

TEENS AND TECHNOLOGY

FIVE WAYS TO ENGAGE WITH YOUNG PEOPLE

1

Discuss safety.

Remember, teens are experts in their relationships and should be part of the safety planning process. Teens are more likely to feel empowered and follow through with the plan when their voices are heard. Safety planning can include, knowing when and how to block someone, turn off location, document harmful messages, or cover up camera lens.

2

Help them identify tech boundaries.

Teens deserve privacy with their online experiences so that they can connect safely and push back against pressure to share passwords or check in. In addition, screen time can have a negative impact on mental health, not just for teens, but for everyone. Encourage time away from tech and, if safe, make space for in-person conversations.

3

Use technology as a tool for good.

Hashtags, viral videos, and educational posts are all ways that we can help youth make the connection to the issues that impact them in their communities. Use your platform to provide information about healthy relationships and teen dating abuse dynamics. Uplift the voices of youth activists. Share posts that are informative and have a call to action.

4

Create opportunities for online support.

Young people spend a significant amount of time online. Finding alternative ways for them to explore interesting online activities can uplift and empower them to connect with resources and information that can help with their relationships.

5

Help close the digital divide.

Teenagers living in low-income areas may have limited access to technology. Caring adults can assess who does not have internet in their community, and research programs within the FCC or their local school district. Having access to technology provides us with the opportunity to connect and gain opportunities, and it should be available to everyone regardless of their age.