



Cyber Savvy Parents

ISSUE 4

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A SERIES TO ASSIST PARENTS IN THE ONLINE AND MOBILE WORLD.

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Teens and Mobile Technology

The line between learning, gathering information and play has been blurred for most teens when it comes to cell phone use today. Most teens are able to use all forms of new mobile technology with little or no training.

In fact, 90% of SMS (Simple Messaging Services) traffic is person-to-person messages mainly between youth users.

Parents need to understand this new technology has become the main source of social connections for today's youth. To put it into perspective, it is modern day note passing! But, you can send pictures, video and internet sites along with your important message to friends. And, you don't have to write several notes to reach all of your friends, you can send one message and get the word out to everyone!

Whether parents like it or not, cell phones and social

technologies are here to stay. Understanding the benefits and risks are the key to managing your child and their cell phone usage.

Some of the benefits are obvious with parents being able to get in contact with their kids, and increased security. However, there are some risks with increased eye strain, more interruptions in daily activities and sleep, "digital thumb", cheating on tests and even breaking the law. Youth need to understand that in many states it is illegal to use the cell phone and drive (which includes text messaging) and it is against the law to video or photograph someone without their knowledge.

As with any social issue with youth, parents need to gain the information they need to be able to set safe and responsible boundaries.

Special Points of Interests

90% of SMS traffic is Text Messaging largely between youth.

In 2007, 60% of teens and 54% of 8-12 year olds had mobile phones. 33% used them for text messaging.



37% of teens felt they could not live without their cell phone.

Center on Media & Child Health



Don't let your kids cell phone use become a habit.

References:

<http://wiki.media-culture.org>

www.cmch.tv/mentors/hottopic

www.selfgrowth.com/articles/mcrae19.html



Companies are responding to the needs of parents!

Setting Guidelines for Cell Phone Use

There is new evidence that cell phone use has become habit forming and they may begin to avoid face-to-face contact and socialization.

Discuss your child's motivations for having a cell phone: Talking about its use for safety rather than as a status symbol or way to fit in can be important.

Develop a set of rules and responsibilities as a cell phone user: In providing your child with a cell phone, you have the right to set the rules for its use: "Always answer calls from parents immediately." "Always identify where you are and with whom." Remember you have the right and responsibility to set limits on usage. For example, while at the dinner table, out in public or during family activities. Set time limits for cell phone use: no phone use after 10:00

p.m., during school hours, etc. Once you have set limits for appropriate usage also establish the consequences for exceeding the limits. You have the right and responsibility to review their calls and usage.

Discuss appropriate circumstances, places and uses for cell phones with your child: 82% of people report having been annoyed by loud or personal cell phone conversations in public.

Establish rules around cell phone use at night: Require your children to turn cell phones off at night and keep them in a common area rather than allowing them to take them into their rooms.

Consider a child-friendly cell phone for your child: Some phones made especially for kids allow you

to control who your child can call, or offer only "mom" and "dad" buttons so no other calls can be made.

Teach your kids to only answer calls or view text messages from people they know: Cell phones are becoming a vehicle not only for bullying, but also for sexual predators and for scams.

Help your kids learn to manage money: Consider purchasing a pre-paid plan with a limited number of minutes for your teens, and remind them to "budget" their minutes and texting.

Center on Media and Child Health, 2007

Services To Help Parents

Many phone companies are listening to the concerns of parents and are providing services to assist parents with enforcing rules.

- There are options to block calls from being sent or received from un-programmed numbers.
- Time limits can be pre-

programmed into the phone, only allowing calls or messages to be received before or after school.

- Parents should look over the call log from their cell phone bills every month. This will list the number of calls, what type of messaging was used and the date and time. This information can help you

determine if your kids are using their phones while driving, in school or after they should be asleep.

- Purchase a "teen" plan with an allotted number of minutes and texts. Once they have used their allotment the phone automatically shuts off until the next billing cycle.



As parents, you should be familiar with common codes used among your children's friends. If you see something you don't know ask or investigate its meaning online.



Decoding the Codes: Text Messaging Language

Youth today have moved far beyond LOL, IDK, and OMG! Many people today have become familiar with widespread text messaging phrases, also known as simple messaging services (SMS) (For those who don't know)
LOL = Laugh out Loud

IDK = I don't know
OMG = Oh my, Gosh
However, technology is changing quickly primarily due to the demands of youth consumers. Now most cell phones are equipped with MMS—Multimedia Messaging Services which include videos, pictures and

internet access.
With this fast paced, continually changing technology, many parents are finding it hard to keep up. Those who do attempt to monitor messages their children send and receive find what seems to be a foreign, top secret code language they cannot understand!

Common Guidelines and Frequently Used Abbreviations

Some common texting devices are:

Single letters replace words. Be—b, See—c, Are—r, You—u, Why—y

Single digits replace words. Ate—8, For—4 To or too—2

Whole words may be omitted, especially articles. in” usually replaces “ing”

Single letter or digit can replace syllable.

Great—gr8
Mate—m8
Later—l8r or l8a
Skate—sk8
Skater—sk8r
Before—b4
Therefore—thr4

Vowels can be removed, but the word still recognized.
Between—btwn
Are you there—r u thr

Characters and numbers can be used instead of words.
Question—?
Question for you—?4u
Humm? - ;s
My 2 cents—.02
I love you—I43
Location—20

Only using the first letter of each word in a phase.

LOL—laugh out loud or lots of love
BF—Best friend or boy friend
G2g—got to go
lmo—in my opinion

NOMS—no over my shoulder

Using only the beginning or end of words.

Rents—parents
Add—address
Because—cuz
Please—plez

Check out websites for the latest SMS language

http://en.wikipedia.org/wiki/SMS_language

www.webopedia.com/quick_ref/textmessageabbreviations.asp



Cyber Savvy Parents

Common Text Messaging Codes

2nite – Tonight

AEAP - As Early As Possible

ALAP - As Late As Possible

B4YK! - Before You Know It

BRB - Be Right Back

BRT - Be Right There

CWYL - Chat With You Later

CP - Sleepy

CYT or SYT - See You To-
morrow

E123 - Easy as 1, 2, 3

EM? - Excuse Me?

EOD - End Of Day

F2F - Face To Face

FOAF - Friend Of A Friend

HAK - Hugs And Kisses

ILU or ILY - I Love You

INMNSHO - In My Not So
Humble Opinion

J/C - Just Checking

KOTL - Kiss On The Lips

L8R - Later

LD - Long Distance

LMK - Let Me Know

LOL - Laugh Out Loud

NAZ - Name, Address, Zip

NAYL - In A While

NM - Never Mind or Nothing
Much

OLL - Online Love

OTP - On The Phone

QT - Cutie

RN - Right Now

RU - Are You...?

RUMOF - Are You Male Or
Female

ROTFL - Rolling on the Floor
Laughing

SITD - Still In The Dark

SMIM - Send Me an Instant
Message

SMEM - Send Me an E-Mail

SO - Significant Other

SOHF - Sense of Humor
Failure

SWDYT? - So What Do You
Think?

TOM - Tomorrow

TS - Tough Sh**

TTFN - Ta Ta for Now

UR - You Are..?

WFM - Works For Me

WTF - What The F***

WTH - What The Heck

WUF - Where Are You
From?

WYRN - What's Your
Real Name?

CD9 - code parents in the
room

KFY - kiss for you

KPC - keeping parents
clueless

MOS - Mom over shoul-
der

NALOPKT - Not a lot of
people know that

NMU - not much, you?

P911 - parent alert

PAL - parents are listen-
ing

PAW - parents are
watching

PIR - parents in the
room

S2R - send to receive
(picture)

WYCM - will you call
me?

B/G - background

BB - Be Back

CU - See you

EZ - Easy

ENUF - enough

TBC - to be continued

Tlk2ul8r - talk to you
later

^urs - up yours

WU? - what's up

X - kiss

ZZZZ - sleeping or
bored

411 - information

420 - getting high or
marijuana

^5 - high five

AITR - adult in the
room

AYS - are you serious

NBD - no big deal

B4N - bye for now

NRN - no response/
reply necessary

NVM - never mind

OIC - oh, I see

OJ - only joking

2moro - tomorrow