




Speaker & Topic: Deanna Lambson - Protecting Your Children Online By Strengthening Family Relationships
Date: February 13, 2024

Main Points	Extended Notes
Teens & Research	Research shows that 71% of teens hide their online behavior and experiences from their parents. Why? They are afraid that they will get in trouble.
Why don't kids/teens talk to their parents about technology?	<p>Story about Smith Ally:</p> <ul style="list-style-type: none"> He is someone who has spoken about his experience with pornography. He said that his parents did everything right. They asked him questions and were involved in his life. He still hid it from them. He explained that he would hide it because his mom would get really angry at him for leaving his socks on the floor. His thought process was that if his mom got that angry at him for leaving socks on the floor, then she would get really angry at him if she knew about his experience with pornography. <p>Any negative reaction parents have with their children about seemingly unrelated things can keep them from telling parents about their online behaviors.</p>
Greatest Protective Factor	"The single greatest protective factor for your child <i>online</i> is their relationship with you."
<p>Correction/control</p> 	<p>85% of parenting in the home is correcting children. Correction doesn't work without connection. You don't have to control your children, you only have to control yourself.</p> <p>John Gottman: "Even really good parents get things right about 30% of the time."</p> <p>Story about Benji and Peter: (13:06 - 17:24)</p>
<p>Listening</p> <p>What is one thing you can do to listen rather than talk?</p> <p>How can you help her feel you care?</p> <p>What question will you ask to get him to open up?</p> <p>How do you resist the urge to correct her thinking?</p> 	<p>"Sometimes my best teaching happens when they do the talking and I am listening."</p> <p>Research tells us that when children express things in their own words, it gives them a sense of control. When we listen, it builds resilience and coping skills in others.</p> <p>Phone Face Down technique</p> <ul style="list-style-type: none"> When talking with others, especially your children, put your phone face down, and turn away from it. When people are using their phones while talking to someone, it sends a message that the phone is more important than the conversation. <p>A way to remember how to listen better is OARS:</p> <ul style="list-style-type: none"> Open-ended questions Affirmation (highlight strengths, growth mindset praise) Reflection (reflect what you heard back to them, restate with understanding) Summary (take everything they said and summarize it in your own words)
<p>Upset Child?</p> 	<p>People think that the best time to build a relationship with children is holidays, birthdays, and the good moments. Actually, the best time to build a relationship with your child is when they are upset. Help children label their feelings.</p> <p>Example: (32:16 - 36:33)</p> <p>When parents take a small issue seriously, children and teenagers will let you in on the big issue moments.</p> <p>Parable of the Prom Dress: (40:50 - 45:15)</p>
Resources	<p>Books Raising Self-Reliant Children in a Self-Indulgent World; Hold Onto Your Kid; Power Up Series</p> <p>Free Apps Raise; In Love While Parenting</p>