My baby has a cell phone....now what?

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Social Stages of Development

Grade Schoolers:

➤ Test boundaries, but are still eager to please and help out

➤ Are becoming more aware of others perceptions

➤ Try to express feelings with words, but may resort to aggression when upset

➤ Begin to narrow down peer groups

➤ May withdraw from family activities to start developing their own identity

➤ Begin to understand what it means to feel embarrassed

Social Stages of Development

Middle and High Schoolers:

- Are introspective and moody
- Need for privacy
- Value friends' and others' opinions more and more
- Strive to think and act independently
- More focused on developing physical relationships
- Challenge, Challenge, Challenge

Interesting Statistics

- On average, children are 12.1 when they receive their first mobile device

- 56 percent of children, age 8 to 12, have their own cellphone

- Dads are more likely to give kids smartphones in elementary school while moms are more likely to give kids smartphones in middle school

- 89% of teens use social media

- While a vast majority of teens (90 percent) say their parents trust them to be responsible online, 45 percent said they would change something about their online behavior if their parents were watching

- 32 percent of parents set rules for how their kids use their smartphone

<u>Technology Quiz</u>

- What is an Internet Troll?
  - An Internet troll, or simply troll in Internet slang, is someone who posts controversial, inflammatory, irrelevant or off-topic messages in an online community, such as an online discussion forum or chat room, with the primary intent of provoking other users into an emotional response or to generally disrupt normal on-topic discussion.

- What is a pewdiepie?
  - One of the most popular youtubers, has over 58 million subscribers

- What is the largest social network (by total active users)?
  - Currently, **Facebook** is the <u>largest social network in the world</u>, with close to 2 BILLION monthly active users

- True or False, I cannot use an old cellphone to connect to the internet?
  - False, you can use any smartphone to connect online, even if it is no longer connected to your account

Is YouTube bad for kids?

No

- Endless content
- Free access to educational and entertainment videos
- Children can share videos with friends and family
- Ease of use

Yes

- Difficult to filter every video
- Some popular youtubers have public issues
- Commercials can be inappropriate
- Videos can suggest/model bad behavior

What are kids doing with their phones/tablets?

- Messaging
- Internet surfing
- Apps/Social Media
  - Snapchat - 12
  - Instagram - 12
  - Facebook - 4
  - YouTube - 17
  - Periscope/Tumblr/Kik – 17
  - Music.ly - 12
  - Sarahah - 17

Why do kids love social media?

- It opens up their social world
- Allows for instant, public gratification
- Helps in measuring popularity
- Can allow for many people to be a part of the conversation
- Provides feelings of connectedness
- Gives an outlet to share things they are proud of, feelings they have or anything else without requiring permission
- Because everyone else is doing it

Bullying/Cyberbullying

- Using technology has become a very dangerous way for teenagers to bully
  - By not having the person in front of you, it makes it easier to say mean and hurtful statements
  - Anonymity
- While there are websites/apps that enable cyberbullying (ask.fm, formspring), teenagers have found ways to turn even the most innocent apps into cyberbullying forums
  - Negative comments can be made on YouTube, Facebook, Twitter, Instagram.......basically any site that allows comments
  - Spoofing is the practice of altering identification of a caller's number so that a different number appears on the receiver's caller ID (SpoofCard, iSpoof, Crazy Call)
  - Beauty Pageant on Instagram allows for kids to rank each other publicly by their looks

Common Technology Mistakes

- Sharing passwords or devices
  - "Young, in Love and Sharing Everything, Including a Password," NY Times article states that teenagers share passwords as a sign of trust
  - When individuals share passwords or devices, it can bring about many problems. If a friendship dissolves, teenagers are more likely to use these in malicious ways against each other.
- Multiple accounts - Finsta
  - Now that teenagers realize that parents, colleges, etc. monitor their social network accounts, they have created alias accounts. Ex. John Smith becomes J0hn Smith
  - With email addresses so readily available, it has become very easy to accomplish this
- Posting/sending graphic, inappropriate or suggestive pictures/text
  - Teenagers recklessly post content online or send them to each other without thinking of the consequences

What can parents do?

- Be on the same page and be consistent
  - This is the most important step
- Set rules and talk to your children
  - Responsible use of technology needs to be taught at an early age. It becomes far harder to educate or limit technology use after it has already become part of their lives
  - Be very clear of your expectations
  - Tell them to share anything they see that's concerning (bullying, risky behavior, etc.)
- Keep the devices out of the bedroom
  - It is much easier to monitor where you can see them
  - They don't have the self-control to not use technology at night…neither do adults
- Monitor their devices
  - As their parent, you are entitled to check their devices
  - Let them know that you are watching

What can parents do?

- Change dangerous settings
  - Many apps now incorporate location sharing tools (Facebook, Instagram), so it is important to educate your children on why this is dangerous and turn off the settings on these apps
  - Did you know that you can set restrictions on an iPhone/iPad/iPod? Through these settings, you can limit purchases, set up internet restrictions, family sharing and camera settings
- Google your child's name and any email addresses
  - Check for identity theft
- Use technology to help you
  - Set up user accounts on shared or personal computers. Through these accounts you can limit and monitor usage
  - Filtering Tools: Allow parents to establish a strong defensive mechanism to prevent children from accidentally encountering or intentionally accessing inappropriate sites and content, such as pornography, vulgar language, and hate sites.
  - Monitoring Tools: Allow parents to collect "intelligence" and check up on their child's online activities by tracking a child's website visits, emails, messaging, and other Internet behavior.

Additional Resources

- Stay connected and educated
  - There are numerous websites that frequently detail threats and educate parents on current trends, both online and using smartphones – **Commonsensemedia.org**
  - **www.safesmartsocial.com** – Great website that provides up to date information about apps and technology
  - **www.healthychildren.org** – Create a family media contract
  - **www.internetsafety101.org** - Fantastic website that provides up-to-date information regarding internet and technology safety
  - **www.meetcircle.com** – Allows you to monitor and set limits on every device using your home Wi-Fi network
  - **www.ourpact.com** – App that gives you the power to block internet and apps across any network, inside and outside of the home