



Why Teen Technology Rules Work

1) Responsible use of technology and abide by the law	<ul style="list-style-type: none"> • Acknowledges that technology is tool that can be misused with significant consequences (see legal fact sheet). • Makes poor or unlawful actions clear. • Demonstrates that what your teen does online today will still be there years from now. It impacts their digital footprint and future prospects (see digital footprint fact sheet).
2) Time limits	<ul style="list-style-type: none"> • Reinforces that technology needs to be balanced in their lives. (It is a tool, not a master.) • It's easy to lose track of time. Limits create forced discipline and can show how quickly time has passed while they are online. • Makes the times very clear. They know when to ask permission and when not to. (Reduce the nag factor.) • Allow them sufficient time to develop physical world skills. (Their boredom may force them outdoors!)
3) Ask permission	<ul style="list-style-type: none"> • This can include web accounts, messaging accounts, gaming accounts, or social networking accounts. Many of these are not designed for children and are unhealthy for them. People can make an account with a false identity. • Let your child know that just because these things exist and are free, it does not mean we are allowed to have and use them. • Let your child know that the Internet is not a 'free for all' and that there are places where children (under the age of 18) should not and are not allowed to go. • Protect your child from being exposed to material that could upset them or, perhaps, cause a permanent scar. • Help protect our child from sharing personal details when signing up.
4) Sharing of information	<ul style="list-style-type: none"> • Your password is your identify online. If you share it, you leave yourself at risk of other people's bad choices. • Teach your children early that their identity is a thing of great value and is important to protect. • Limit the opportunity for others online to get our children's information and use it for their own reasons.
5) Cautious of strangers	<ul style="list-style-type: none"> • The cyber world is full of billions of real people. • Most people inside chat rooms and playing online games are ADULTS. • Predators seek the lonely, isolated, and vulnerable. Ensure your teen feels supported. • Encourage your child to nurture friendships away from technology.