

The evolution of technology is drastically changing how people interact. Phone calls and face to face conversations have been replaced with impersonal methods of communication such as social networking, text messaging and snap chatting. While most use technology responsibly, electronic forms of communication have created new issues for children, young adults and parents.

#### TRENDING SOCIAL MEDIA SITES AND APPS



**Facebook:** Social networking site where users create personalized pages for sharing information.



**Twitter:** Social networking service where users send short messages called "Tweets." Registered users can read and post Tweets, but unregistered users can only read them.



**Instagram:** App used to make/share pictures and 15 second videos.



**Snapchat:** App that enables users to send photos and videos to a controlled list of recipients. Referred to as "Snaps," the sender determines the length of time these pictures/videos can be viewed (ranging from 1-10 seconds), after which time the Snaps are hidden from the recipient's device and deleted from Snapchat's servers. This quickly evolving app has a feature enabling users 18+ to send cash (via debit cards) through Snapcash.



**YouTube:** Website used to post videos and allows users to view, download and comment on posted videos.



**Vine:** Video-sharing app used to make up to 6 second, looping videos.

Note: This information is current as of June 2016.



Not sure about the latest 'tech terms' or apps? Go to:  
<http://WhatIs.TechTarget.com>.

## Someone is waiting to listen and to help.

For help with online sexual harassment, call your local rape crisis center.

**CONTACT of Huntington, Inc.**  
Rape Crisis Center  
Huntington  
1-866-399-7273

**Family Refuge Center**  
Lewisburg  
304-645-6334

**HOPE, Inc.**  
Fairmont  
304-367-1100

**Rape and Domestic Violence Information Center**  
Morgantown  
304-292-5100

**REACH**  
**The Counseling Connection**  
Charleston  
304-340-3676

**Sexual Assault Help Center**  
Wheeling  
304-234-8519

**Shenandoah Women's Center**  
Martinsburg  
304-263-8292

**Women's Aid In Crisis**  
Elkins  
1-800-339-1185

**Women's Resource Center**  
Beckley  
304-255-2559

Or  
**The National Sexual Assault Hotline**  
1-800-656-HOPE



**West Virginia Foundation  
for Rape Information and  
Services, Inc.**

[www.fris.org](http://www.fris.org)



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The nature of teens' internet use has changed dramatically—from stationary connections tied to shared desktops at home, to always-on connections that move with them throughout the day. Smartphone use among teens has increased their mobile internet access.

- 95% of teens use the internet.
- 93% of teens have a computer or have access to one at home, with 71% most often using a shared computer with other family members.
- 78% of teens have cell phones, and almost half of those are smartphones. That means that 37% of all teens have smartphones, more than double compared to four years ago.
- 23% of teens have a tablet computer.

The shift to mobile internet use changes how teens access information and creates new challenges for parents who wish to monitor a child's internet use. Older girls are especially likely to be cell-mostly internet users; 34% of teen girls ages 14-17 report going online using their cell phones, compared with 24% of teen boys ages 14-17. Among older teen girls who are smartphone owners, 55% say they use the internet mostly from their phones.

## TECHNOLOGY CHALLENGES

- Provides anonymity/false sense of a safe space without consequences
- Creates opportunities for harassment, such as cyberbullying and revenge porn
- Via social media, information spreads much faster to more people and cannot be retracted
- Online gaming devices (Xbox, Wii, PlayStation) have chat and text messaging features similar to computers. Also, many games have pornography embedded.

## ADDITIONAL REFERENCES:

Lenhart, Amanda, Pew Research Center April 2015; *Teen, Social Media and Technology Overview* 2015.

Madden, Mary et al, Pew Research Center 2013; *Teens and Technology* 2013.

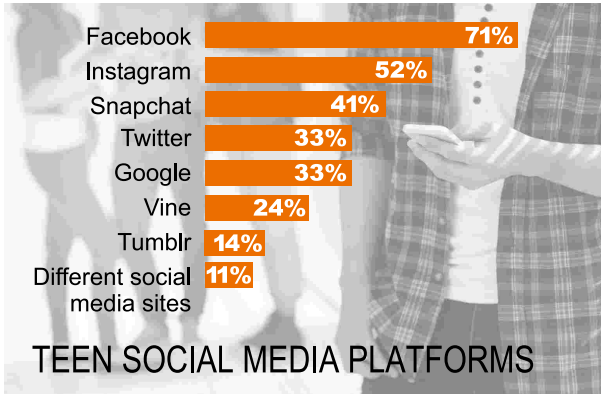
Internetsafety101; Web 1 June, 2016.

## KEEP INFORMED

Talk with your teens. Know what social media sites they are using and what apps are on their smartphones. The reality is that:

- 92% post their name to the profile they use most often
- 91% post a photo of themselves
- 82% post their birth date
- 71% post the town where they live
- 71% post their school name
- 53% post their email address

To check what apps have been downloaded on an iPhone open the iTunes Store icon, then click on 'downloads.' For Androids, open the Apps icon or find the Application Manager under Settings and go to 'downloads.'



## USE OF SMARTPHONES/SOCIAL-NETWORKING

- Teens average over 3000 texts per month (100/day).
- 51% of teens check their personal social networking site more than once per day; 22% check their site more than 10 times a day.
- 39% of teens have posted something they later regretted.
- 37% of teens have created a profile to make fun of another person.
- 25% of teens have created a profile with a false identity.
- 24% of teens have hacked into someone else's social networking account.
- 13% of teens have posted nude or semi-nude pictures of themselves or others online.

## MANAGING TECHNOLOGY USE

Parental-control monitoring apps for social media sites allow users to filter content, set time limits, restrict access times and more. Controls can be set using a smartphone, tablet or pc from the parent dashboard on the home page of the application. Depending on the type of phone and app, a teen's web browsing history can be viewed remotely and sites (e.g., adult content/pornography) can be blocked. All major gaming consoles have safety features and parental controls.

## STAY UPDATED

For detailed information on technology trends and parental concerns please visit [www.common sense media.org](http://www.common sense media.org). Its parental concerns' section rates social media sites/apps and explains trending concerns (e.g., Snapchat being used for sexting since senders think the photos only last for 10 seconds, when third-party programs exist that can intercept the photos and store them).

Learn about age limitations (most popular social network sites and apps 'require' age 13) and privacy options. The Children's Online Privacy Protection Act (COPPA) limits what information can be collected from children under 13.

A Social Age Study published at [www.knowthenet.org.uk](http://www.knowthenet.org.uk) found that among 8-16 year olds, 59% admitted to ignoring the age limit when signing up for Facebook and 11% with Snapchat. Over half (59%) admitted to having used a social networking site by age 10. This site provides information about social media sites.

Social networking sites exist for what have been called 'tweens' as young as six. Searching for 'social networks under 13' on the internet will provide numerous options and reviews.

If a teen is being cyberbullied, get help at [stopbullying.gov](http://stopbullying.gov).

