

# Parenting In the Digital Age

---

Dr. Frank Gaskill



S O U T H E A S T  
P S Y C H

[www.southeastpsych.com](http://www.southeastpsych.com)

# Superman is an Evil Dude!

Ice cream sales predict shark attacks.  
Cracks in the sidewalks predict crime.  
Food causes death.  
Marriage predicts divorce!



Do video games make kids violent?

How many boys are in the US?

How many play violent video games?

How many listen to “rock music”

How many wear black clothes?

How many are moody?

How many school shootings are there?

# Technology Invades!



- Facebook
- MySpace
- Blogs
- Podcasts
- YouTube
- Text Messaging
- Cell Phone
- Ring Tones (High)
- Alternate Emails
- Video Cameras
- Video Phone
- Hidden Video
- Wireless cameras
- Video game consoles
- Memory Sticks
- Second Life
- iPhone
- USB drives
- Car video
- Phone internet
- Handheld PC's
- Instant Messages
- GPS
- Handheld Games
- Digital Cameras
- Friends houses

# So – Is it good or Bad?



1. Tend to spend less time reading/doing homework (13 hours of gaming for boys, 5 hrs/week for girls)
2. About 1 out of 8 gamers develop all of the patterns similar to an addiction
3. Violent video games can increase a child's aggression in the short term; **HOWEVER**, parents moderate the negative effects (controlling the games that are played so that it corresponds with developmental level)
4. Games connect to the reward circuits of the brain
5. Women often portrayed as weaker and in need of rescue or are sex objects
6. Compulsive engagement can lead to carpal tunnel syndrome, nerve compression, poor posture, strained eyesight, and obesity

# Benefits?



1. The internet has provided yet another medium by which people can learn, have a voice, and communicate
2. Many phones come equipped with GPS technology which aids efforts to find missing individuals.
3. The internet provides a community for some individuals who might normally be shunned (e.g. aspergers)
4. MP3 players have reduced the need for cd's – allowing for digital downloads and volumes of compressed music
5. Online resources reduce the need for printing reference books or card catalogs, thereby saving paper – and trees, of course!
6. The internet has enabled the globalization of markets

# 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

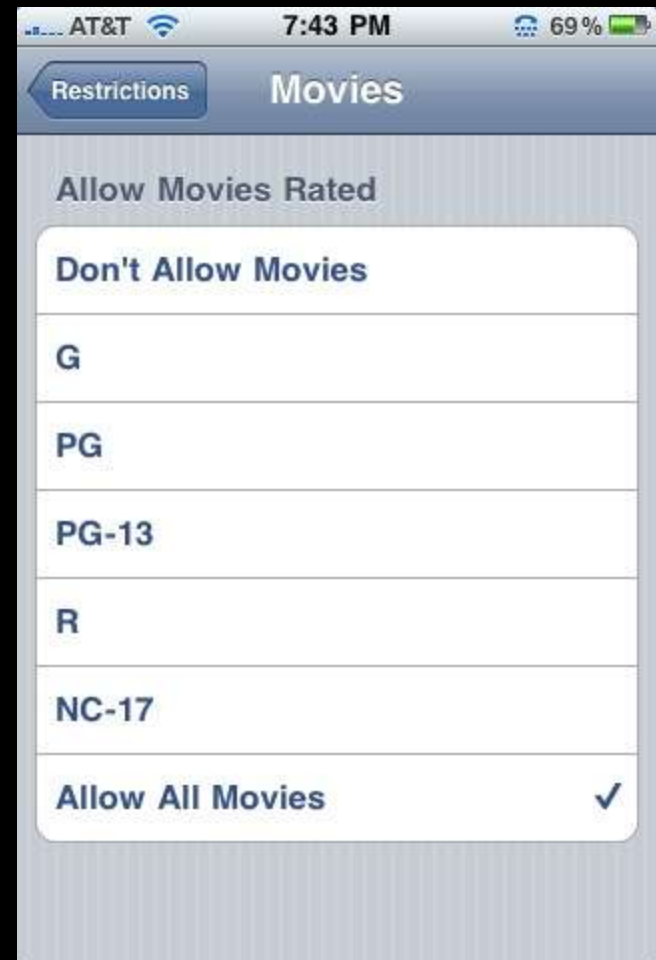
# A How-To Guide for Itouch



# Restriction Code – Remember it!



# I can beat this in 5 mins....



# PAR@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    |

# 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!



S O U T H E A S T  
P S Y C H

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

Contact:

[fgaskill@southeastpsych.com](mailto:fgaskill@southeastpsych.com)

(704) 552-0116