



QUALITY PARENTING INITIATIVE



“Keeping Youth TECHnically Connected”

A Quality Parenting Initiative
Webinar in Partnership with
California Youth

April 14th, 2020

Today's Webcast

Welcome and Introductions

Youth perspectives on technology and social media for families

Youth perspectives on how families can help youth stay balanced and safe

Youth advice on making a family tech agreement and dealing with conflict

Ideas for youth and tech use

Q&A



Panelist Introductions

What youth want families to understand about use of technology and social media

- School, social, and other healthy outlets outside of the home are limited, so social media and the online world are only outlets. Without outlets, youth may want to break rules to hang out with friends or run away.
- Online connections and phone time with friends and family can support youth through struggles with mental wellness and loneliness. Connection can help youth maintain stability right now. Online connections help to maintain sibling connections which also support and maintain family members wellbeing.
- Youth use social media creatively: to help others through social justice and advocacy, to support friends, to find out what other youth think, to market their skills, and to showcase creative talents.

What youth want to tell families about what needed to stay balanced and safe with tech and social media

- Right now is the time for foster parents to be bonding with youth and to take the time to explain their fears and to explain the whys of rules or restrictions so youth understand their perspectives and can hear it comes from caring, not control.
- Youth may need help learning to manage their screen time with so much unstructured time so they can stay on track educationally and emotionally. Youth are worried about the future and staying on track. Timers and apps can help with this, but give youth as much control and freedom as possible with the process of managing.

What youth want to tell families about what needed to stay balanced and safe with tech and social media

- Families should take a solution-based approach to any concerns about safe use of the internet and online dangers. This is an important opportunity to teach youth how to say NO and be empowered to make healthy choices. Teach youth about how to avoid online dangers such as scamming, online predators, and pedophiles. Teach youth how to use apps safely and disable location, not give out personal or financial info, etc. to strangers. Families should help youth be aware of dangers like trafficking and be alert for signs of danger.

Advice youth have for families in creating agreements or dealing with conflict over social media and online use

- Have discussions that allow both youth and foster parents to share their expectations. This will be more effective than policing – that doesn't work with youth.
- Be open-minded. Families' response to the agreement and conflict matters – their approach can make the difference. Need to allow resource family AND youth to feel heard.

Tech Agreement

COMMON SENSE MEDIA

Family Media Agreement



I, _____, will:

... take care.

- I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- _____

... stay safe.

- I will not create accounts or give out any private information — such as my full name, date of birth, address, phone number, or photos of myself — without my family's permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.
- _____

... think first.

- I will not bully, humiliate, or upset anyone online — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will stand up to those who do.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.
- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- _____

... stay balanced.

- I will help my family set media time limits that make sense, and then I will follow them.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities — and people — in my life.
- If using media or being online is making me unhappy or it's hard to stop, I will take a break and talk to a family member.
- _____

... communicate openly.

- I will talk to my family about what media I use and what I do online and answer any questions they have openly and honestly.
- I will tell my family if I'm struggling with media use, have made a mistake online, or need help.
- _____

In exchange, my family agrees to:

- recognize that media is a big part of my life, even if they don't always understand why.
- talk with me about what worries them and why before saying "no."
- talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.
- _____

X

SIGNED BY ME

X

SIGNED BY MY PARENT OR CAREGIVER

Advice youth have for families in creating agreements or dealing with conflict over social media and online use

- Youth want to have at least the same screen time privileges as biological children in home but may need additional time given youth's special circumstances.
- Remember youth may be walking into a new environment where they haven't been raised with those rules, they have additional needs for connection with family/friends, and they have additional trauma that they may be using online means to heal and process.



Creative Ideas for Tech and Youth

Youth sharing with each other that they are not alone. Youth may feel sad, angry, isolated, but can reassure each other that everything will be ok.

Connect youth to other youth or peer coaches so have mentorship (official and unofficial)

TikTok challenges

Connecting with friends on Zoom, Facetime, Google Hangouts, Facebook Live, Facebook watch parties

Instagram – find posts dealing with meditation and healing

Netflix Party

Game night, karaoke, book club, makeup tutorial, cooking together, work out, dance, study, craft online together

Multiplayer online video games (Fortnite)

Youths' takeaway advice for QPI families during this national emergency

- Foster parents don't understand how big of an impact they can have in a youth's life. I remember one specific family was gentle and radiated good energy. They didn't force their way into having a relationship with me, but I felt their positivity and energy from a distance. Just because you aren't as close as you want to be with the youth in your home, it doesn't mean you aren't making an impact on them.
- I remember the foster parents who took time with me and were gentle and nurturing. That one relationship impacted my life -- the foster parents were patient enough with me to see something I didn't see in myself. Despite chaos in the lives of youth, foster parents' response and gentleness can go a long way even if they can't see immediately.

Q&A

Youth Presenters:

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