



# Teenagers 2.0: Raising Digital Citizens

## Raising Teenagers in the Digital Age

The basic skills of raising teenagers have irreversibly changed in the 21st century. Parents today not only need to nurture their children through the traditional challenges of adolescence, but also have to contend with the myriad of challenges posed by digital technology. This 2 & 1/2 hour seminar is designed to help.



Explore **WHAT** opportunities and threats are present for teenagers in their use of technology in everyday life.

Learn **HOW** to equip your teen to be a responsible digital citizen. Find out what you can do to help your teen participate constructively and safely online.

Discover **WHAT** technological and behavioural tools are available to parents to assist in the task of keeping your teenager safe online.

### INTERACTIVE LEARNING

Catering for all learning styles, workshops provide participants with opportunities for discussion, personal reflection, fun exercises, and plenty of material to take away.

### LATEST INFORMATION

Our material is based on current, reliable, research from a variety of expert sources.

### QUALITY RESOURCES

Understanding Teenagers Seminars provides you with a large range of up to date resources to take away with you, so you can choose the best options to suit your situation.

### COST

Self hosted - \$600 / group  
Individual prices from \$65/person  
[CLICK HERE](#) to find our package details.

### CONTACT

To arrange a seminar or discuss:  
To book a seminar or discuss:  
complete a [BOOKING ENQUIRY](#)

[FORM](#)

OR

Email us [HERE](#)

OR

Post to: Understanding Teenagers

PO Box 1427

Wollongong DC

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Gain a solid understanding of the major technologies used by teenagers, including:

- The basics of the internet
- Technology usage trends and behaviours of teenagers
- The what and how of teenage social networking
- Online media sites
- Online chat rooms
- Online gaming
- How teenagers use mobile phones and smart phones
- Text messaging

Develop a proactive approach to helping teenagers learn **digital citizenship**, by learning:

- How to discuss online behaviour with your teenager
- How assist teenagers to be wise online
- How to establish and enforce digital boundaries
- How & when to engage with your teenagers through digital communication

Explore the possible risks and safeguards of the digital age, including:

- External and internal risk factors
- The frequency and probability of various risks
- Filters, spyware, and other technology aids
- Behavioural strategies & solutions

[www.understandingteenagers.com.au](http://www.understandingteenagers.com.au)

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