SOCIAL MEDIA FACT SHEETS

1. For children younger than 18 months, discourage use of screen media other than video-chatting.

2. Average age of getting a smart phone is 6 years old.

3. The age group that shows the most rapid growth in terms of integrating technology into their lives is 50 years old to 65 year olds.

4. Children born today by the time they reach 7 years old will have 1 year of sitting in front of a screen.

5. The age group that is sexting the most is 18-24 years old.

6. 71% of teens report a TV in their bedroom.

7. 5 hours of TV per day, means 5 times greater risk for higher BMI.

8. Children and teens need adequate sleep, physical activity and time away from media.

9. Individuals with neurodevelopmental issues, such as learning disabilities (LD), autism spectrum disorder (ASD) & Attention Deficit Hyperactive Disorder (ADHD) spend more time using digital media.

10. American Academy of Pediatrics recommends that parents avoid use of technology with children 18 months and younger.


12. The average number of times a person checks their cell phone per day is 110 times.

13. American Academy of Pediatrics has a family media use plan:
   https://www.healthychildren.org/english/media/pages/default.aspx#planview
   https://www.healthychildren.org/MediaUsePlan

14. Teensafe.com posts updates on at risk applications and technology for children

SECRET TEXTING CODES YOUR KIDS COULD BE USING

LMIRL - Let’s Meet In Real Life
Broken - Hung Over
CU46 - See you for sex
DOC - Drug Of Choice
NIFOC - Naked In front of computer
GNOC - Get Naked On Cam
GYPO - Get Your Pants Off
IWSN - I Want Sex Now
53X - Sex
LH6 - Let’s have sex
TDTM - Talk Dirty To Me
8 - Oral sex
SUGARPIE - Suggestive or erotic photograph
IPN - I’m posting naked
PAL - Parents Are Listening
PAW or PRW - Parents Are Watching
PIR - Parents In Room
POS - Parents Over Shoulder
9 and CD9 or “Code 9” - parents are nearby
99 - Parents are gone
KPC - Keeping Parents Clueless
MOO - Mom Over Shoulder
P911 - Parent Alert or Parent Emergency
WTTTP - Want to trade pictures?
KOTL - Kiss On the Lips
PRON - Porn
420 - Marijuana
ZERG - To gang up on someone
AF - As F**k
WTF - What The F***
WUF - Where You From
WYCM - Will You Call Me?
WYRN - What’s Your Real Name?
Q2C - Quick To Cum
RU18 - Are You Over 18?
RUMORF - Are You Male OR Female?
RH - Are You Horny?
S2R - Send To Receive
MPFB - My Personal F*** Buddy
NALOPKJ - Not A Lot Of People Know That
MOOS - Member Of The Opposite Sex
MOSS - Member(s) Of The Same Sex
M0F - Male or Female
C-P - Sleepy
F2P - Face-to-Face, a.k.a. FaceTime
HAK - Hugs And Kisses
ILU - I Love You
IWSN - I Want Sex Now
JRO - Jerking Off
KOTL - Kiss On the Lips
KFY - Kiss For You
459 - I love you
ADR - Address
AEAP - As Early As Possible
ALAP - As Late As Possible
ASL - Age/sex/location
143 - I love you
182 - I hate you
1174 - Nude club
1337 or L337 - Leet, a coded alphabet
KMS - Kill Myself
KYS - Kill Yourself

Refers to a Butt
Refers to Penis
Refers to Masturbation
Refers to Intercourse