eParenting®

Tried and True Parenting in the Digital Age

UW Extension
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Read more at https://goo.gl/wid7iZ

Is it teenaged angst, moodiness, hormones, or something else?

By marsmet545 on Flickr

Be an eParent®! Monitor your child's social media sites, online gaming forums and apps on their smartphones or tablets. Look for red flags that might suggest that something is not right; for example, being bullied, exposed to inappropriate content or unsafe disclosure of personal information.

Research shows that the use of media consumes more time than school, most of which occurs without parents around. There is also an element of addiction that can occur. That is why it is important for parents to observe and discuss, as well as plan and limit teens' electronic media use. To help parents address issues regarding their teens' electronic media usage, researchers and advocates suggest:

- Listening to, taking an interest in, and learning about teens' choices in music, entertainment, and other media.
- Discussing the school's use of media in the classroom and policy around homework and technology usage. Ask the teachers directly if your teen is unsure.
- Discussing with teens the messages being conveyed in entertainment and news media, while also encouraging critical thinking and media literacy skills.
- Establishing family policies about media use like a cell phone agreement or a social media agreement.
- Keeping computers and television sets in central locations rather than private spaces.
- As your child grows, gradually allow greater freedom with technology usage.

Read about **how to make a Family Media Pledge**.

Read about **how parents monitor their teen's digital behavior**.

To learn more contact **UW-Extension Family Living Programs** or like Family Living on **Facebook**.