



Talking Technology with Our Teens

Julius West MS PTSA

Developed and Presented by

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Technology and Social Media are Here to Stay



How do we better understand its influence on the lives of our teens?

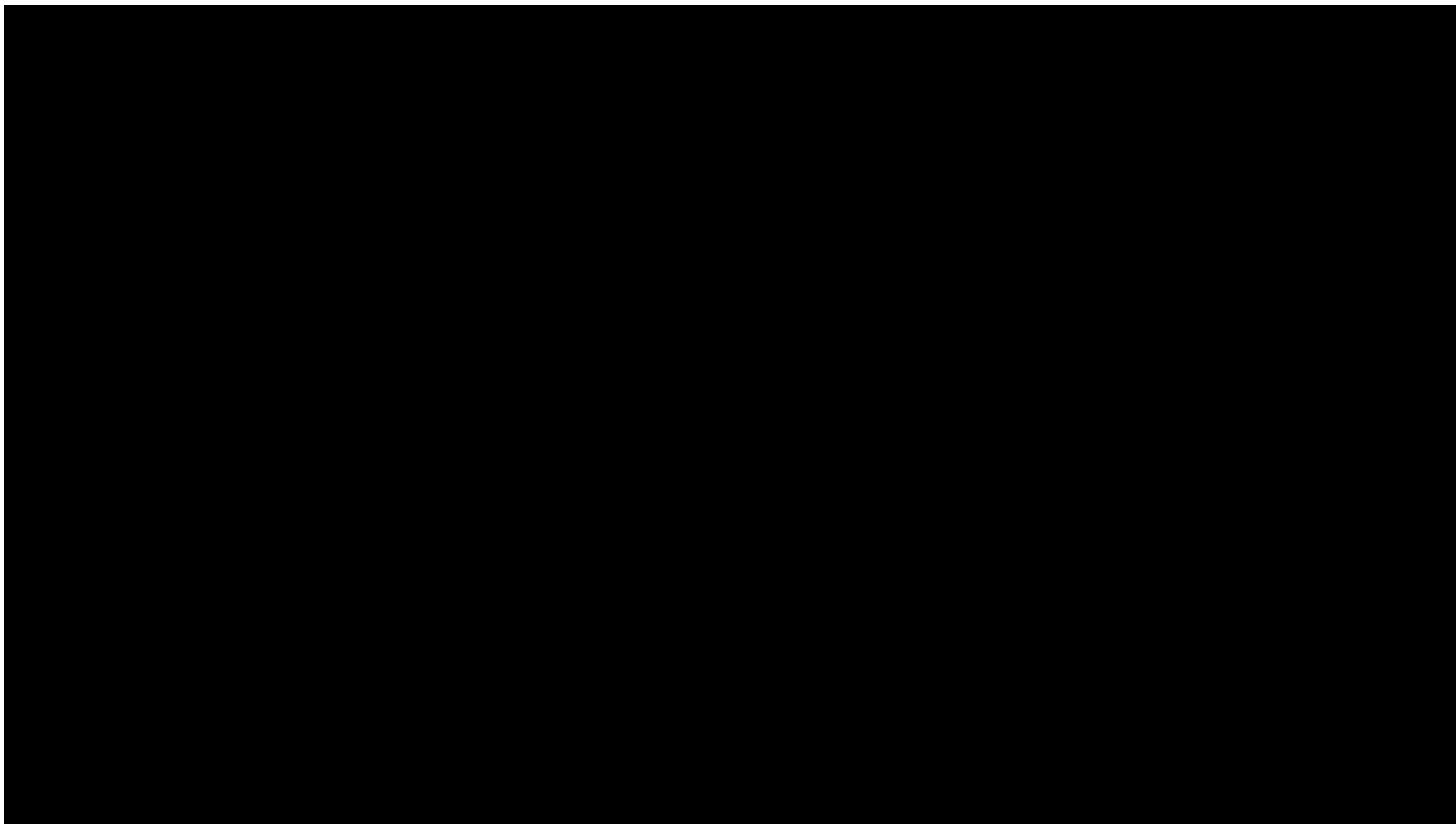
How do our teens use and feel about technology and social media?

How can we talk to our teens about their use to help them to find balance and mitigate potential negative effects?





Generation LIKE



Finding Balance



Pros/Cons:

Teens and Parents





“

“I want them to understand that much of what I do online is very fun to me and I am often interacting with people through the game.

Some of the games I play also enhance my ability to think strategically and others make my creative thinking and 3D spatial reasoning better.”

“It has positive effects and negative effects, however since there are both and in equal quantity, I would say that the effects are neutralized because technology is equally good and bad.”

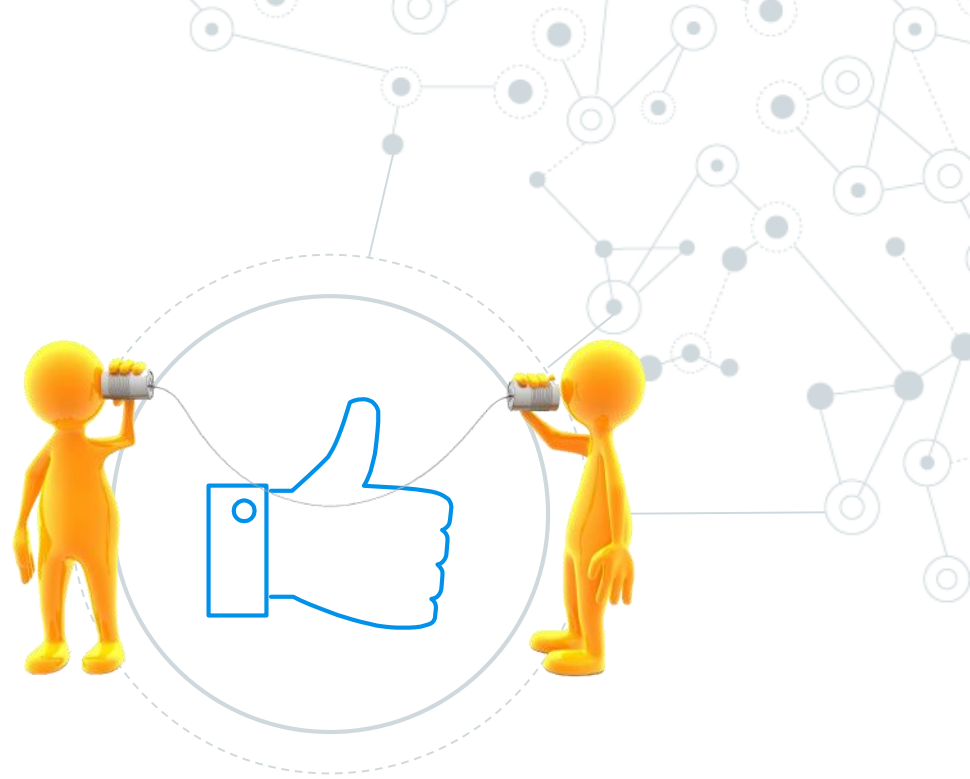
-Grade 8 Boy

What Our Kids Think

© <https://www.surveymonkey.com/results/SM-9SDYJRR2V/>



Learning to Live with Teens AND Technology



- ◎ Proactively
- ◎ Openly
- ◎ Non-judgmentally
- ◎ Collaboratively

Stay With Your Conversations.... No Matter How They Feel



Resources

- ◎ **Teens, Social Media & Technology 2018 (May 31, 2018) Pew Research Center**

<http://www.pewinternet.org/2018/05/31/teens-social-media-technology-2018/>

- ◎ **Digital Health Practices, Social Media Use, and Mental Well-Being Among Teens and Young Adults in the U.S.**

<https://www.hopelab.org/reports/pdf/a-national-survey-by-hopelab-and-well-being-trust-2018.pdf>

- ◎ **Julius West MS Student Survey**

<https://www.surveymonkey.com/results/SM-9SDYJRR2V/>

- ◎ **Julie Baron Blog on Talking to Teens about Smartphones**

<https://www.juliebaronandassociates.com/single-post/2018/03/12/Talking-to-Teens-About-Smartphone-Use%25E2%2580%25A6-Like-Talking-About-Any-Other-Potentially-Lethal-Behavior>

- ◎ **Talking to Your Kids About Cyberbullying Part 1: Tools for Parents**

<https://www.stopbullying.gov/blog/2017/12/12/talking-to-your-kids-about-cyberbullying-part-1.html>

- ◎ **Cyberbullying Part 2: What Parents Can Do**

<https://www.stopbullying.gov/blog/2018/01/09/cyberbullying-part-2-what-parents-can-do.html>