

# HANDLE WITH CARE

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Developmental  
Considerations  
for Use of High  
Technology  
Devices

# CYBER STATISTICS

## ■ People on Facebook

- More than 800 million active users
- More than 50% of active users log on to Facebook in any given day
- Average user has 130 friends

## ■ Activity on Facebook

- More than 900 million objects that people interact with (pages, groups, events and community pages)
- Average user is connected to 80 community pages, groups and events
- On average, more than 250 million photos are uploaded per day

# CYBER STATISTICS

- 75% of all teenagers (and 58% of 12-year-olds) now have a mobile phone
- Almost 90% of phone-owning teens send and receive texts, most of them daily
  - Half send 50 or more texts a day; one in three send 100
- More than 80% of phone-owning teens also use them to take pictures (and 64% to share those pictures with others)
- 73% use social networking sites

# ADDICTED TO TECHNOLOGY

- Juggling emails, texts, and incoming data changes how people think.
- Dopamine squirt:
  - Response to Opportunities or Threats
  - Can be Addictive
  - Absence feels like Boredom
- Multi-taskers have more trouble focusing and shutting off irrelevant information.
- Frequent Interruptions raise stress, produce stress hormones, and then impair memory.

# FACEBOOK DEPRESSION

- No Differentiation between On-line and Reality
- Friend Tallies, Status Updates, Tagged Pictures, Wall Posts
- No Context – Skewed Pictures of Happiness
- Immediacy and Intensity
- Over-Perceived Importance / Lack of Privacy

# 10 ONLINE COMMANDMENTS

1. I will talk with my parents and we will set up rules for when I go online. We will decide the times of the day that are right for me to use the computer, how long I can use the Internet, and the kinds of places I can visit and the kinds of places I will always avoid.
2. No matter who asks while I'm online, I will never give out my home address or telephone number, the name of my school principal or teachers, where my parents work or their telephone numbers at work without getting my parents' direct permission.
3. If anyone online does anything strange or writes anything that makes me feel confused or uncomfortable, I will tell my parents right away.

# 10 ONLINE COMMANDMENTS

4. I will never send anyone anything, especially a picture of me or my family, without getting my parents' direct permission.

5. I WILL NEVER, EVER MEET WITH ANYONE I'VE TALKED TO ONLINE WITHOUT FIRST TALKING WITH MY PARENTS.

6. I will NEVER give out my online passwords to anyone--not even my friends. No matter how "official" it looks, I understand that no one should ever ask for my password online. If they do, I'll tell my Mom or Dad right away, because I understand that this is just a way to trick me into giving out the password.

# 10 ONLINE COMMANDMENTS

7. If I want to download any games or programs, I will show them to my parents first and ask permission.
8. If I receive any messages or pictures that are mean or dirty, I realize that this is not my fault. I agree to tell my parents right away so they can notify our Internet service provider and stop this kind of thing.
9. I will never use bad language or send mean messages online.
10. I give my parents permission to look on my computer whenever they want to see where I have gone on the Internet, the e-mail I have sent and received, or what I do in a chat room.



# WHAT ADULTS CAN DO

- **Learn the Lingo:** Learn the lingo or language of technology (e.g., check out [http://www.alliancecom.net/internet\\_lingo.php](http://www.alliancecom.net/internet_lingo.php)).
- **Supervise:** Keep your home computer in a location that is easily viewable. Monitor technology usage.
- **Network:** Talk with other parents who have a computer, Internet access, and/or other related technologies in their homes. They may be the “weakest link” in child technology safety.

# WHAT ADULTS CAN DO

## ■ Block and Filter

- Filtering / Blocking Software
- “Family Friendly” Internet provider

## ■ Cell Phones

- “Child Friendly” – only make and receive approved calls

## ■ Email

- Address Book only
- Copy to parents of all incoming
- Read and Write together

# PARENTAL CONTROLS

Content  
Filters

Usage  
Controls

Location &  
Monitoring

# APPLE PARENTAL CONTROLS



# TEEN FRIENDLY DEVICES



## AT&T Smart Limits

- GPS
- Data Blocking
- Number Blocking
- Usage Limits
- Family Map
- \$4.99 or \$9.99/mo



## Verizon Parental Controls

- GPS
- Data Blocking
- Number Blocking
- Usage Limits
- Family Locator
- \$4.99 or \$9.99/mo



## Sprint Parental Controls

- GPS
- Data Blocking
- Number Blocking
- Free



## T-Mobile FamilyWhere

- GPS
- Data Blocking
- Number Blocking
- Usage Limits
- Web Guard
- \$4.99 or \$9.99/mo

# WHAT ADULTS CAN DO

## ■ Pop Ups

- Internet Settings
- Install a Blocker
- ALT + F4

## ■ Get Under the Hood

- Your Own Accounts
- Read Blogs, etc. to learn what kids are really doing

# WHAT ADULTS CAN DO

- Survey Students about Cyberbullying
- Train Staff
- Develop Rules and Policies
  - Acceptable Use
  - Link to Bullying Policy
- Collaborate with Families

# WHAT ADULTS CAN DO

- Notify ALL Parents Involved
- Contact Police
  - Screenshots helpful
- Referrals to Counseling
- Implement Prevention Program



# WHAT ADULTS CAN DO

- Be involved with your school and talk to other parents.
- Meet with the school administration and ask to see their school policy on bullying, insist that it be in writing.
- Talk to your child's teacher and find out if they have observed any problems in the classroom or on the playground and ask them to keep their eyes open for any reason your child might be changing his/her behavior. Insist your report be kept confidential.
- Talk to your school counselor - alert him/her that there have been behavior/attitude changes in your child and you are seeking to find out why. Ask them to sit down with your child and discuss if bullying is going on. Insist your report be kept confidential.
- Ask for recommendations of successful youth counselors

# A QUICK NOTE ON REFERENCES...

Most of the information in this presentation is compiled from the following sources:

- <http://www.guardingkids.com>
- <http://minus.com/mtech-safety>
- What Caretakers Need to Know © 2008, Russell A. Sabella, Ph.D. Updated: July 12, 2008
- <http://www.komando.com/kids/commandments.aspx>
- NY Times “Attached to Technology and Paying a Price”  
[http://www.nytimes.com/2010/06/07/technology/07brain.html?\\_r=1&pagewanted=all](http://www.nytimes.com/2010/06/07/technology/07brain.html?_r=1&pagewanted=all)
- “Could ‘Facebook Depression’ Affect You?” Associated Press  
<http://www.foxnews.com/health/2011/03/28/facebook-depression-affect>
- <http://internet-safety.yoursphere.com/2011/09/mobile-parental-controls-att-verizon-sprint-t-mobile/>
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- <http://www.gottabemobile.com/2012/03/26/how-to-set-up-ipad-parental-controls-and-content-filtering/>