Tech TALK

Grades 6-8
ISSUE #2

Issue 2 is here focusing on technology and its role in your family. This time we are dipping into resources that will help you determine where you feel it is safe for your kids to roam online and when to intervene. Your most powerful tool to keep your child safe is you. Here are some tips to help you along the way.

1

How can I figure out if a game, app or movie is appropriate for my teen?

When you are searching for a comprehensive resource to use as a go to, we've had a hard time beating this one. Type in the name of an app, movie or game and they will provide you with a review that outlines which ages it is appropriate for and specific details about language, violence, and more. Take a peek: **https://bit.ly/TTCommonSenseMedia**

2

I am constantly fighting with my teen about the amount of time they are on the screen. I know it can't be good for their mental health. I'm right about this one, right?

Common Sense Media just released a report "Tweens, Teens, Tech, and Mental Health: Coming of Age in an Increasingly Digital, Uncertain, and Unequal World" and their latest findings tell a more complex and nuanced story. Start with the video and then jump into the report itself or the links at the bottom. Dig in: **https://bit.ly/TTcsmreport**

3

I've heard how things can go so wrong so quickly on social media. Should I let my tween daughter start up an account?

Every tween/teen is unique - this is something we all know to be true. This article has an excellent list of questions to ask yourself about your child before taking the plunge. Also, we wouldn't limit this to daughters. Ask yourself the same questions about your sons. Peruse this article: **https://bit.ly/TTsocialmediaready**

4

My teen puts their phone or screen down when I come near. I am torn between respecting their privacy and wanting to know what they are up to. Which way should I go?

Our number one job to our kids is parenting and sometimes that is uncomfortable. Since so much of our kids' social life isn't happening at school, on fields or at home in person, it is more important than ever to set expectations with your child around screens and this is a great place to start: **https://bit.ly/KeepChecking**

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Do you have any questions for our next issue? http://bit.ly/Tech-TalkQuestions

DID YOU MISS ISSUE #1?
HERE IT IS:
http://bit.ly/TechTalk6-8Oct2020

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