

# SEX & TECH

## 5 Tips

to help parents  
talk about sex & technology



### **Talk to your kids about what they are doing in cyberspace.**

Make sure your kids fully understand that messages or pictures they send over the Internet or their cell phones are not truly private or anonymous. Also make sure they know that others might forward their pictures or messages to people they do not know or want to see them, and that school administrators and employers often look at on-line profiles to make judgments about potential students/employees.

### **Know who your kids are communicating with.**

Do your best to learn who your kids are spending time with on-line and on the phone. Supervising and monitoring your kids' whereabouts in real life and in cyberspace doesn't make you a nag; it's just part of your job as a parent.

### **Consider limitations on electronic communication.**

Limit the time your kids spend on-line and on the phone. Consider telling them to leave the phone on the kitchen counter when they are at home and to take the laptop out of their bedroom before they go to bed. This way they won't be tempted to log-on or talk to friends at 2 a.m.

### **Be aware of what your teens are posting publicly.**

Check out your teen's Facebook, Twitter, Instagram, Snapchat and other public on-line profiles from time to time. This isn't snooping. This is information your kids are making public.

### **Set expectations.**

Make sure you are clear with your teen about what you consider appropriate "electronic" behavior. Let your kids know what is and is not allowed on-line. Give reminders of those expectations from time to time.

# 22%

of 8<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup> grade students  
engaged in any "sexting" activity  
in the past 12 months.

According to the 2013 Ottawa County Youth Assessment Survey,  
[www.miOttawa.org/2013YAS](http://www.miOttawa.org/2013YAS)

## YOU WANT YOUR TEEN TO

- Feel good about being a male or female.
- Know the correct words for body parts and functions.
- Know that sexual feelings are a part of being human.
- Know that there is a difference between public and private behavior.
- Come to you for information.
- Begin to recognize conflicting messages about sexuality on television and other media.
- Understand your family's values related to sexuality.