

# Why This Generation Is the Loneliest and Most Disconnected Yet

## And How We Can Change It

### Practical Advice from Parents Like You:

Culture seems to be saying that technology can replace in-person relationships. As a parent, **you** know that **technology's best role is supporting established relationships**. Here are some helpful tips as you coach your student on how to use technology wisely.

1 "Their" device is really your device that you're letting them use.

2 Set limits: screen time, downtime, contacts, browsers, apps, etc.

3 All devices are used and charged in common spaces (no bedrooms, bathrooms, or closed doors).

4 ALL passwords are shared.

5 Talk about how it's not safe to interact with someone online you don't know in real life.



**Spontaneously check their text messages.** (*Bark is a software that monitors online activity.*)

*Suggested Guidelines:*  
*Deleting texts is never allowed.*  
*Don't send, receive, or ask for pictures with someone of the opposite sex.*

#### Texting



**Social Media is a privilege that has to be earned.**

*Suggested Guidelines:*  
*Start slowly with one shared account.*  
*Follow their accounts.*

#### Social Media



**Know which games have chat features, and monitor who they're talking to.**

*Suggested Guidelines:*  
*Setting (and sticking to) time limits leads to better emotional health.*  
*Play with them—let them teach you how!*

#### Video Games



**Watch together so you can talk about what they're interested in.**

*Suggested Guideline:*  
*Make sure your student is logged in when they're watching so you can see their viewing history.*  
*Let your student know you can see what they're watching.*

#### YouTube



**When it comes to students and technology, there's no magic tool. *The goal is open conversation.*** Students won't always make the right choices. At some point, they'll see or do things we wish they hadn't. But when they mess up, ***we want them to feel safe enough to talk to us about it.***

### Parent Pro Tip