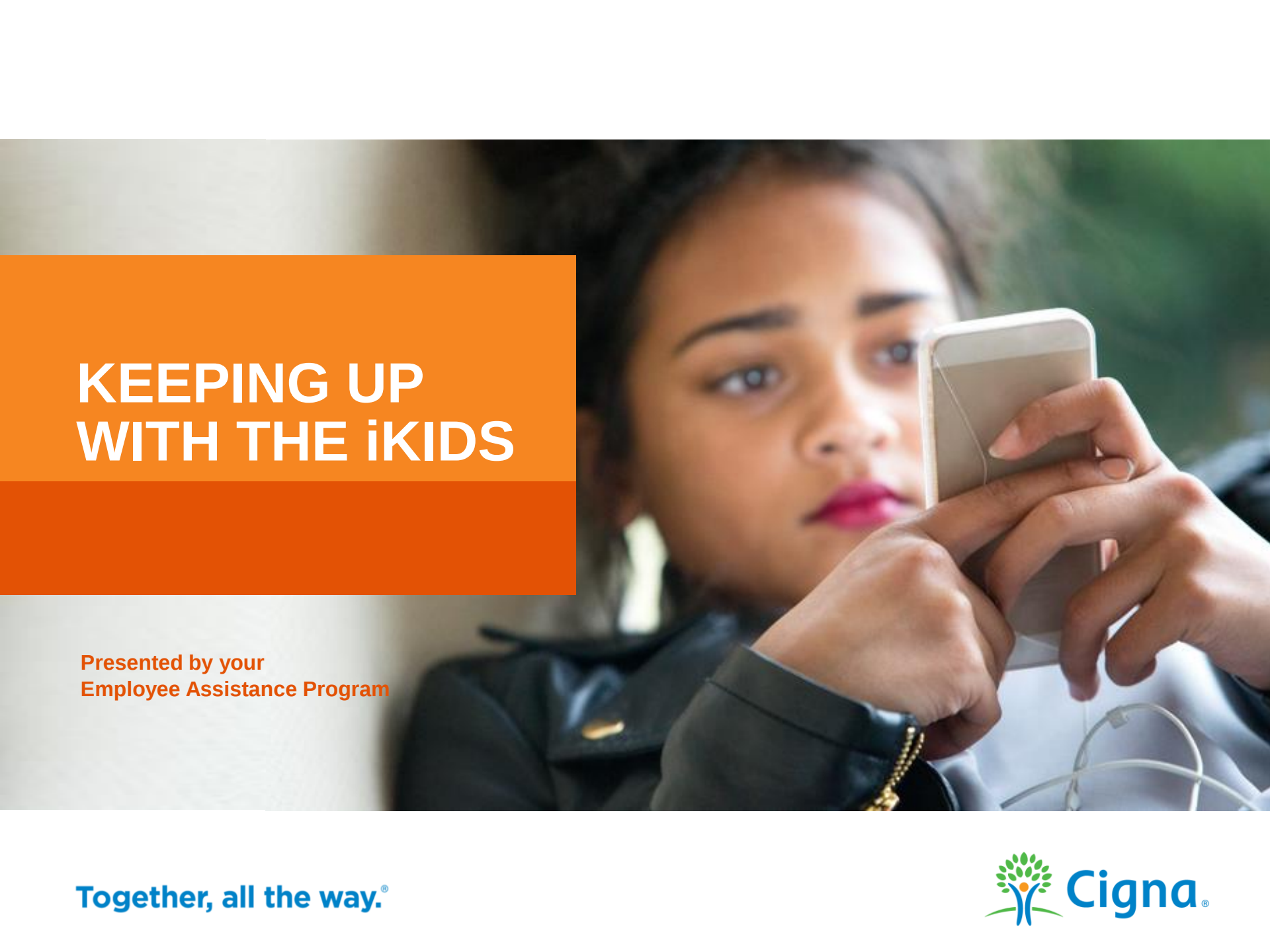


A young woman with dark hair and pink lipstick is looking at a smartphone. She is wearing a dark jacket. The background is blurred, showing some greenery.

KEEPING UP WITH THE iKIDS

Presented by your
Employee Assistance Program

Together, all the way.®



SEMINAR GOALS



- Learn about trends in child and teen technology use
- Explore how to discuss digital use and safety with children and teens
- Understand cyberbullying and online threats and how to respond
- Discuss strategies for teaching your children to unplug from technology
- Know the benefits of your Employee Assistance Program



TEEN TECHNOLOGY USE

97%

of teens use the internet daily.

49.5%

have shared their passwords
with their best friend.

46%

report having experienced
some type of electronic bullying.



MONITORING TECHNOLOGY USE

70%

check their child's social media profiles.

49%

look through their child's call list or messages.

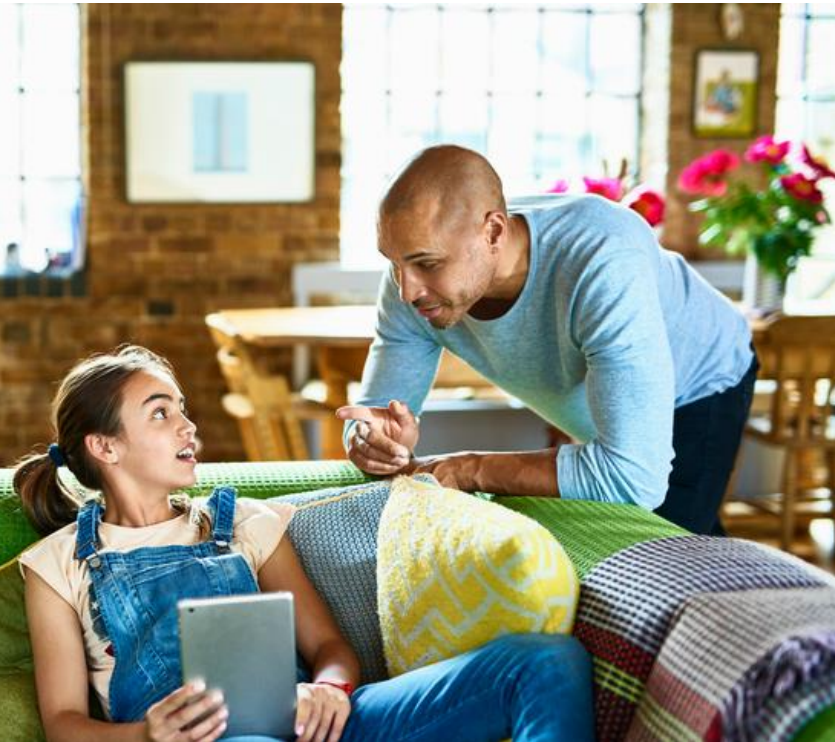
72%

use parental controls for blocking, filtering or monitoring their child's online activities.



It's harder to keep track of the kind of friendships your child has when a large part of their interactions place online. Monitoring their interactions allows you to understand what their social life is like or to see how they interact with their friends.

PARENTING IN THE DIGITAL AGE



A family meeting is a good way to...

- Cover the rules
- Be clear on safety issues
- Agree on use boundaries
- Discuss balance of trust and transparency

Involving your child in the decision-making process can lead to realistic boundaries and greater buy-in.

CELL PHONE USE

- When to buy a phone
- Set up for safety
- Know your plan
- Texting and driving
- “Sexting”



TEACHING DIGITAL COMMUNICATION TIPS

Remind your child...

- Nothing you post is secret
- Use private messaging when appropriate
- Take time before responding
- Imagine the person is in front of you
- Be aware of digital façade, distorted reality



-) To correctly interpret your child's online interactions, be sure to learn their language, such as texting acronyms and the less straightforward emojis.

PROTECTION ON SOCIAL NETWORKING SITES

Teach your child to protect:

- Their privacy
- Their passwords
- Their devices
- Their future
- Themselves



DEALING WITH INAPPROPRIATE CONTENT



- Keep tabs on what they're visiting/looking at online
- Help them understand what kind of sites/links are OK
- Report inappropriate posts or content to the site
- Consider the pros and cons of filters
- Allow for open dialogue about what they're doing online

Let your child know that they should tell you about anything that makes them feel uncomfortable, fearful or confused online.

CYBERBULLYING



- Messages and posts
- Groups and websites
- Online impersonation
- Forwarding private messages or pictures
- Exclusion

Cyberbullies feel like they are invisible and can't get caught, so they may take bullying much further than they would in a face-to-face environment.

ONLINE THREATS AND SAFETY

- Encourage your child to talk to you
- Download the evidence
- File a complaint
- Contact school personnel
- Contact the police if necessary



OVERUSE AND UNPLUGGING



- Talk to your family about when and where technology use is OK
- Structure their time
- Set limits for use
- Watch your own technology use

LIVING BEYOND TECHNOLOGY

Life online can be...

- Impersonal
- Public
- Passive
- Isolated / individual

So encourage

- Personal interaction
- Close relationships
- Activities
- Community involvement



Kids can build close-knit online communities around shared interests like video games, too. While this can be great for them, offline experiences are still important!

IN SUMMARY



Stay...

- Alert
- Informed
- Involved
- Connected



- Face-to-face sessions
- Confidential
- Prepaid
- Unlimited telephonic consultation
- Available 24 hours a day, 7 days a week
- Household benefit
- Home life support such as elder care, child care and pet care
- Convenience services
- Financial services
- Legal services

BENEFITS OF THE EAP

Benefits vary by employer. Please check with your HR for your specific EAP benefits.



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