



Goodlettsville Pediatrics, P.C.

Things Parents and Older Teens Need to Talk About.....

Internet / Phone Usage

Texting excessively, while driving, sexting

Being safe online

- Sharing passwords
- Not sharing info online

Never give out personal information (name, address, phone number, age or school name) in a chat room or on bulletin boards, facebook. Also never send a picture of yourself to someone you do not know off line without your parent's permission.

Never write to someone who has made you feel uncomfortable or scared. Tell your parents right away if you read something on the internet that makes you feel uncomfortable or scared.

Do not meet someone you met online or have them visit you without your parent's permission.

Remember that anyone you talk to on the internet may not be who they say they are. A "12 year old girl" may really be a 40 year old man.

- Cyberbullying
- Online pornography
- Dangers of Facebook

Facebook can create unnecessary problems in your life. Best not to get on facebook until at least 9th grade.

Things that you put on facebook, blogs, twitter other sites can be found by teachers, future college admission directors, employers, people you want to impress. Think before you post.

- Email – once you hit send you have lost control of who gets it.

Other Values For Life

Drugs (illegal, prescription and other current ways that kids get high)

Alcohol, Tobacco in all forms

Sex

- Oral sex
- Sexually transmitted diseases
- Pregnancy

Cheating

Healthy Friendships

Your Values

Peer Pressure

Handling money, credit

Preparing for the future

REMEMBER – these are not one time conversations, but continue as children get older.

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