

# Screen Time and Digital Communication for Kids & Teens: How to Manage it All? Session 7 of 10



## Your host, Alison Meredith:

Alison Meredith taught High School Math in the 1990s, at Dobyns-Bennett and at schools in North Carolina and Massachusetts. She received a national award in 1997. Alison and her husband Tim have been home-educating their kids for 20 years; they have 7 kids ages 8-20.

Tim and Alison own Holston IT, a business which provides cybersecurity to other businesses throughout Southwest Virginia and the Tri-Cities.

Alison is a best-selling author. She and other IT leaders wrote **You Are the #1 Target**, to help business owners implement cybersecurity. She also has a Kindle book about protecting kids in digital communications.

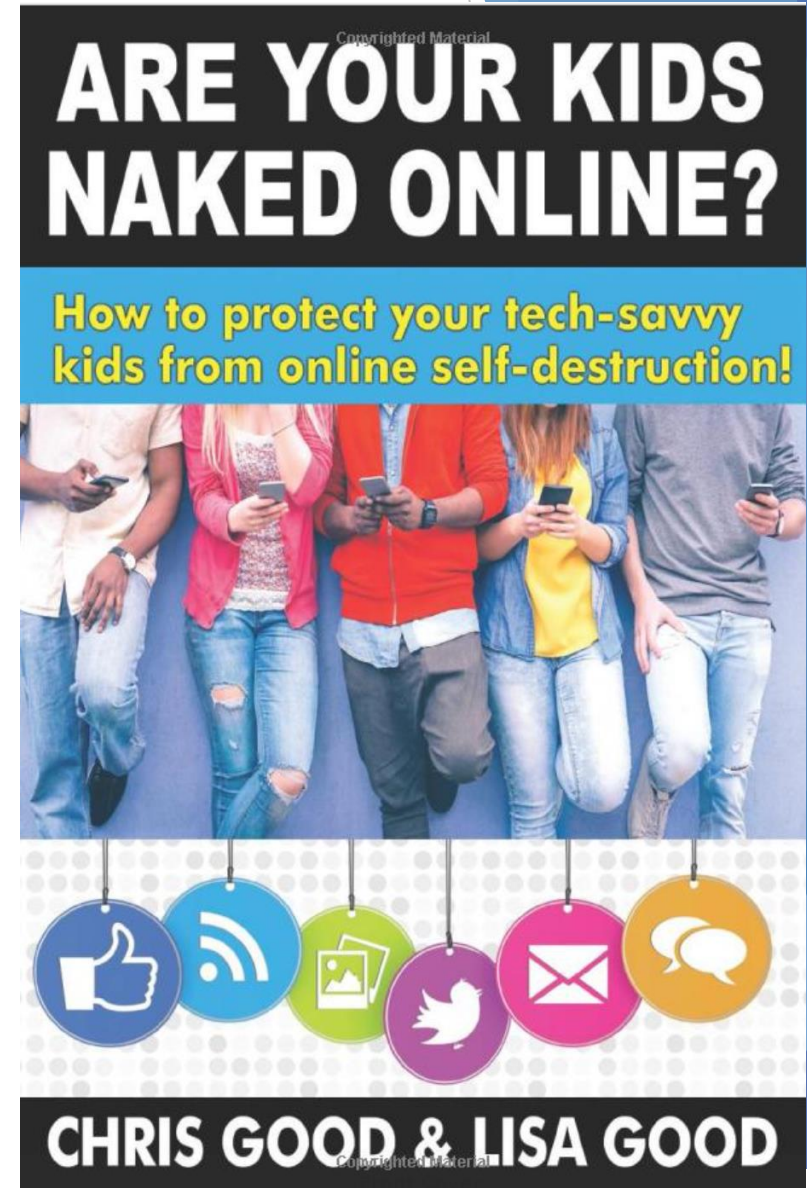


Today's Topic: Sexting

With Lisa Good,

author of

Are Your Kids Naked Online?



Today We're going to talk about 3 things:

- What is Sexting?
- Why is Sexting Dangerous?
- What Can Parents Do to Protect Kids?

# Why is Sexting Dangerous?

- Sexting can lead to bullying, blackmail, and even jail time
- Sexting can open the door to sexual predators
- Sexting can (and often does) cause shame and destroy opportunities

# What can we do?

- Talk with your kids!
  - Not once, but MANY TIMES!
- Encourage them to ask:
  1. Is this how I want people to see me?
  2. Could somebody use this to hurt me?
  3. Would I be upset if they shared it with others?
  4. What is the worst thing that could happen if I shared this?

# What can we do?

- Help your kids resist peer pressure.
- Remind your kids: Always ask yourself, “How would I feel if someone forwarded my photo to others?”
- Check school policy and local laws:
  - Be accurate in your conversations about the consequences of sexting.

# What can we do?

- “Talk with your children and start early. Don’t have one conversation on the day that you give them their first cell phone and think you’re done. *Talk to them often* – have many different conversations over their childhood and into adulthood.”


This quote and the content of this webinar are taken from [Are Your Kids Naked Online](#) by Lisa & Chris Good

**Questions?**

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# ARE YOUR KIDS NAKED ONLINE?

How to protect your tech-savvy kids from online self-destruction!



CHRIS GOOD & LISA GOOD

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The complex block is a book cover. At the top, the title 'ARE YOUR KIDS NAKED ONLINE?' is written in large, bold, white letters on a black background. Below the title, a blue banner contains the subtitle 'How to protect your tech-savvy kids from online self-destruction!' in yellow text. The central image shows five teenagers walking from left to right, each looking down at a smartphone. Below the image is a row of six colorful circular icons: a blue thumbs-up, a blue RSS feed, a green photo gallery, a purple Twitter bird, a pink envelope, and an orange speech bubble. At the bottom, the authors' names 'CHRIS GOOD & LISA GOOD' are printed in white on a black background. Small 'Copyrighted Material' watermarks are visible at the top and bottom of the cover.