Send Nudes?
Supporting Youth Resilience Through Technology
Presented By: Kristen M. Pritchard, MSW
Think back to when you were 15 years old...

- How did adults treat you?
- What was the hottest technology of the time?
- What was the public's biggest fear around technology?
- What was the public's biggest fear around youth sexuality?

What are your concerns about a young person's use of technology?
7 Fears About Kids and Technology, Unwrapped

Among the seven most common fears that parents had about their children's use of technology:

1. Is my teen at risk for stranger danger and/or cyberbullying?
2. Does time online affect real-world relationships?
3. Are phones causing a digital divide with parents?
4. Are teens posting too much personal information online?
5. Is multitasking bad for you?
6. How pervasive is sexting?
7. Are phones affecting teens’ physical health?

(Medium, 2016)
“[You can be] a little bit more bold over text, because you wouldn't say certain things in person... you just wouldn't say certain things in, like, talking face to face with them because that might be kind of awkward.”

- from Pew Research Center,
  Teen Voices: Dating in the Digital Age
Can you think of any strengths in a young person's use of technology?

“I use technology every day. And basically it’s like my lifeline. And if my parents decided to take my phone away, then I would probably be all messed up in the head.”

- from Building a Prevention Framework to Address Teen “Sexting” Behaviors
What’s in your adult ally toolbox?

- Model healthy communication
- Be supportive
- Have empathy
- Promote digital bystander behavior
- Embrace technology!

Be an askable adult!
How to Be Youth-Affirming: Communication Do’s & Don’ts

- Be aware of your body language
- Respect boundaries
- Use correct pronouns
- State confidentiality terms
- Provide outside resources/options

- Do not over sympathize (come from a place of empathy)
- Do not force discussion
- Do not play the hero
- Do not blame or judge
- Do not ask loaded questions

Adapted from: Advocates for Richmond Youth

What is the last thing you learned from a young person in your life?
the Kids Are Alright

QUESTIONS?
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