

Thriving in an Online World - Teens

Digital Participation

- + **LISTEN** to how your teen feels about and uses technology.
- + **ENCOURAGE** critical consumption of stories, images, and news.
- + **ASK** questions about your teen's interests and connect them with reliable online resources.
- + **REFLECT** your teen's digital strengths and skills back to them.
- + **SUPPORT** your teen's use of digital tools to advance goals, take action, and have voice.

Digital Citizenship

- + **TAKE CHARGE** of digital footprints and online actions.
- + **TALK ABOUT** cyberbullying, online drama, and online cruelty early and often.
- + **ENCOURAGE** your teen to think before they post.
- + **ASK** your questions about online identity. What do they like? What do they want to change?
- + **PRIORITIZE** face-to-face communication with family and friends.

Digital Discipline

- + **SET** clear boundaries and consequences about what, where, when, and how.
- + **CONSIDER** a digital curfew at night, tech free meals, and distraction free study spaces.
- + **USE** parental controls to verify trust and catalyze communication, not to spy on your teen.
- + **TALK** to your teen about his or her brain.
- + **ENCOURAGE** singletasking and reduce alluring cues like "ping!" "buzz!"
- + **TAKE ADVANTAGE** of history apps or web history to encourage self-reflection.

Further Resources

- For parenting, brain development, and technology questions: DrDaveWalsh.com
- For ratings, reviews, and tips: CommonSenseMedia.org and childrenstech.com
- For research on media's impact on kids: cmch.tv, dmlcentral.org, commonsensemedia.org