



The Parenting Center

Providing Families the Tools to Succeed



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Technology, Family and Teens

Teens and families are bombarded by technology in many forms: cell phones, computers, television, and electronic gaming systems. The ability to access the internet has increased dramatically. A recent study of teen internet behavior sponsored by the online security company McAfee was published by Reuters Health Information June 25, 2012. The survey "found 70% of teens had hidden their online behavior from their parents in 2012, up from 45% of teens in 2010, when McAfee conducted the same survey." And what did the survey show that teens were accessing on the internet? The primary areas where teens hid their viewing included 43% who viewed violent content online, while 36% read sexual content, and 32% viewed pornography.

Parents have a real challenge here since technology is necessary today for teens to function both academically and socially. Communication via cell phones can help teens if they are having difficulties and need help. Text-messaging is one of the primary means of staying in touch with peers; and many parents also text message their teens. The availability to access information with the internet for legitimate academic research helps with education. So what is a parent to do?

Teach your children before they reach their teen years about appropriate limits and boundaries with technology. By starting earlier, the ground rules will be better established about cell phones and computers and your struggles will hopefully be less. What are some good guidelines? First establish some "no tech zones" in your home. The dinner table and the bedroom should be two primary no tech zones. Cell phones should be checked and muted before sitting down to eat dinner with the family. So yes, this means no texting during dinner. Cell phones, laptops, ipads, and electronic gaming should be shut down a minimum of thirty minutes before bedtime to give your children time to

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The Parenting Advice Line

Finding it difficult to communicate with your distant teenager?

Feeling like an outsider in your step-family?

Call the **FREE**, confidential PAL Line at **817-332-6399** for parenting advice.

Monday - Friday 12:00 - 3:00 p.m.

prepare for bed and lower their arousal so they can have good sleep. And one of the best ways to teach your child and teen is to model good behavior with technology. Shut your cell phone down at the dinner table. Do not surf the web late at night. Our children often learn more by watching our behaviors than by listening to our words.

Written by Debra Atkisson, M.D. and Sharon Cook, LCSW, LMFT, guest writers for The Parent Pages.

Sign Up for Momentum 5K Benefiting The Parenting Center Saturday, September 29th

The logo for Momentum 5K features the word "MOMENTUM" in a bold, distressed, black font. Below it, the number "5K" is written in a similar style. A horizontal line with three arrows pointing to the right is positioned between the two words.

The Parenting Center is thrilled to be chosen as the benefiting charity for City Life Center's Inaugural Momentum 5K and the Free Kid's 1K Fun Run, to celebrate the one year anniversary of their grand opening!

Momentum 5K is a fun, family-friendly run/walk and a great way to support the children and families that The Parenting Center serves. Team and individual registration is still open, and several sponsorship opportunities are available.

The **Free Kids 1K Fun Run** begins at **7:45 am**; the **5K Run/Walk** (3.1 miles) begins at **8:00 am**. Race day registration begins at **6:30 am** at the race site. The cost for an individual to participate in the 5K and receive a t-shirt is \$20 in advance and \$22 at the registration site. Visit <http://momentum5k.athlete360.com/> to register and learn more about this fundraising event.

Thanks for Your Support on Giving Day!



North Texans proved their generosity last Thursday as more than 3,800 raised a record-breaking \$14.4 million for almost 1,000 local charities. The

Parenting Center doubled its donor base over last year's, and thanks its supporters, who raised close to \$32,000 to support the agency's programs.

Because every donation over \$25 made on this day was multiplied, The Parenting Center received almost \$2,000 in matching funds! These funds will help support programs that transform the lives of young children and empower family members with the skills necessary to end the cycle of child abuse.

Thank you to all who provided hope and help to children and families on this very important day.

Parenting Fact 101:

According to the 2012 Kids Count Data Book, 36% of young Texans grow up in single-parent households. [Find out more.](#)



You are invited to
The Parenting Center's

Lunch 'n Learn

Tuesday, October 2, 2012
Noon - 1pm

The Parenting Center
2928 West Fifth Street
Fort Worth

RSVP to Holly Clinton
by September 25th
817-632-5507

HClinton@TheParentingCenter.org
or reply to this email

Please join us for a complimentary lunch and tour of our agency on October 2nd to discover more about The Parenting Center and how the programs we provide improve our community.

To RSVP, email hclinton@theparentingcenter.org, or reply to this email.

Mark Your Calendars for *Tee it Up Fore Kids!*



The Parenting Center is excited to host its 19th Annual "Tee it Up Fore Kids" Golf Tournament on November 5th at the renowned Shady Oaks Country Club.

Each year, golf enthusiasts and players rank the *Tee it Up Fore Kids* tournament as one of the best charity tournaments in the Fort Worth area. As a special treat, **former Dallas Cowboy Dexter Coakley** will be joining us as our celebrity guest!

Please consider supporting "Tee it Up Fore Kids" by:

- Becoming a tournament sponsor
- Donate in-kind gifts, auction items or charitable donations

Limited sponsorship opportunities are still available. If you are interested in being a sponsor, donor, committee - member or player, register on the webpage below. For questions, contact Holly Clinton at 817-632-5507 or hclinton@theparentingcenter.org.

[Tee it Up Fore Kids Webpage](#)

The Parenting Center / 2928 W. 5th Street / Fort Worth, Texas 76107 / (817) 332-6348