

Tweens & Tech

2018 Update

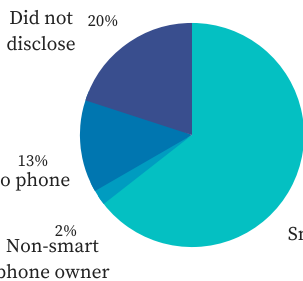
We set out to understand what was important to **tweens about smartphone and social media ownership and use...**



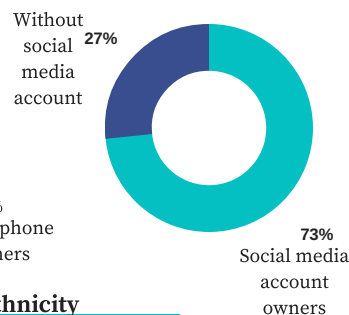
by engaging tweens in focus groups.

Our focus groups included **45 tweens** with an **average age of 11**, including **23 females**, **20 males** and **2** who did not disclose.

Phone Ownership



Social Media Ownership



Ethnicity

Caucasian	29
Mixed	5
Latino	1
Asian	2
Did not disclose	8

Three themes emerged in capturing tween's discussions:

"I think it is not an age. I think it is more of a maturity thing."

Maturity

"Uh, I think your parents should be able to like check your phone, to see what like you're posting."

Deference to parents

"Tweens should get a phone: Probably when they know the right from wrong, like they know not to do this and they know not to cyber bully."

Accountability

Based on the study findings, we suggest these tips for parents:

Tweens in our focus groups, with and without smartphones, thought that parents should not give their tween a phone until they asked in order to make sure they were interested and ready.

Wait for your tween to ask for a smartphone!

Tweens often mentioned their interest in parent involvement and decision-making in their smartphone use.

Offer guidance to your tween around smartphone and social media use!

Tweens preferred to have rules in place so that they did not overuse technology. Participants emphasized that parents should monitor accounts to make sure their tween was being safe and appropriate online.

Set up a media plan!

What's Next?

We are working on...

- Submitting these findings to a scientific journal
- Sharing findings with the community, including parents, tweens and schools
- Conducting studies about sharing the Family Media Use Plan from the American Academy of Pediatrics

<https://www.healthychildren.org/English/media/Pages/default.aspx>

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