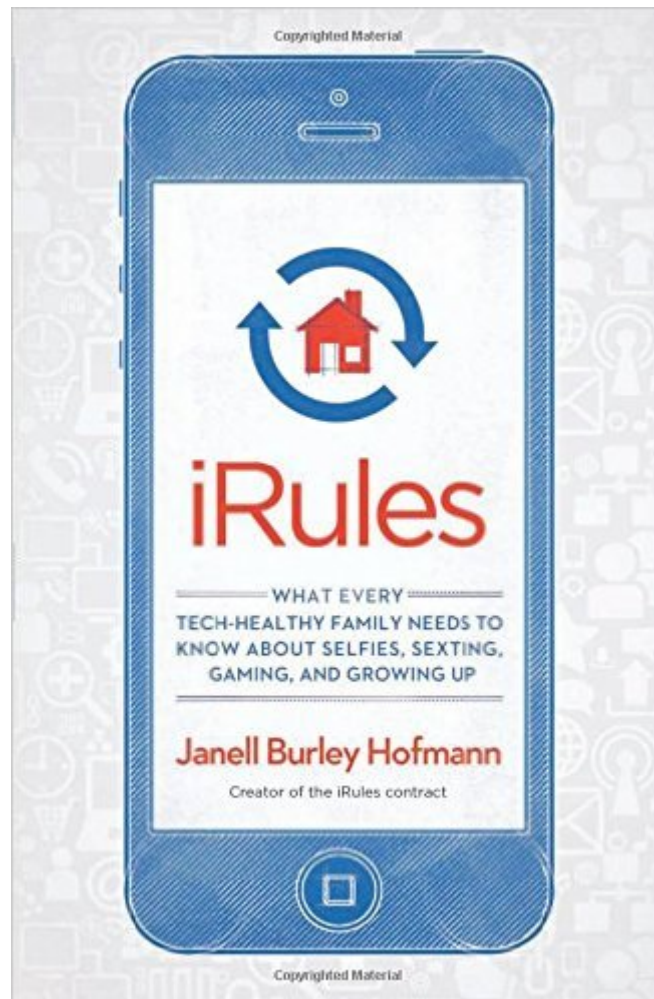


The book was found

# IRules: What Every Tech-Healthy Family Needs To Know About Selfies, Sexting, Gaming, And Growing Up



## Synopsis

As Janell Burley Hofmann, mother of five, wrapped her 13-year-old's iPhone on Christmas Eve, she was overwhelmed by questions: "Will my children learn to sit and wonder without Googling? Should I know their passwords for online accounts? Will they experience the value of personal connection without technology?" To address her concerns, she outlined boundaries and expectations in a contract for her son to sign upon receiving his first cell phone. When Hofmann's editor at The Huffington Post posted the contract, now known as iRules, it resonated on a massive scale and went viral, resulting in a tsunami of media coverage and requests. It quickly became apparent that people across the country were hungry for more. In iRules, Hofmann provides families with the tools they need to find a balance between technology and human interaction through a philosophy she calls Slow Tech Parenting. In the book, she educates parents about the online culture tweens and teens enter the minute they go online, exploring issues like cyberbullying, friend fail, and sexting, as well as helping parents create their own iRules contracts to fit their families' needs. As funny and readable as it is prescriptive, iRules will help parents figure out when to unplug and how to stay in sync with the changing world of technology, while teaching their children self-respect, integrity, and responsibility.

## Book Information

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## Customer Reviews

iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing Up isn't really a book about technology; it's a book about parenting. Jannell Burley

Hofmann wants parents to recognize that, yes, there's lots of new technology out there, but that parents have a responsibility to keep up with their children, no matter the media. Hofmann encourages parents not only to be aware of what social media and other communications their children have online, but to follow their Facebook, Instagram, Twitter, or other feeds, so they can see what their children and peers are posting. Further, she asserts that parents' demanding to have access to password-protected sites is acceptable. Just as we might allow our children to have a lock on their bedroom door, to allow for privacy when needed or wanted, we would insist that we have a key (and that they not lock themselves in with friends of the opposite sex!). A good parent will have a good idea of who their child is hanging out with, what kinds of activities they participate in, and what their hobbies and interests are. Electronic communications should not change that. Even as social media, video gaming, and electronic-based relationships become more complex, parents have a responsibility to provide guidance and oversight. Hofmann's suggestions are reasonable, knowledgeable, and welcome. Thanks to NetGalley and the publisher for the complimentary electronic review copy!

Excellent insights for parents and anyone working with children and parents. This book will make parents think and will encourage thoughtful family decision-making about technology and more. It's easy to read and engaging.

Keep the tech-health conversation going. This is not just a parenting issue. Hofmann's no nonsense discussion includes topics such as school use and grand parenting the technology. These home, school, and community connections are oh so important. If you loved the iRules contract, this book expands on those points and even provides a tool kit. Tech Talk can be personalized using iRules core principles of respect, responsibility, and living fully.

In the age of technology where the kids are far more savvy than their parents a book like this is a must read. There are some common sense rules for online social interaction as well guidelines for children to protect themselves. More importantly, the book sets the tone for encouraging parents to be observant and aware as well as empowering them to understand how this generation interact.\*\*\*\* I was provided with a copy of this book for my honest opinion \*\*\*\*

iRules was a great read! It's chock full of insight, tips and humor to help us cope with the increasingly crazy world of technology - The Good, The Bad and The Ugly of it. The content of

iRules is clearly relevant from a technology viewpoint, but its emphasis on communicating with your kids early and often - and then following through and parenting them - is a blueprint for success. It certainly doesn't guarantee success but it sure allows the technologically challenged to hit the ground running and at least know what the heck our kids are talking about! Ignorance is NOT bliss. Fact. The author comes across as a woman who has lived it just like the rest of us, but not in a holier-than-thou way. Kids are kids and most will test the boundaries like it's their job, so iRules helps parents (or anybody!) get in the game and stay there. Like that TV commercial says, "When you're in a horror movie you make bad decisions. Let's hide behind the chainsaws!" Do yourself a favor and avoid a lifetime of horror shows by "getting in the running car..." - and consider picking this book up.

Great read! Gives parents some excellent advice and direction on how to teach children about tech. safety and responsibility. I'll be purchasing copies for family and friends this Christmas.

Great tips for when you buy your child their first cell phone!

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