Understanding Technology

▶ If your children can operate the computer and TV video games better than you, and keep up with the latest news on Facebook, Twitter and other social media, now is the time to ask them for lessons.

▶ If they can't or won't bring you up to speed, find other help.

▶ When your children are surfing the Internet or social media sites, or playing games with rules you're not familiar with, gain the knowledge you need to keep them safe.

▶ Predators still lurk online, trying to lure young children and teens into unsafe situations.

▶ There's also the danger that your teen may share too much information about her personal life that can lead dangerous people to her, or cause her to lose great opportunities when colleges and employers conduct online searches years later.

▶ The newest video games (both hand-held and TV friendly) come with features that allow children to access the Internet, take pictures and text.

▶ Be aware of what you're buying them, and determine if you can monitor their activity online or set parental controls on their games, computer and other software.

▶ Trying to tackle technology can make you uncomfortable. But in the long run, you'll be better prepared to help your child have fun while making wise choices.