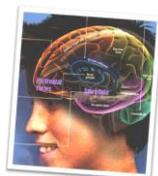


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What's happening up front?

- Not fully myelinated until mid to late teens
- Not fully developed until 25 to 30 years of age!
- They're smart but they lack risk assessment



You can be optimistic! Really?

Yes

- You may not know everything about the technology
- But you have instincts
- You know people
- You assess risk better
- And your kids still think you are great!

→Dunno



What are they doing?

Chatting, looking at pictures, shopping, listening to music, watching movies, joking, playing games, hanging out...

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Doing what young people have always done, but...

- doing it digitally
- doing it more
- doing it unsupervised



The number one use?



- Carrying on communication with people they already have a relationship with
- The technology is 'transparent' – they only see their friend
- It's how they establish their identity
- They can control their digital image better than their 'real'
- A boon for many kids!

Are relationships different?



- Anonymity can make them crass and harsh
- Can limit the depth of relationship – *Dr Gordon Neufeld*
- Sex versus intimacy?

Screen time stats



Children ages 8-18 spend 7.5 hours using entertainment media each day:

- Approximately 4.5 hours watching TV
- Approximately 1.5 hours on the computer
- Over an hour playing video games
- Compared with **25 minutes per day** that children spend reading books

Source: Henry J. Kaiser Foundation, "Generation M²: Media in the Lives of 8-18 Year Olds," January 2010

How much is too much?



- The real question to ask: *What else are they doing?*
- If they are...
 - Getting enough sleep
 - Doing chores
 - Playing sport
 - Mixing with friends
 - Spending time with family
 - Mixing with friends
 - Relaxing away from technology
 - Being active

... Then they probably aren't going to be hurt by a using the computer for a while

Fact: the amount of screen time a child spends is about the same as their parents'.

Bedroom media



- More than one in three have a computer and internet access
- Half have video game players
- More than two out of three have TVs
 - Those with bedroom TVs spend an hour more in front of the screen than those without TVs

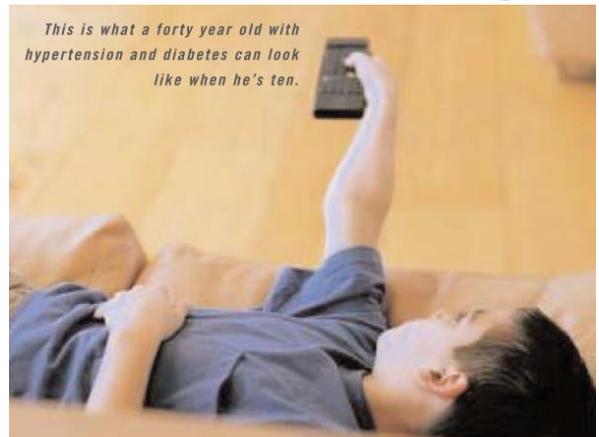
Source: Henry J. Kaiser Foundation, "Generation M²: Media in the Lives of 8-18 Year Olds," January 2010

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Screen time and obesity

- Obesity increased by 2% for every additional hour of television watched each week. (Dietz, 1985)
- Children with televisions in their bedrooms are at 31% greater risk for obesity. (Dennison, et al., 2002)
- 60% of overweight incidence can be linked to excess TV viewing time. (Tremblay and Willms, 2003)
- Children need 60 minutes of physical activity most days, preferable every day (National Heart, Blood and Lung Institute)



Sleep

- Today's teens are sleep deprived
- Huge impact on behaviour and performance
- Teens need 9.25 hours of sleep a night
- A quarter of them are getting 6.5 hours (Australian figures)
- The average is 7.5 hours on a school night
- "A teenager with two hours less sleep than he needs is functioning at the same level as someone with a 0.05 blood alcohol level, like someone who has had two beers." – Michael Carr-Gregg
- Bed times, darkness, technology free hour

The internet is like a city

- Wonderful things
- But violent areas
- Creeps
- Deep dark sewers



Media violence does matter

- Specific studies of video games, plus decades of research on television, conclusively point to screen violence impacting children.
- Identification with the 'hero' is more important
- Limit and restrict
- Go with age limits on games
- Note: violent behaviour involves multiple risk factors



Porn

- Resetting what is considered normal
 - Respect
 - Intimacy
 - Appropriate behaviour
- Very habit forming
- Rules and responses
- Filtering



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Gambling



- The next big thing?
- Casino sites
- Betting on game outcomes

- Rules and responses
- Filtering

Safety rules



- Never identify yourself to strangers
 - Never give numbers or location
- Never arrange to meet someone you don't know
- Take care downloading programs
- Tell your parents about frights



Control Wifi



- Programme the modem
- Remove aeriels
- Switch it off
- Control access on mobile devices



Digital lifestyle

- Withdrawing from other activities



Don't miss the moment!



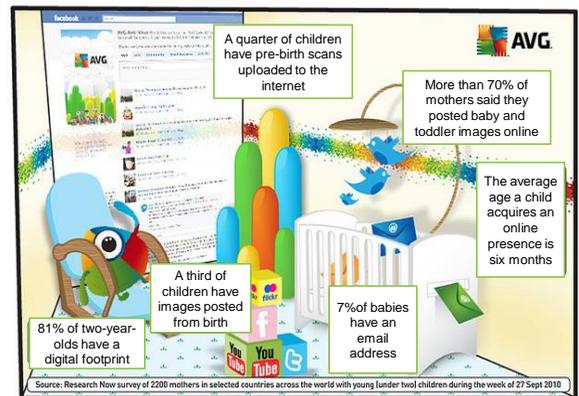
Digital lifestyle



- Withdrawing from other activities
- Losing social skills
- Unhealthy!
- Mental diet
- Actual addiction
 - 7-10% of gamers are truly addicted

Footprints

- You leave a digital trail
- It's usually started by parents!



Footprints

- You leave a digital trail
- On your computer
 - Erased?
 - Don't be so sure!
- On your network
- With your ISP provider



And when you go for a job

- Google is your CV!
- Nearly all employers will check you online!





Especially beware of posting dodgy pictures

- 'Sexting'
- Becoming a 'normal' part of relationships
- Revenge
- Stupid joke by little brothers

→think



Can be great!

But be aware...

- There are creeps
- Stalkers
- Groomers
- Fishers



→trust

Children are accessible

- Anonymous
- Outside of adult supervision
- Can appear to be the perfect boyfriend or girlfriend
- Can groom for months

→meeting girls



Be wise...

- Never arrange to meet alone with someone you met online
- Never give personal information that could identify you or your address
- Always tell an adult you trust if something frightens you
- No pictures in school uniform
- Disable location notification



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Cyberbullying

- Threatening email and texts
- Encouraging others to do the same
- Spreading rumours
- Posting defamatory comments on Facebook etc.
- Impersonating the victim
 - Posts and messages that get a negative response

Both boys and girls!

- 15%-35% teens bullied online
- 10%-20% admit doing it

Surveys in US, Europe and Australia



Effects

- Makes them miserable
- Leads to revenge
- School work affected
- Low self-esteem
- Depression



Keep an eye on them

- Watch for signs of change
- Watch for signs of danger!
- You can get them back on track



How to recognise depression

- Sadness, hopelessness, crying
- Loss of interest in activities
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- No enthusiasm, motivation, energy
- Difficulty concentrating
- Thoughts of death or suicide



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- Thoughts of death or suicide
- **Key differences with teen depression**
- Irritable or angry mood
- Unexplained aches and pains
- Extreme sensitivity to criticism
- Withdrawing from some, but not all people



How long? How Severe? How different from normal?

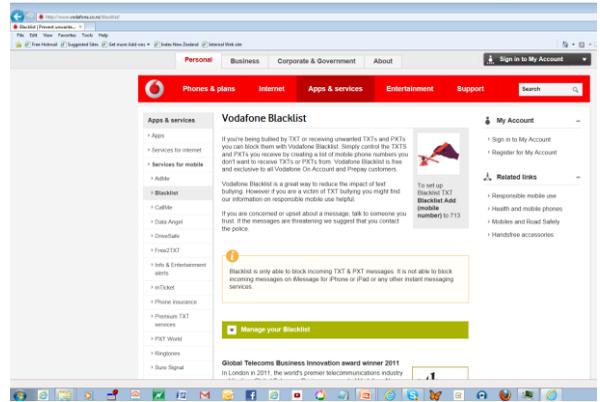
How long? How Severe? How different from normal?

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Text bullying

- Once (unless it's a serious threat) - delete and forget [imho]
- More than once – save, don't reply
- Show – parents, school, ISP, police



The number one fear

- The main reason kids don't report bullying or inappropriate stuff - *losing their phone or internet access!*
- Take it seriously if they tell you something disturbed them



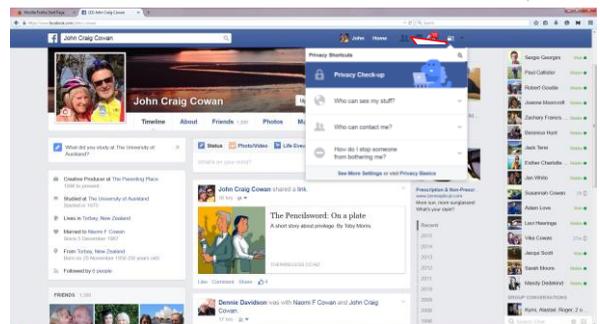
Should you snoop?

- Simple answer? NO
- But life isn't simple
- Is there *other* evidence to justify suspicion?
- A 'search warrant'.



Internet filtering

Just as a car thief in a car park will check door handles to find the easiest car, an online predator will target accounts that are not private.



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Minors on Facebook

- Facebook requires everyone to be at least 13 years old
 - This includes accounts registered on the behalf of someone under 13.
- Location settings are turned off
- Contact info, school and birthday are not searchable
- 'Tag review' tool is on



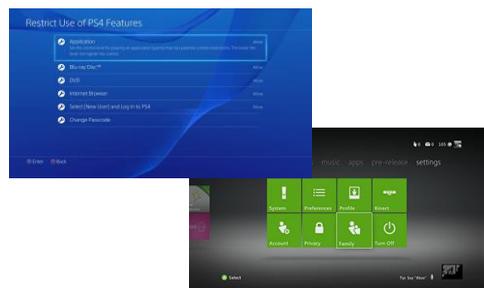
Tag review

- It lets you approve or dismiss tags that people add to your posts.
- When you turn it on, any time someone tags something you posted, that tag won't appear until you approve it.

Mobile phone parental controls



Playstation and X-box

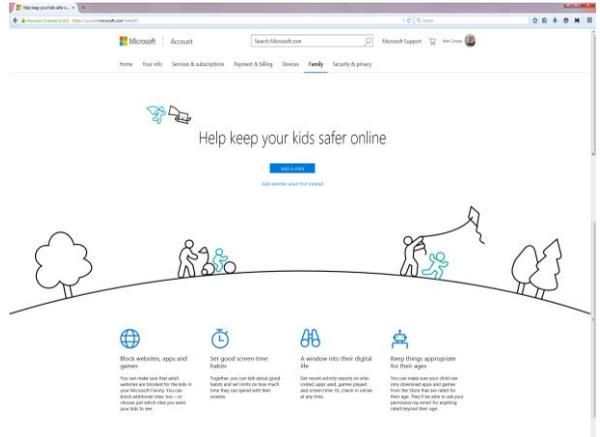


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Mobile phone parental apps

- View photos/videos
- Websites
- GPS monitoring
- Photos/videos
- Stealth options
- Contacts
- Remote wipe
- Calendar events
- Keyword alerts
- Emails
- Block websites
- Memos
- Remote lock
- Keystrokes
- Restrict numbers
- Text messages




Review ratings

#1	#2	#3	#4	#5	#6
Net Nanny Parental Controls	CYBERSitter	Safe Eyes	PureSight PC	CyberPatrol	McAfee Family Protection

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Limit access

- Limit computers access to the internet
 - Back to copper!
- Limit time
- Use a timer



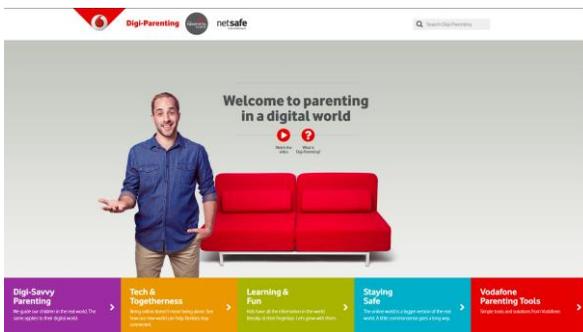
“Here’s the deal...”

- It’s a privilege
- Privilege based on trust
- Agreements!

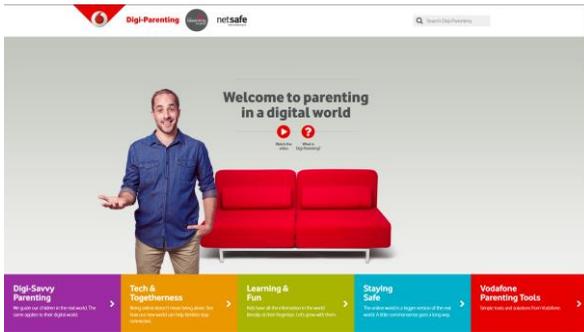


Trust your instincts and your wisdom

- Talk with your kids
- Use the technology as a parenting tool
- Feel confident - you’ve got the frontal lobes



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The Parenting Place



Twitter
@parentingplace

Like, follow, tweet, pin us!



YouTube
theparentingplace



Pinterest
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