

Parent Guide to Selfies, Sexting & Snapchat

Social media use is on the rise and constantly changing. Why are kids so addicted to their phones and what are some dangers of the digital world?

30% of teens admit they have sent a nude photo **and** **40%** of teens say they have received a nude photo

Consent **VS** Coercion

Help your child understand the difference and recognize signs of coercion such as pressure, guilt, manipulation or threats, and how they can deal with it.

Focus on Support **not** Shaming

Rather than focusing on questions like "What were they thinking?"
We need to ask "Who shared this photo outside of consent? Was there coercion?"

5 Tips for Parents



1. CHECK DEVICES IN AT NIGHT

Create a docking station in your home where all devices get plugged in for the night. Aim to check them in one hour before bedtime. This will help everyone in your house get a better sleep.

2. KEEP PHONES OUT OF BEDROOMS

Youth already feel that their device is their private property, and bringing it into a private space may encourage unhealthy use of their phones. Many youth report being woken up by their phone at night. Buy a regular alarm clock.



3. DO A CELL PHONE AUDIT

Sit down with your child and ask to see the apps on their device — including any messages they have sent and received. They are less likely to feel that you are invading their privacy if you go through it with them, rather than snooping behind their back.



4. MODEL HEALTHY USE

Put down your own cell phone and make time to do things together! Set limits and be a positive role model in your own use of technology. When necessary, third party apps can be used to set limits or shut down your child's device.



5. TALK ABOUT CONSENT

It is illegal to take and/or share a photo of someone without their permission. Discuss things to consider before sharing a photo with someone — identifiable features, location, and what is their relationship with the person they're sending the photo to.

