GET USED TO THE TERMS USED ONLINE


“Asking” rather than “telling” helps teenagers feel calmer, less defensive and more in control.

Questions to ask teens about their experience/knowledge of facebook/internet use

- What are the most common problems?
- When have you seen people get annoyed?
- What has annoyed you?
- Who embarrasses themselves?
- What problems does that cause?
- Have you seen someone be upset by something said?

Questions about their views and opinions about facebook use

- If Facebook was to change their rules – any ideas?
- If your brother/sister/cousin was about to start – what advice?
- What do you think rules should be?
- How well do teens concentrate with facebook on?

Questions about their strategies on facebook

- What if a friend logs in on your phone?
- How do you make sure Facebook doesn’t distract you?
- How do you say no thanks without offending?
- How do you make sure you don’t spend more time than you want?
- What would make it easier to tell me if you are upset by something?

2 Psychologists I would recommend after meeting them and seeing them present

http://www.innovateonline.net/ Dr Kirrilie Smout

Psychologist - Simon Andrews www.optimistickids.com.au
Surf the net together, let them show you things they know. If you are interested in their life they will be more open.

Students need to have their sleep; mobile phones are affecting their sleep which in turn affects their daily life. Sleep deprivation causes them to;

- Feel depressed and anxious, over-react to minor issues, feel irritable and angry
- Have trouble remembering information and motivating themselves to do difficult tasks

No phones in the bedroom at night would help, so they can rest properly.

Try not to use a laptop/computer or phone at least 30 minutes before bed as the backlight makes the brain think it is daytime, release of melatonin.

- Make agreement that you can stick to
- Set realistic goals
- Ask for help

Parental control on each device the software is loaded onto

Works from the Modem/Router works on all devices on home network

I hope you found this session useful and thought provoking.

If you have any concerns email me at mpayne@westminster.sa.edu.au

Some interesting clips: