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!
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

Adolescent Health

Parent-Child Communication
No... let me start over. Forget I ever mentioned bees.
Impression Management Model

Locus

Self

Boost

Praise

Other

Confess

Accuse

Valence

Impression Management Model

Technologically-Mediated Interpersonal Communication -

Fewer visual cues
Asynchronicity
#MeToo

What does perform mean?
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
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

- Development
- Testing
- Dissemination
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
Online Intervention:
Asynchronous, self-paced
Videos, narrated presentations, brief text

Intervention: Structure
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

Fall 2021

Research:
Data collection

Spring 2022

Research:
Data analysis

Summer – Fall 2022

Intervention:
Development

Spring – Summer 2023

Intervention:
Testing

Summer – Fall 2023

Intervention:
Dissemination

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

www.actforyouth.net

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