

Parenting & Technology:

Challenges Teens Face that Can Lead to Risky Technology Outlets

Please email feedback on this newsletter to stalbertfwg@gmail.com



- ⇒ Teens spend an average of 27 hours per week online
- ⇒ 22% of teens admit to using mobile devices to hide their online behavior from their parents
- ⇒ 87% of youth witnessed cyberbullying
- ⇒ Over half of kids 10-17 posted risky comments or photos online
- ⇒ 50% of teens say they are addicted to their mobile devices
- ⇒ 61% of parents say they have checked which websites their teen visits
- ⇒ 92% of parents have spoken with their teen about their online use

In today's world, technology is unavoidable. This series of nine newsletters will give parents practical tools to encourage a balance between screen time and time away from electronics for their family.

Screen Time: Any exposure to an electronic screen (television, smart phone, tablet, hand-held video game player, or computer)

Junior high can be a difficult stage of life for many young people. This can typically be a time when youth begin to experience troubles within the emotional realm of life. Teens may use technology as a way to cope with stressors going on in their world. Certain types of challenges may lead to teens using technology in harmful or inappropriate ways.

Social anxiety—constantly entering role-playing video gaming worlds where they pretend they're someone else (compared to doing this occasionally).

Self-harming behaviors—frequenting websites where youth share suicidal thoughts and self-harming techniques.

Compulsive behaviors—constantly using the Internet because of an obsession with a topic or game (compared to playing the game occasionally).

Post Traumatic stress—connecting with other people in chats to re-enact the traumatic situation (compared to chatting about lots of different things).

Substance use problems—researching ways to use alcohol and other drugs, searching and setting up buys and ordering prescription medication online.

Attention-deficit/hyperactivity disorder (ADHD)—hyper focusing on a task that they enjoy such as gaming. When they spend a lot of time gaming, they may experience increasing skill that makes them feel good about themselves when they may not feel confident at school or in social situations.

Bullying—if someone is being bullied at school, it is likely they will seek refuge in the online world to feel understood while also relating to others. Although this can be positive, it can also come with several risk factors that could include surrounding themselves with a negative social environment.



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For more information check out:

<http://www.phonesheriff.com/blog/the-pros-and-cons-of-teens-on-social-media/>

<https://www.psychologytoday.com/blog/when-kids-call-the-shots/201604/3-mistakes-parents-make-technology>

https://www.problemgambling.ca/EN/ResourcesForProfessionals/Documents/youth_family_interactive_technology_acc.pdf