

WHAT IS PARENTAL MONITORING?

Parental monitoring means providing ongoing supervision, along with rules and expectations. Below you can find some ways to monitor your child without being “overprotective.”

Supervision	Know where your child is and with whom, or know about your child’s online friends. This also includes involving close friends and relatives in your child’s supervision and care.
Relationships	Be involved in the selection of your child’s friends, acquaintances, role models, and romantic partners. This also includes meeting these important people in your child’s life and their parents. Research indicates that 12-to-14-year-olds are more likely to have sexual intercourse if they are dating someone two or more years older.
Media Awareness and Filtering	Know the television shows your child watches, the musical lyrics they listen to, and the websites, social networking sites, and smart phone apps they use.
Setting Expectations	Communicate expectations about dating, sexual activity, alcohol and drug usage, Internet and phone usage, academics, and non-academic activities.
Academic Encouragement and Praise	Support your child throughout their academic career by recognizing effort and good grades.
Non-Academic Encouragement and Praise	Help your child get involved in a sports league, dance class, after-school recreational program, faith-based activity, summer camp, or first job, and then applaud them when a goal is accomplished.
General Praise	Express concern and love for your child at an early age and often.