

# Cyberbullying, Facebook, Texting and Sexting:

## What Parents Need to Know?

Jennifer Rockhill – Youth Service Bureau

&

Gail Griffith – Cottage Grove Public Safety

# Screen Time

- Screen time can be described as the time spent viewing of TV/ video, computer, electronic games, hand-held devices or other visual devices.

- T.V.
- Computer
- Phone
- iPod or MP3
- iPad or Tablet
- eReader
- Video Games



# Screen Time vs. Sleep...

guess who wins?

## Screen Time

- Each Day?  
7 Hours **38** Minutes
- Each Week?  
53 Hours **25** Minutes
- Each Year?  
2,777 Hours **19** Minutes

## Sleeping

- Each Day?  
7 Hours **25** Minutes
- Each Week?  
50 Hours **41** Minutes
- Each Year?  
2,639 Hours **0** Minutes

Multitasking increases daily screen time to  
**10 Hours 45 Minutes**

# Multitasking

Can youth pay attention in class and pay attention to texts coming in, Facebook notifications, Snapchat messages, Instagram photos and all the Tweets that are flying out there?

**NO!!**

How well can anyone really do two things at once?

Let's See...

# Social Media

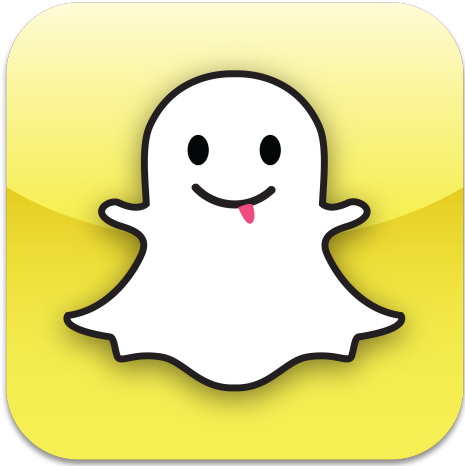
- Facebook
- Twitter
- Instagram
- Snapchat
- Kik
- Polyvore
- Skype
- GifBoom
- Tumblr
  
- Hundreds of more appearing all the time!

## Our Beliefs

“We believe we’re at the beginning of the smartphone era – one of the most transformative changes of our generation, comparative to the rise of the first personal computer or the creation of the Internet. For the first time in history, we have a device that isn’t just a tool. Your smartphone is actually part of you: always on, always connected, and always with you. We see it as an implant. It just hasn’t been implanted yet.”

# kik Messenger





↑ New Stories



Ivalise [redacted]

27 minutes ago · 🌐

I'm getting tired of these dudes in my inbox -.- I have a boyfriend . Idunno how many times I have to explain myself . This [redacted] is getting deleted . If you want to keep in contact , inbox me your number or ask me for mine.. You got 2 hours .

25 Likes



Like



Comment



Share



Anna [redacted]

41 minutes ago · 👤

Shut up, Your a bum and yo weave is glued, and it staaaaaank ^^^^^

8 Likes

Youth are impulsive and need adults to be their frontal lobe!

They need Jiminy Cricket on their shoulder helping them think through a situation and make better choices!



**Let Your Conscience  
Be Your Guide.**



# Sexting

- Puberty + Interest in Sex = Desire to see people naked!
- The desire has always been and is normal.
- The problem is, today youth are asking each other for pictures.
- Every phone has a camera
- Apps like Snapchat where the image only lasts a few seconds just makes it seem safer to send them.
- Sending, receiving or saving these images is Child Pornography.

# Things To Be Aware Of

- Legal issues with your child's actions
- Legal issues for you as parents
  
- School policies about these issues

# So, What Can I Do?

- Communicate with youth child
- Restrict their access to apps that are not age appropriate.
- Have dinner together, without technology!!
- Limit access to wireless internet connections.
- Remove technology from bedrooms.
- Turn in all phones at bedtime.
- Use parent controls on devices.
- Use a technology contract.
  
- Practice what we preach.

we really can shut down...

# Questions?

Jen Rockhill

- 651-458-5224
- [jennifer.rockhill@ysb.net](mailto:jennifer.rockhill@ysb.net)

- YSB Parenting Tips on



Gail Griffith

- 651-768-6816
- [ggriffith@cottage-grove.org](mailto:ggriffith@cottage-grove.org)

- Community Info on

