

Evaluations for:

# **“Teens and Technology”**

Presented by Jon Mattleman

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**What did you find most valuable about this workshop?**

- I need to do more monitoring
- Seeing the video of Amanda Todd
- That technology “magnifies the worst moments...”
- To learn more about apps
- The anecdotes
- The object permanence example
- The reality of how easily kids can be scarred for life
- Info about what is going on online that we are not aware of
- So many things
- Apps
- Taking away the cell phone
- Scary statistics
- Solid take home advice
- Info about seeing/reading messages about how stress, suicidal thoughts, etc. can elevate other kids’ anxiety
- The Amanda Todd video --- big wake up call
- Seeing the extreme yet possible consequences of making an online mistake

**What might you change about the workshop? (if anything)**

- Maybe a little longer
- I need more !!!
- A little more time
- It should be longer
- Info on monitoring technology use, especially on the Internet
- More practical strategies for dealing with the issues raised
- Problem solving situations --- what to do?
- You gave us a “Top 10” list but it is not in the handout

**What is one thing you have learned/thought about from this workshop that you might/will try?**

- Take away the phones while in the house
- Check the number of texts
- Discuss the Amanda Todd video
- Limit access to electronics
- Collecting the phones when kids come over
- Being open and more vigilant
- Talking more to our children about this and not being judgmental

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- **Don't answer texts immediately**
- **Asking your kids to help you with technology**
- **Share (or tell about) the Amanda Todd video and talk about the endless stream of abuse that can follow**
- **Reduce technology use a bit at certain times while at home**
- **List and say thank you when your child talks to you about things that are bothering them online**
- **Counting texts**
- **Having technology conversations**

**Feedback to leader:**

- **Very powerful consequences!**
- **Great insight**
- **Thank you (3)**
- **Do you have an email list or blog with tips?**
- **Keep up the great work**
- **Many thanks**
- **Very good**
- **Terrific**