Kids Hub
CHILD ADVOCACY CENTER

DIGITAL RESILIENCY

Tech Safety & Digital Risk: What Helping Professionals Need to Know

Education Partner 2026–2027

KeeslerFederal

November 6, 2026



Kids Hub

CHILD ADVOCACY CENTER

Heard

Forensic Interviews

Supported

Family & Victim Advocacy

Protected

Coordinated Case Management

Comforted

Mental Health

Goals & Outcomes

1. Understand online risks and their impact on children’s health
2. Learn practical safety measures to create a balanced and secure digital environment
3. Encourage Healthy Digital Boundaries

Why This Matters

Tech is everywhere.

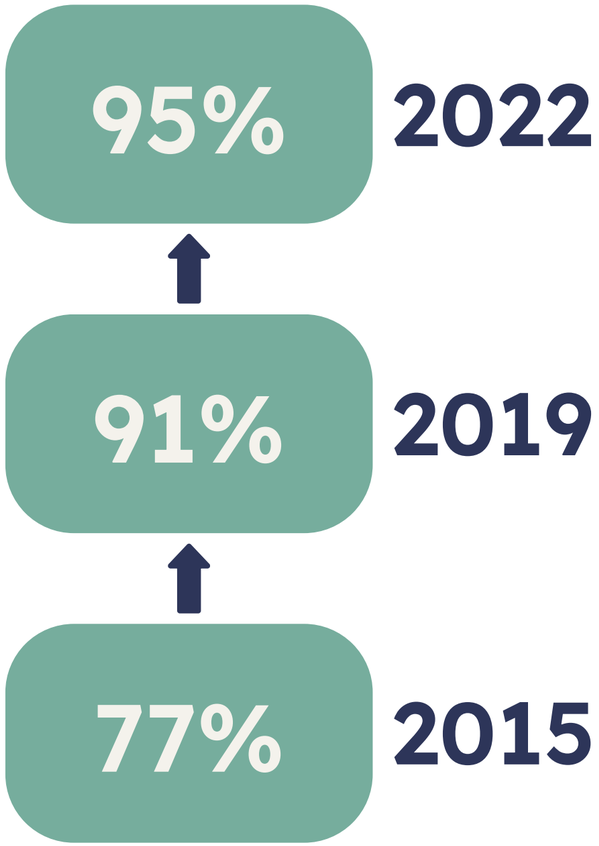
Risks are real.

Childhood is different now.

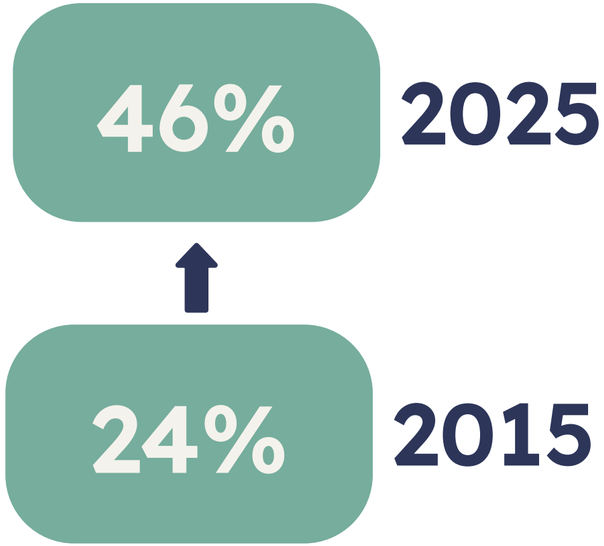
Early awareness by supportive adults can make a lasting difference.

Electronics and Internet Usage

Own or have access to a smart phone

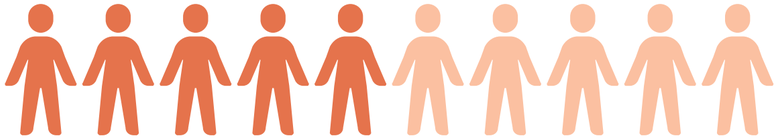


Online “almost constantly”



Federica Laricchia, 2022, Statista.com
Anderson, Jiang, & Pew Research Center, 2018;
Pew Research Center, 2023

Screen Time Stats



50% of teens spend 4+ hours a day on screens



Some average **7+ hours** a day





Teens using social media more than

3 hours

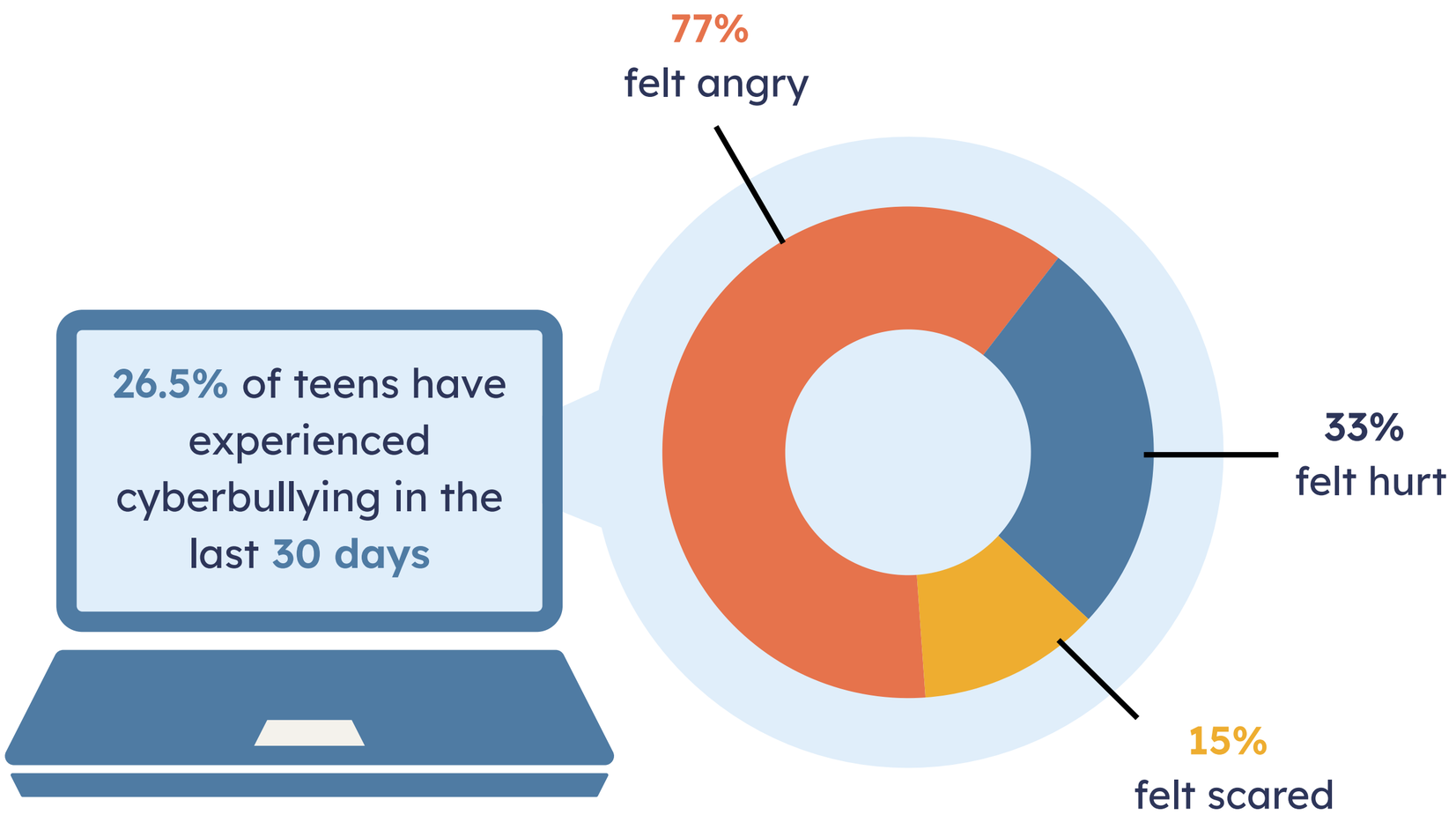
per day

doubles

the risk of depression and anxiety

Online Risks

Cyberbullying and Emotional Impact



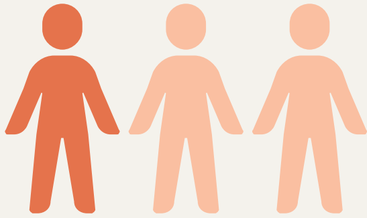
Inappropriate Content



58% of **tweens**

75% of **teens**

have been exposed to sexual, violent, or hateful content



1 in 3 boys (9-12) report online sexual interactions

8–10% face predatory behaviors

AI: What Parents Should Know

Talk with your child about AI like you would any online interaction—not everything that 'sounds real' is safe or trustworthy

AI can create realistic images, videos, and conversations

Kids may interact with AI without realizing it

- Some apps now include built-in AI that can chat and respond like a real person
- These tools can answer questions, give advice, and hold conversations
- Kids may trust or rely on AI without understanding its limits

Example: Snapchat "My AI"

Content can be generated instantly—harder to monitor

Increases risks like:

- Deepfake images
- Manipulated or explicit content
- More sophisticated grooming tactics

IMPACT OF TECHNOLOGY ON PHYSICAL HEALTH

- Increased Sedentary Time
- Sleep Disruptions
- Poor Posture & Vision
- Hearing Risks
- Other Health Concerns

TIP

20-20-20 Rule

Every 20 minutes,
look 20 feet away,
for 20 seconds

IMPACT OF TECHNOLOGY ON MENTAL HEALTH



Replacing outdoor time, reading, and family and friends time with devices impacts **mood, focus, and social skills**

Late-night device use leads to increased **stress, irritability, and difficulty concentrating**

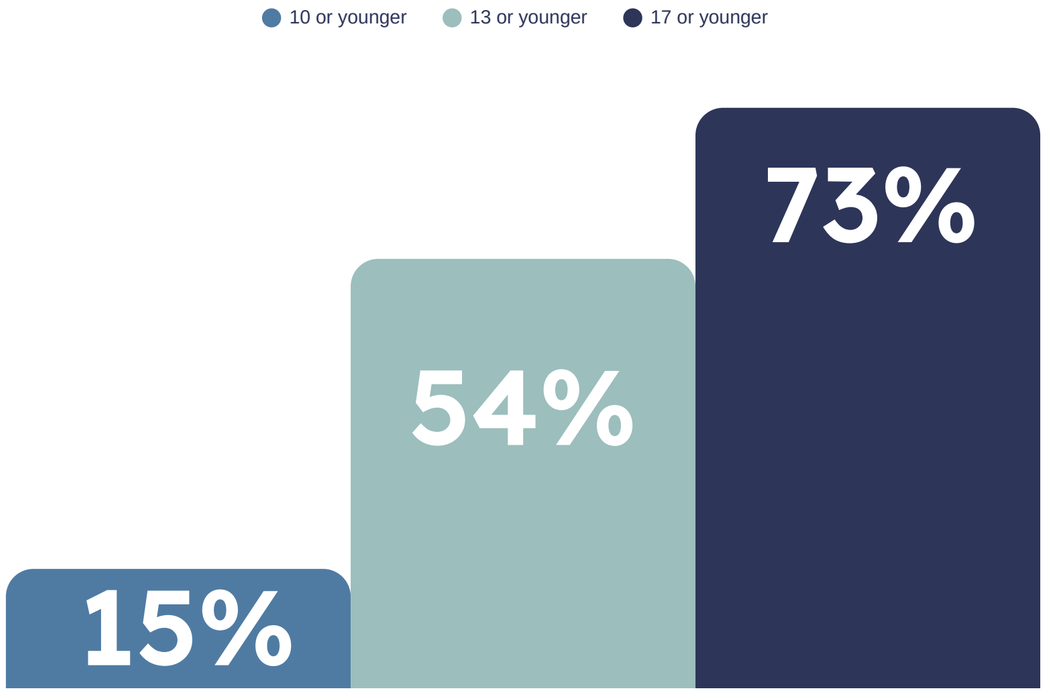
Constant connectivity can contribute to **anxiety, depression, and challenges with emotional regulation.**

Exposure to adult or violent content can **negatively influence development and coping skills.**

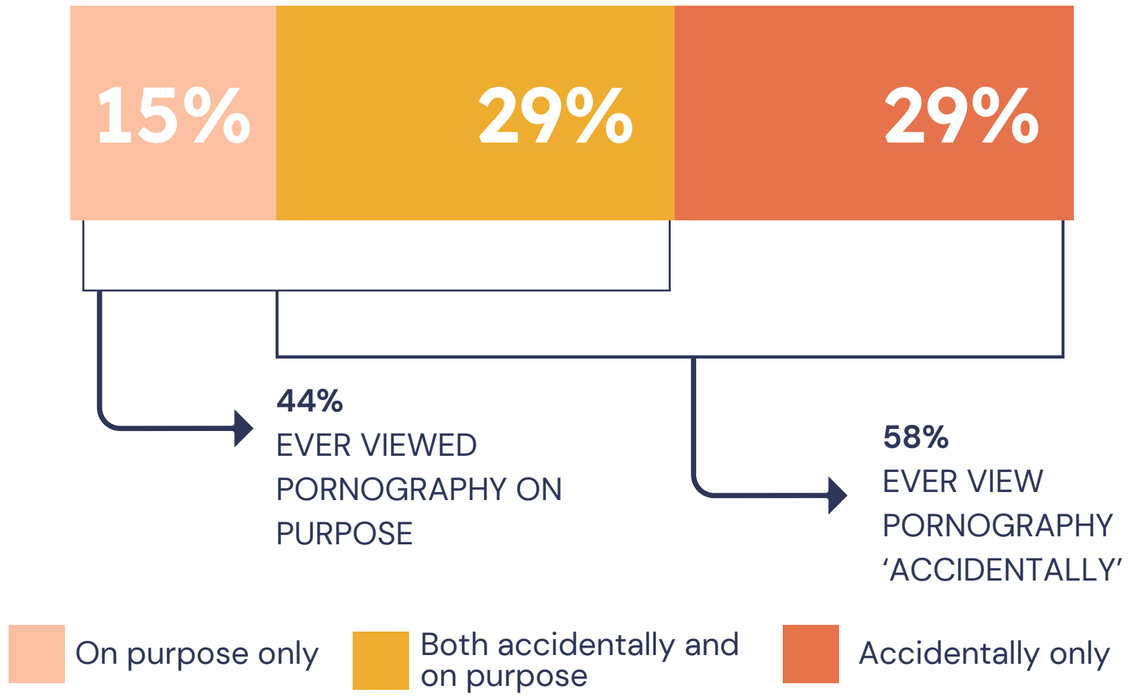
IMPACT OF TECHNOLOGY ON SEXUAL HEALTH

Exposure to Pornography

Teens who have seen online pornography by age



Teens who have seen online pornography on purpose or accidentally



Common Sense Media, 2022

Red Flags to Pay Attention To

- **Secrecy**
- **Mood Shifts**
- **Sleep Problems**
- **Decline in School/Activities**
- **Unexplained Contacts**
- **Risky Posting/Sharing**

Patterns matter more than one-time incidents. These may indicate online risk, not just typical behavior.

KIDS HAVE PHONES, NOW WHAT?

Dangers Associated with Apps

It’s not always specific apps or sites to worry about, but the **features within them**—like ***disappearing content***, ***geolocation tracking***, and ***anonymous chats***—that pose the real risks.



Tip: Review app settings, turn off risky features, some of these functions can be dangerous. Most people don’t check this until something goes wrong.

Apps with Disappearing Content

Disappearing Content

- Encourages riskier sharing
- Screenshots can be permanent
- Hard to monitor what has been shared/received

Snapchat

Kik

Whisper

Apps with Geolocation Features

Geolocation Features

- Can reveal real-time locations, sometimes unknowingly
- Increases risk of stalking or unwanted contact

Whisper

Tik Tok

Snapchat

Kik

Omegle

Discord

Yubo

Apps with Anonymous Platforms

Anonymous Platforms

- Creates space for cyberbullying, harassment, and grooming
- Difficult to trace
- Reduces accountability

Ask.Fm

Kik

Tumblr

Whisper

Omegle

Yubo

Vault Apps

Dangers Associated with Games

Anonymous Chat



Fortnite



Among Us



Brawl Stars

Geolocation Features



Pokemon

Reward System/In-App Purchase

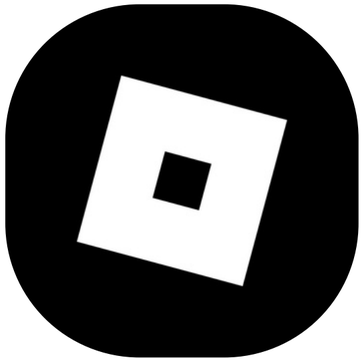


Candy Crush

Sandbox Games



Minecraft



Roblox



Adopt Me



Brookhaven

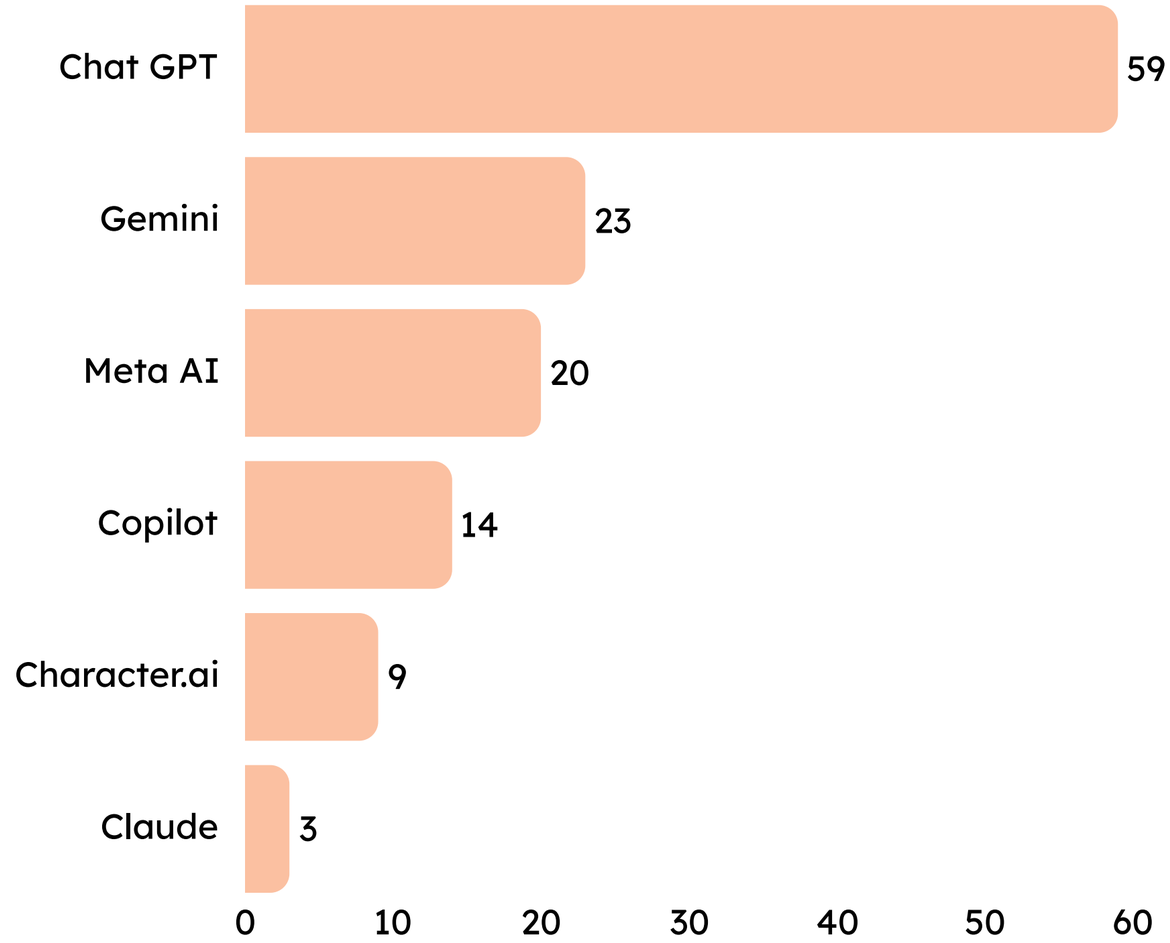


Grow a Garden

What AI platforms do teens use

All of these social media apps have built in AI features!

% of U.S. teens aged 13 to 17 who say they ever use the following artificial intelligence (AI) chatbots



Note: Those who did not give an answer are not shown.
Source: Survey of U.S. teens conducted Sept. 25-Oct. 9, 2025.
"Teens, Social Media and AI Chatbots 2025"

PEW RESEARCH CENTER

WHAT WE CAN DO

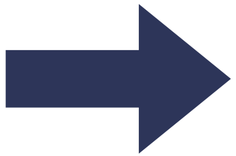
Building Skills & Habits

- Critical thinking skills
- Pause before posting
- Coping mechanisms
- Share your own choices

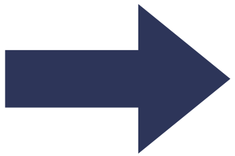
These skills can be reinforced in classrooms, sessions, and daily interactions.

How to Start

Lead with Honesty



Family Reset, Not Punishment



Use a Family Tech Agreement

Building a Tech Agreement

1

Get Accountable

2

Set Clear Rules

3

Discuss Responsibilities

4

Agree on Consequences

5

Write it Down and Post it

This isn't about restriction—it's about staying in control of your life, your image, and your future.

Tech Agreements and Rules



Screens Sleep Too



Communication and Connectivity

Posting and Sharing



Privacy = Safety



Talk, Don't Hide



Kindness Counts

Keep the Conversation Going

Focus on Benefits, Not Restrictions

Invite Their Input

Emphasize Trust & Partnership

Boundaries that Grow with Age



- Screen free times
- Nightly charging stations
- Family tech agreements
- Readjust boundaries as needed

Conversation Starters

- Show me how this works?
- Has anything online made you feel uncomfortable?
- Who do you like playing with online?
- What do you like the most about being online? What do you like the least?

Kids Hub
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Ongoing Support

We're here to empower you with the tools, knowledge, and support you need. From workshops to one-on-one guidance, Kids Hub provides ongoing resources to strengthen families and ensure every child's success.

Contact Us

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Education Partner 2026-2027

KeeslerFederal

Our Training Survey is live.



New resources added online!