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**Massachusetts  
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**TEXTING  
TIPS  
FOR  
PARENTS &  
KIDS**

[www.MARCcenter.org](http://www.MARCcenter.org)

# Texting Tips for Parents & Kids

Avoiding problems with texting is really about common sense, not so much about understanding technology. If you don't know as much as



your child about texting and cell phones, don't worry about it! Here's a few practical tips and these can help avoid problems ranging from small to very serious.

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**Sending text or images is a life-long commitment. Once you send it, you can never suppress it or get it back.**

**Consider the age of the child when considering if, or when, to permit texting privileges. Texting is a very powerful technology to give to young children.**

**Children can have a cell phone without texting abilities; just call your cell phone provider to turn these off on your child's phone.**

**Talk with children about the permanence and the impact of what they text.**

**Texting is convenient and it's easy for it to become a habit. Every now and then, ask yourself: would it be better to talk in this situation?**

**It can be difficult to "read" emotions in a text, and that can make it easy to be misunderstood.**

**It is easy to say something in texting that you would not have the courage to say to a person's face. Sometimes, this means that it's better left unsaid. Think about that.**

**Don't go to your cell phone when you're angry. You may text something you'll regret later.**

**Don't let anyone ever pressure or force you into texting something. Go tell an adult - quickly!**

**Today's kids are used to being in touch 24/7. Being out of touch - putting away that cell phone - may actually make them anxious because they are so accustomed to that constant flow of information. Talk about this with your kids. Point out that you can't win - that that anxiety will always win, unless they decide to control the technology and not to let it control them.**