Parenting Teens & Beyond

RESOURCE GUIDE FOR PARENTS

Navigating Parenting in a Digital World

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Lay of the Land (as of February 2018)

Online Activity/App	Most Boys	Most Girls
SnapChat - social media that allows kids to communicate privately - flying under their parents' radar	X	X
Instagram - social media mostly focused around posting pictures	More Watching	More Posting
Texting - mostly just to organize logistics and plans - mostly group texting	X	X
Discord - voice and text chat for gamers	X	
Facebook - social media that teens mostly use only for groups and messenger	Need Based	Need Based
Houseparty - the ability to join a video call with a group of friends	In and Out	In and Out
Fantasy Sports Leagues - there are specific apps kids use to manage their leagues and check them frequently	X	
Video Games - these are typically played on gaming consoles and computers like Xbox, PS4, PCs, Macs, etc	X	
YouTube Videos - learning new things, watching funny videos	X	X
Netflix - movies	X	X
News, Politics, Sports, Celebrities	X	X
Smartphone Games (apps) - various types from car racing to crossword puzzles to strategy games	X	Sometimes
WhatsApp - a more private messenger system like "texting" but more of a closed network	X	X
Twitter - 47% of teens are on Twitter's social media platform mostly to keep up with the news, media and celebrities	X	X
Facetime - to video chat with friends and family - or just keep it on while they do homework	X	X
Google Apps - most kids use Google Docs to do their school work and collaborate on projects	X	X
Miscellaneous Apps (not games) - this might be photography, graphics, video creation, music education, etc.	X	X

By Deb Blum & Vickie Vann

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General Educational Resources

Name	Link	Description
Common Sense Media	https://www.commonsensemedia.org	A great source of information and resource to check movie and video game ratings and appropriateness for specific ages

Parental Controls Resources

Name	Link	Description
[App] The Circle (Hardware and Software for Limiting and Monitoring Usage)	https://meetcircle.com	A router that allows you to control your child's access to the Wireless Network (kids can still access via their phone's cellular plan however)
[App] Qustodio Parental Control App (Software for Limiting and Monitoring Usage)	https://www.qustodio.com/en/	An app with a monthly membership fee to manage and monitor specific devices in your home
[App] Our Pact Parental Control App (Software for Limiting and Monitoring Usage)	http://ourpact.com	A simple family locator and parental control app that allows parents to locate family members and limit screen time by blocking internet and app access.
[App] Life360 (Location Monitoring)	https://www.life360.com	Allows you to view your family members on a map, communicate with them, and receive alerts when your loved ones arrive at home, school or work.
[Service] The Secure Family (local technology company)	https://www.thesecurefamily.com	Assist in setting up systems, software and hardware to keep your kids safe, monitor their use, set limits and much more.
[Service] Diamond Island Consulting (local technology company)	http://www.diamondislandconsulting.com	Assist in setting up systems, software and hardware to keep your kids safe, monitor their use, set limits and much more.
[Info] Resources for Setting up Parental Controls	https://www.commonsensemedia.org/blog/everything-you-need-to-know-about-parental-controls	A resource document from Common Sense Media.
[Review] PC Magazine's 2018 Review of Parental Control Apps	http://in.pcmag.com/parental-control-monitoring/118921/guide/the-best-parental-control-apps-for-your-phone	Great resource with ratings and review of the latest parental control apps and what to be looking for to keep your kids safe online.

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Books

Name	Link	Description
[Book] Screenwise by Devorah Heitner	http://amzn.to/2DX1MhB	Screenwise offers a realistic and optimistic perspective on how to thoughtfully guide kids in the digital age. Media expert Devorah Heitner, however, believes that technology offers huge potential to our children-if parents help them.
[Book] Media Moms and Digital Dads by Yalda T. Uhls, Phd	http://amzn.to/2nB5uD0	Supported by academic research focused on technology, Media Moms & Digital Dads breaks down complex issues in a friendly, accessible fashion, making it a highly useful and, ultimately, reassuring read for anyone who worries about the impact that media might be having on young minds.
[Book] iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us by Jean M. Twenge, PhD	http://amzn.to/2s2rnAU	iGen is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation.
[Book] It's Complicated: The Social Lives of Networked Teens by Danah Boyd	http://amzn.to/2FysvOk	Offering insights gleaned from more than a decade of original fieldwork interviewing teenagers across the United States, boyd concludes reassuringly that the kids are all right. At the same time, she acknowledges that coming to terms with life in a networked era is not easy or obvious. In a technologically mediated world, life is bound to be complicated.
[Book] iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up by Janell Burley Hofmann	http://amzn.to/2Gu5kGm	She outlined boundaries and expectations in a contract for her son to sign upon receiving his first cell phone. When Hofmann's editor at The Huffington Post posted the contract, now known as iRules, it resonated on a massive scale and went viral, resulting in a tsunami of media coverage and requests.

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Articles and Videos

Name	Link
Tether Yourselves	https://www.handsfreemama.com/2017/12/15/tether-yourself-the-enlightening-talk-parents-arent-having-can-keep-teens-from-a-damaging-drift/
Your Parents Were Afraid of TV too	https://www.wired.com/story/demonized-smartphones-are-just-our-latest-technological-scapegoat/
Have Smartphones Destroyed a Generation?	https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/
Screentime is Awful - And I Can't Live Without It	https://www.wsj.com/articles/screen-time-for-kids-is-awfuland-i-cant-live-without-it-1516986617
Parents vs. iPhones: The Tug of War Over America's Kids	https://www.msn.com/en-us/news/technology/iphones-vs-parents-the-tug-of-war-over-americas-children/ar-AAuBx0N
Stop Worrying about Teens and Tech - The Future is Bright for Kids Online	https://thenextweb.com/insider/2016/03/19/stop-worrying-about-teens-and-tech-the-futures-bright-for-kids-online/
Technology is Good! Technology is Bad! Who Do you Believe?	http://www.balancedheartcoaching.com/notes-from-the-heart-blog/technology-is-bad-technology-is-good-who-do-you-believe
Browser Hacks to Make the Internet Safer for your Kids	https://www.commonsensemedia.org/blog/easy-free-browser-hacks-to-make-the-internet-safer-for-your-kid
Everything You Want to Know About SnapChat	https://www.teensafe.com/blog/everything-a-parent-needs-to-know-about-snapchat/
App Review: SnapChat	https://www.commonsensemedia.org/app-reviews/snapchat
[Video] Look Up by Gary Turk	https://www.youtube.com/watch?v=Z7dLU6fk9QY&sns=em

Common Rules that Parents Might Consider

- No phone at dinner table
- Phones charge outside the bedroom
- Phones off 1 hour before bed
- Kids to use timers to self-regulate
- Limits on PG-13/R/M ratings
- Must keep Find Friends turned on

- Router turns off at a certain time
- Time limits on video games
- Limits on specific video games - games that you just won't let your kids play
- Only one device at a time (no iPad + phone for ex)
- We must have your password

The Healthy Mind Platter

The Healthy Mind Platter for Optimal Brain Matter

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