitter, Snapchat, Instagram, Tumblr, Kik, MeetMe, Ask.fm, Whisper, Group Me, WhatsApp, Facebook, AfterSchool, You Now, Periscope, Yubo, Monkey, Music.ly, Live.ly and Houseparty.
4. Keep devices with you while your son or daughter are studying or engaging in other important activities. This helps keep them focused and free of distractions. Also, keep all powered off devices in your bedroom at night to foster healthy sleep and disconnection from the online world.
5. Talk to your son or daughter about the potential dangers that exist online and how to recognize cyber bullying and other areas for concern. Use what-if examples to help make a plan before there are any issues.
6. Set up new phones and devices for safety. Activate all parental controls on all devices and install additional parental control software and applications as needed.
7. Educate yourself on the school rules around cell phone use. Do not rely on feedback from your child regarding technology use expectations.
8. Hold a family meeting to discuss the important terms of agreement for the use of the cell phone or tablet.
9. Drill down on safe downloads and ask kids to run apps they would like to download by you for approval.
10. Review important topics with your child such as oversharing, what to do if you or someone you know is being cyber-bullied, not to give out personal information online, and never to meet someone in person that they met online.
11. Parents get passwords to all devices. This is non-negotiable.
12. Set clear parameters to checking in on your child's technology use and stick to it.
13. Lead up to responsibility from a young age. Expensive cell phones and social media accounts are privileges earned when good judgment is consistently shown.
14. Get your own account on any medium they are using. Following each other is non-negotiable. But do not over comment on your son or daughter's posts. Watch from afar and intervene when necessary.
15. Establish technology free zones or times in your home. This includes mom and dad. For example, if anyone is in the dining room, or if is between the hours of 5 and 7, technology is not to be used by anyone in the household.
16. Help children achieve balance by encouraging them to participate in other activities such as reading, drawing, sports, or other activities that do not involve technology.
17. Give children a phone that is one generation older than your phone so you are familiar with the functionality and can stay on top of new apps. Also, never give the child a phone or computer for a gift, or allow them to purchase one with their own money.
18. Reset home Wi-Fi password daily and provide the daily password after other responsibilities such as chores and school work are complete. Ask your internet service provider how to reset your Wi-Fi password.
19. Play the dinner-dishes game. At the dinner table, have everyone in the family (including you!) put their devices in the middle of the table with the sound off. The first person that reaches for their device during or after the meal must do the dishes for the family.
20. Make sure kids are clear about your expectations and the rules. Revisit and discuss them often.
21. Ask kids questions about what they are doing online – who do they talk to most? What games do they like to play? Why do they prefer Snapchat to Instagram? How do you decide who gets to friend or follow you on social media?
22. Model healthy technology use to your children. Children often ask why they should stop playing video games or using their phones when their moms or dads are on their devices constantly. They are paying attention to you and your actions.
23. Remember: the safety of your children trumps their privacy. If you searching their devices and social media accounts prevents them from experiencing harm, IT IS WORTH IT.

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