



SEPTEMBER

Growing Up Digital

September Parent Resource

Grades 7–8

Theme: *Is Our Family Ready?*



As students enter junior high, they often want more privacy and independence online. Families have to decide what greater freedom should look like—and what responsibility needs to come with it.



Don't You Trust Me?

Student D, age 13, wants all phone restrictions removed. Student D's parents remember a hidden account, late-night phone use, changed location settings, deleted messages, and screen-time reports that did not match what Student D said. Student D argues that these are normal mistakes and asks for more privacy. The family must decide what should change now—and what trust must be rebuilt first.



TALK ABOUT IT

- Which restrictions still make sense for a 13-year-old, and which might be ready to change?
- What is the difference between privacy and secrecy?
- What specific actions could show Student D is ready for more independence?
- When is it appropriate for parents to check a phone?



FOR PARENTS

- Separate safety settings, healthy-use expectations, and personal privacy.
- Be transparent about what is monitored and why.
- Independence should grow with honesty and follow-through.
- The goal is not constant surveillance. The goal is guided independence.



TRY THIS AT HOME

- Create a digital independence ladder.
- Finish these statements together:
 - *I currently have permission to...*
 - *I would like more independence with...*
 - *To show I am ready, I will...*
 - *We will review this again on...*



FAMILY PHRASE

“I want more privacy, and I’m ready to talk about what responsibility should come with it.”