

Erikson Institute

Graduate School in Child Development

ConTEXT Welcome

The TEC Center at Erikson Institute is studying how to best support parent and child conversation about social media, video games, and phone use. Through a two-year grant funding by the [Susan Crown Exchange](#) focused on youth voice and technology, we've developed ConTEXT- a series of text message challenges to encourage you and your child to talk about technology use and its effects.

Our goal is to equip both parents and middle schoolers with the strategies and tools to have honest, open, non-confrontational conversations about technology use.

What's included:

- Parents and children will take three anonymous surveys at the beginning, middle, and end that discuss technology use, perceptions, and effectiveness of the program.
- Parents and children receive two challenges each week sent to their phone (data rates may apply) for up to 15 weeks.

What do you get out of it?

- Up to \$50 in gift cards for survey completion
- Free support and guidance around technology use

Tips for program success:

- All text messages will come from this number: 1-866-680-0394. Please rename it in your phone as **ConTEXT** so you can easily identify the challenges.
- We use the term '**partner**' to refer to the person you are having discussions with. If you are a parent, this is your middle school child. If you are a middle schooler, this is your parent.
- Most challenges have two parts: 'Try this out' and 'Discuss after'. You will do the 'discuss after' part with your partner.
- Text message challenges will be sent on **Tuesday and Thursday at 5:30 pm CST**. Complete the challenge whenever it works with your schedule.
- All challenges are optional. If you don't want to complete one, you never have to.
- Note that our texting platform does NOT ALLOW for you to respond or text back to the program.
- The goal of the text messages are to help prompt you your partner (parent/child) to talk about your technology experiences, no need for you to tell us about it just yet. We will send out a survey for feedback (and another gift card) in just a few weeks to learn more about your thoughts and experiences.
- If you want to opt out of the program, please reply STOP at any time.
- We have a comment box for ConTEXT! If you have a suggestion or comment, please fill out [this form](#). It can be used for an idea for a new challenge, an 'aha moment' you had after a discussion, etc. We love to hear from you!

Any questions? Please email alauricella@erikson.edu with questions.