

# Teenage Girls In the Digital Age

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**S O U T H E A S T**  
**P S Y C H**  
PSYCHOLOGY FOR ALL

# PAR<sub>e</sub>NT

## Home Risk

## Skill Deficit

Circle True or False

Circle Yes or No  
(If N/A then leave blank)

T	F	1. My home has a laptop	Y	N	1. Do you know how to use parental controls on the Internet?
T	F	2. We have more than one computer	Y	N	2. Do you know how to use parental controls on gaming systems?
T	F	3. My child has an internet connected game	Y	N	3. If your child uses a cell phone, are you knowledgeable of parental control options?
T	F	4. My child has a social networking profile (Facebook, MySpace, AIM, etc.)	Y	N	4. Do you know how to monitor computer usage?
T	F	5. Our household has internet access	Y	N	5. Do you play video games with your child?
T	F	6. Our household has a computer upstairs	Y	N	6. Do you have tech conversations with your child?
T	F	7. My child has a computer in their bedroom	Y	N	7. Do you know your child's on-line friends (via AIM, MySpace, Facebook, or gaming sites, etc.)?
T	F	8. My child has an ipod or ipod touch	Y	N	8. Do you know how to create user profiles on your home computers?
T	F	9. My child has a cell phone	Y	N	9. Do you know how to filter out explicit materials?

For each "True" response give yourself one point and add these points together

For each "No" response give yourself one point and add these points together

Total = \_\_\_\_\_

Total = \_\_\_\_\_

Points	Level
0-3	Green
4-5	Yellow
6-9	Red

# Technology Invades!

- |   |   |  |
|---|---|--|
| <ul style="list-style-type: none"><li>▪ Facebook</li><li>▪ MySpace</li><li>▪ Blogs</li><li>▪ Podcasts</li><li>▪ YouTube</li><li>▪ Text Messaging</li><li>▪ Cell Phone</li><li>▪ Ring Tones (High)</li></ul> | <ul style="list-style-type: none"><li>▪ Alternate Emails</li><li>▪ Video Cameras</li><li>▪ Video Phone</li><li>▪ Hidden Video</li><li>▪ Wireless cameras</li><li>▪ Video game consoles</li><li>▪ Memory Sticks</li><li>▪ Second Life</li><li>▪ iPhone</li></ul> | <ul style="list-style-type: none"><li>▪ USB drives</li><li>▪ Car video</li><li>▪ Phone internet</li><li>▪ Handheld PC's</li><li>▪ Instant Messages</li><li>▪ GPS</li><li>▪ Handheld Games</li><li>▪ Digital Cameras</li><li>▪ <b><u>Friends houses</u></b></li></ul> |
|---|---|--|



# Computer and On-line Trends

- A large majority of teens (71%) have established online profiles
- 69% of teens regularly receive personal messages online from people they do not know and most of them do not tell a trusted adult about it
- Nearly one in 10 teens (8%) has posted his or her cell phone number online.
- Overall, 19% of teens report they have been harassed or bullied online, and the incidence of online harassment is higher (23%) among 16 and 17 year-olds. Girls are more likely to be harassed or bullied than boys (21% vs. 17%).
- 60% of teens "owned" a desktop or laptop computer

# Cell Phones

One study: 71% of teens have cell phones (compared to 77% adults) in 2008

## Practical Limits and rules

- Limit number of minutes
- Prioritize homework, family time
- Give the phone a curfew
- Manners first
- She has to answer when you call



Skill development: impulse control, self regulation, social interactions, etc.

# PAR@NT

- Tune up your family  
(allows you to talk to your kids)
- Be smart and protect them  
(Educate, Communicate, Monitor)
- Don't be dogmatic  
(think critically)
- Teach kids to problem solve and  
set the example!

# Sexting

## Texting sexually suggestive material

**20% of teens have sent/posted nude or seminude pictures or video of themselves**

- 22% of teen girls (11% of girls ages 13-16)
- 18% of teen boys

**39% of teens have sent or posted sexually suggestive messages**

- 37% of teen girls
- 40% of teen boys

**Why do teenage girls do it?**

- to be “fun or flirtatious”
- a “sexy present” for their boyfriend
- in response to such content they received
- as “a joke”
- to “feel sexy”
- felt “pressured” to send sexually suggestive messages or images

# A Little More on Sexting

Teens don't think about the potential repercussions of this behavior

- 39% of teens have had sexually suggestive texts or emails to someone else shared with them
- It is distribution/possession of **child pornography**, which is a **felony**.
  - Kids have spent jail time and become registered sex offenders

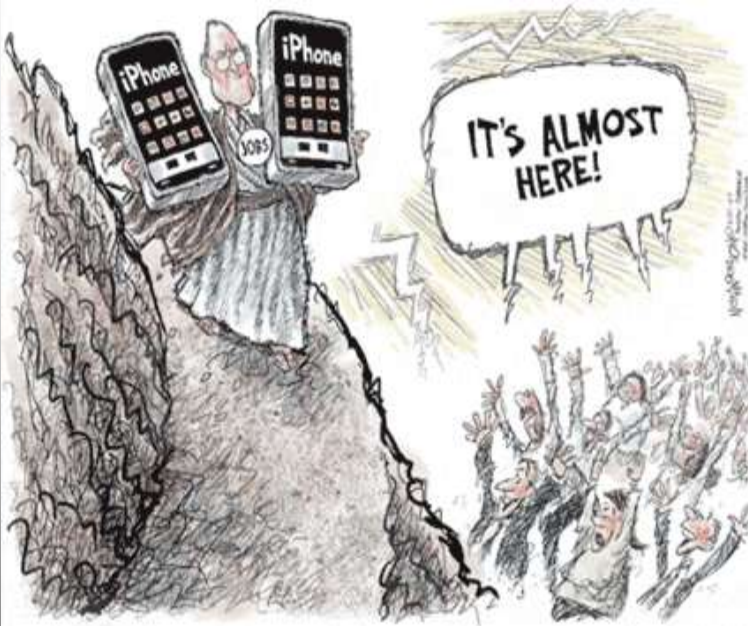
Young adults engage in sexting at a higher rate

There is a perception among teen girls that many others do this

- “doesnt everyone do it?”
- “yer ur so right i mean we all do it at least once in our lives right ?”
- “Yes i have taken sexy pictures of myself and sent them to my boyfriend. i mean who hasnt?”

(Quotes from Cosmo Girl readers in response to Sexting article)

# The Internet X Commandments



1. Do Not Respond to unknowns
2. Establish family ground rules
3. Never face-to-face meetings
4. No personal information
5. Surf with your kids
6. Have Common Computers
7. No gray areas
8. No Secrets - Educate
9. Regularly scan
10. Install software like WebWatcher

# Some How-To Guides

- Itouch
- Vista
- Facebook
- Webwatcher

Presentation and Handouts Available at:  
[www.southeastpsych.com](http://www.southeastpsych.com)

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