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**ASPEN
Answers**

by Kathleen Cook, MS, LMFT

FEELING LEFT OUT?

Parents have every right to be leery about their children's participation in Internet activities that expose them to potential harm. After all, anyone is just one text message away from making a comment or showing an image that has the potential to elicit a firestorm of criticism and rejection. At the same time, it is necessary to recognize that texting has become the predominant means of expression among teens, and social networking sites have become the preferred gathering places. With this in mind, parents must make the effort to set necessary boundaries for their children while still allowing them the freedom to interact with their peers. Often times, failure to grant Internet privileges may lead to feelings of isolation.

Parenting in the 21st century is complicated. Parents are forced to deal with new technologies that change with bewildering speed. It's enough to make your head spin. Our caring counselors know how overwhelming it can be to set rules for technology you might not even understand. We can help with setting proper limits and understanding how to deal with this ever-evolving world of adolescence. In addition to family counseling, we also offer help with anxiety, depression, and stress. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Parents may want to initiate discussions with their children about Internet protocol by bringing up the issues of impulsive statements, anonymous confrontation, and hurtful comments.

ASPEN
Family Counseling
www.aspenfamilycounseling.com