
Parent Resources for Teen Phone Safety

Dangerous Apps List: What's on my child's phone/tablet?

<http://www.checkupnewsroom.com/7-dangerous-apps-that-parents-need-to-know-about>

<http://www.teensafe.com/blog/new-year-new-apps-block-teensafe-2016-app-blacklist/>

Safety tips for popular teen apps

<http://www.makeuseof.com/tag/what-your-teen-doesnt-want-you-to-know-they-use-their-phone-for/>

Apps to help regulate devices

<http://www.teensafe.com/>

<http://ourpact.com/ourpact-update2/>

<https://itunes.apple.com/us/app/ourpact-parental-control-screen/id954029412?mt=8>

<https://appfelstrudel.com/a/954029412/alternative-to-ourpact-parental-control-and-screen-time-management.html>

<http://www.bewebsmart.com/parental-controls/comprehensive-list-phones-computers-tablets/>

Be Patient, Continue to Adapt, and Keep the Conversation Open.

The ways that you and your teen choose to navigate technology will change and adapt over time. Through this process it is important to keep the conversation open and honest. Spend time checking in with your teen about the role technology plays in their life and how they feel they are managing it.

DO NOT give a smartphone as a gift. As a parent, you are paying their monthly bill and assuming liability for things your teen posts on the Internet. Giving your teen a phone as a gift signifies that it belongs to them and that they alone have complete control over it. I suggest giving your child a phone as a “tool.” Parents should explain to their teen that since they are a minor you as their parent are responsible for any legal issues arising from the teen’s online behavior. Praise your teen and let them know that they have demonstrated maturity and trust and that because of this you are providing them with this tool to connect with their friends.

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Parents are role models for their teens (even though teens won't admit it)

Many parents constantly check their phone but may complain about how often their teenager uses their phone. Before you consider reprimanding your teenager about using their phone ask yourself the following questions:

- How many times per hour do I check my phone?
- Does my phone ever prevent me from connecting with my own friends?
- Have I ever checked my phone in the middle of a conversation with my child?
- What did I do as a teenager to zone out my parents? Is this similar to what my teen is doing to me?
- How late at night do I stay on my phone?
- How often do I respond to work emails using my phone while I could be watching their soccer game, having a conversation on the couch, or just spending time with my child?
- Do I have good boundaries between work and home, and how does my phone use play into how firm or lose my boundaries are?
- Do I text/talk and drive around my kids?
- Do I ever watch explicit material on my phone or laptop? Has my teen ever seen me doing this?
- Do I ever text or respond to emails at times when I could be connecting with my teen? (examples: in line at Walmart, in the car, or at home)

You cannot expect your teenager to have healthy boundaries around smartphones, social media use, and the Internet if you do not model these boundaries.

Consider having a family contract for cell phone use. Parents are encouraged to involve their teen in this conversation and ask them if they have ever felt disconnected because of parent cell phone/technology use. We are all in this together!