Using Technology to Help With Difficult Parent-Child Conversations

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Today's Outline

- Conversation starter
- Theory: Impression Management Model
- Current research project
- Polls
- Intervention plans
- Your feedback!

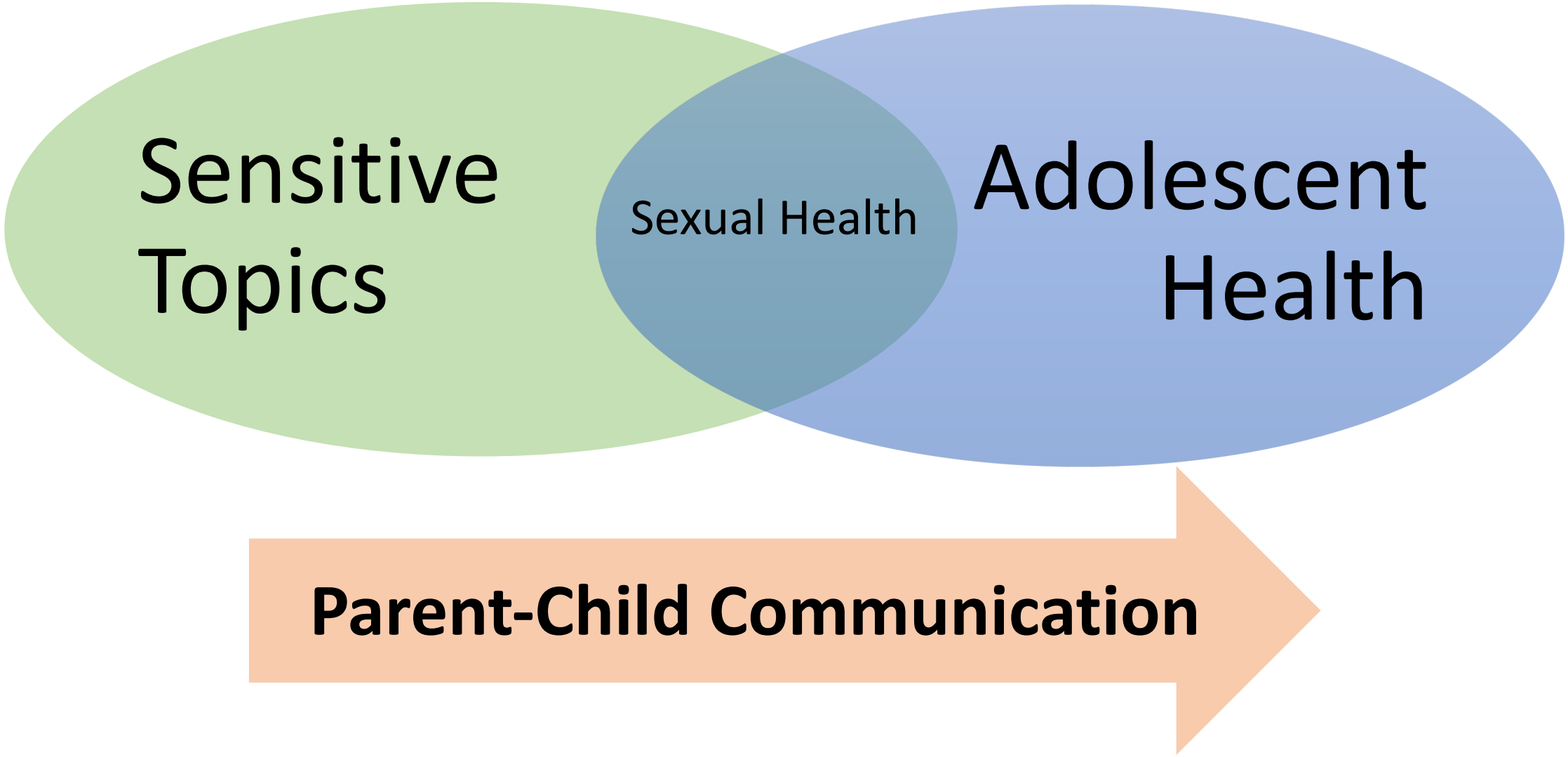
Conversation starter

Think about your first conversations with your parent or caregiver about sex.

- When did this happen? How old were you?
- Where were you?
- What (if any) resources were shared?
- What made this conversation awkward?
- What made this conversation more comfortable?

Discuss this in small groups (5 minutes)

Return to the large group to discuss (5 minutes)

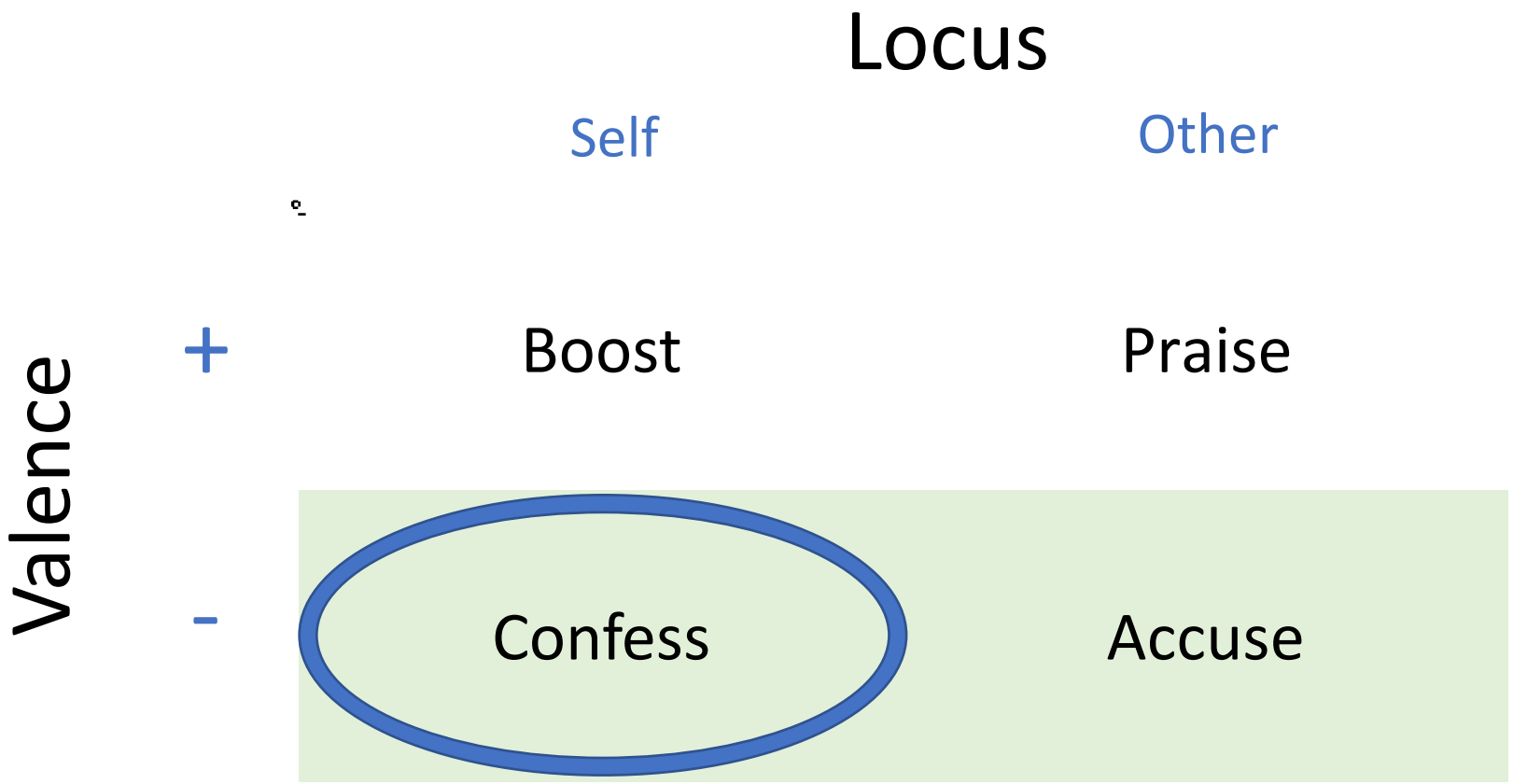

Sensitive Topics
Sexual Health
Adolescent Health
Parent-Child Communication

Cartoon by Glenn McCoy, 2013

Impression Management Model

O'Sullivan, P. B. (2000). What you don't know won't hurt *me*: Impression management functions of communication channels in relationships. *Human Communication Research*, **26**(3), 403–431.

Impression Management Model



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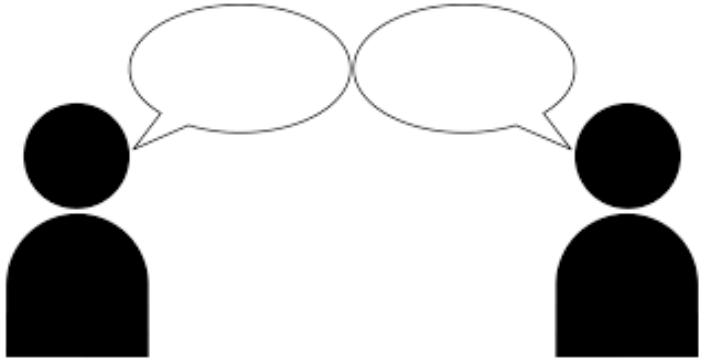
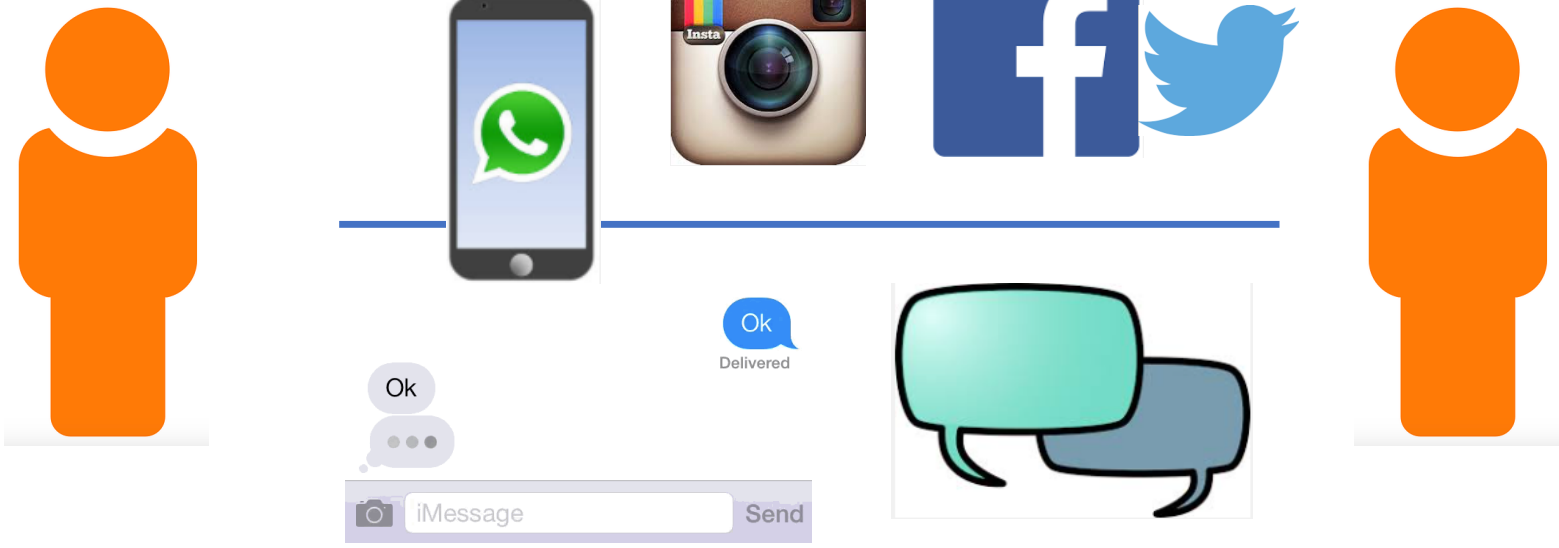
Technologically-Mediated Interpersonal Communication -

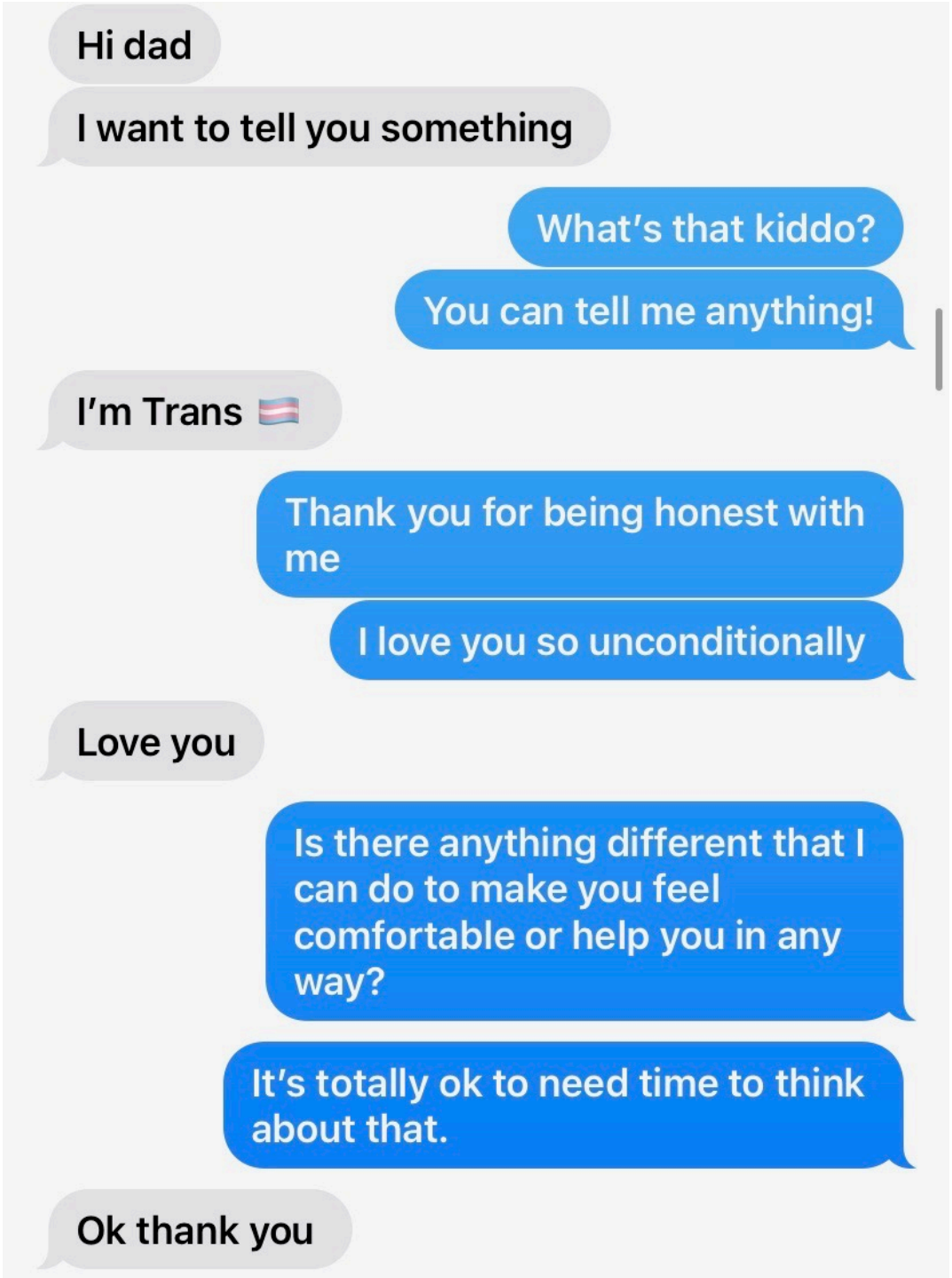


Fewer visual cues
Asynchronicity



#MeToo

Coming out


Hi dad
I want to tell you something
What's that kiddo?
You can tell me anything!
I'm Trans 🏳️‍⚧️
Thank you for being honest with me
I love you so unconditionally
Love you
Is there anything different that I can do to make you feel comfortable or help you in any way?
It's totally ok to need time to think about that.
Ok thank you

Current Research Project

Questions:

1. How do teens and their parents use technology to communicate?
2. Do communication technologies increase parent-teen communication about sexuality?

Current Research Project

Youth focus groups

(4-6 groups)

Parent interviews

(up to 25)

Poll

What **communication channels** (technology) do parents use to talk with their teens?

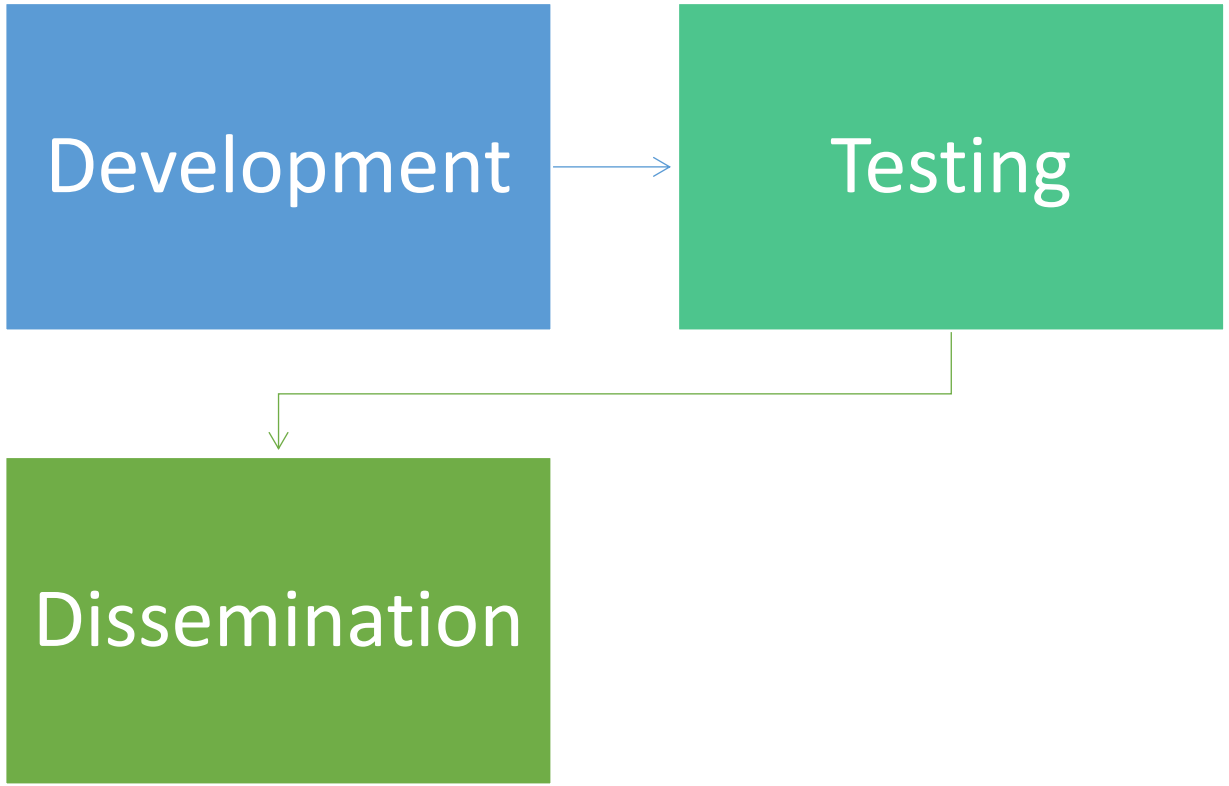
- Text
- Phone calls
- Video calls
- Social media: TikTok, Instagram, Twitter, Facebook
- Not sure

Poll

Do parents use technology to talk with their teens about **sensitive topics**, such as sexuality, alcohol, drug use?

- Yes
- No
- I don’t know

Intervention Phases



Intervention: Content Ideas

- Resources for building parent sexual health knowledge
- Resources for building general parent-child communication skills
- Demonstration of how technology can facilitate these conversations
- Demonstration of platform agnostic technology training: Common features

Intervention: Structure

Online

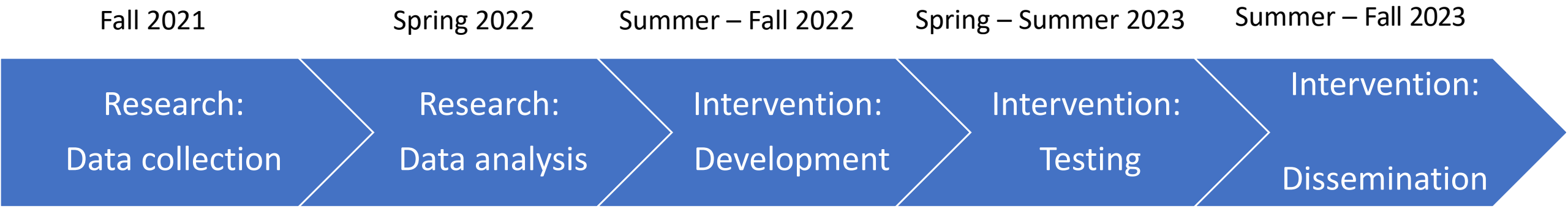
Asynchronous, self-paced

Videos, narrated presentations, brief text

Intervention Feedback

- General reactions
- Would this be useful to parents?
- What other topics should be addressed?
- What are the best ways to format these resources?
- How do we reach parents?

Timeline



Let us know if you can help recruit parents or teens!

Thank You!

www.actforyouth.net

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