



SEPTEMBER

Growing Up Digital

September Parent Resource

Grades 9–12

Theme: *Is Our Family Ready?*



Older teens need meaningful digital independence as they prepare for college, work, and adult life. The goal is not permanent monitoring. The goal is a young adult who can make wise choices, communicate honestly, and ask for help when needed.

I Shouldn't Have to Prove Everything

Student E, age 17, wants parental controls and location sharing to end. Student E's parents worry about late-night online activity, a second social media account, and plans changing without updates. Student E believes monitoring feels intrusive and wants more privacy. The family must decide what digital privacy, check-ins, and safety expectations should look like now.



TALK ABOUT IT

- When does location sharing support safety—and when does it feel like surveillance?
- What responsibilities come with adult-level privacy?
- What behaviors increase trust? What behaviors reduce it?
- What information should be shared for safety, even with an older teen?



FOR PARENTS

- Shift from controlling every action to coaching independence.
- Focus on communication, safety, sleep, driving, digital reputation, and asking for help.
- Distinguish what is reassuring from what is truly necessary.
- The long-term goal is a young adult who can manage risk well.



TRY THIS AT HOME

- Do a digital independence reset.
- Answer together:
 - What should stay private?
 - What should be shared for safety?
 - What behavior would increase trust?
 - What behavior would lead to more supervision?
 - When will we review this agreement again?



FAMILY PHRASE

"I want you to trust me, and I understand that trust also depends on how I communicate and follow through."