

# Parents learn how to empower their kids in a digital world

- 10:34 pm
- March 27, 2019

CRESCO, Iowa (KTTC) – Teenagers are growing up in a digital world and while it can have its benefits, the internet can be a dangerous place.

Parents in Cresco, Iowa learned about those risks Wednesday night at an event called “Digital Empowerment for Parents.”



Former investigator Scott Frank founded the [“Digital Empowerment Project”](#) in 2017 and since then he’s educated about 40,000 students about the dangers of the digital world.

Frank says teenagers spend an average of nine hours a day online and in doing so, they have access to nearly four billion other internet users.

Wednesday night, parents heard from victims of sex trafficking, identity theft, cyber bullying and threatening online relationships.

Frank says he’s working to empower parents and their kids to make healthy choices while online. He says children have access to a wide variety of content at a very young age.

“Our kids are immersed in a digital world where, like I said they have access to four billion people. If you look at the statistics it’s alarming,” Frank said. “90 percent of our teen boys have already been exposed to pornography and some of those are regular consumers, 30 percent of our girls, the average age of first exposure to pornography is now eight years old.”

His biggest tip for parents is to have an honest conversation with children about what they’re up to online.



“I encourage parents to ask their kids, what I call the big ask,” Frank said. “I encourage them to start with the words ‘I love you’ and ask them: ‘hey as a mom or dad I am a little overwhelmed with the digital world, why don’t you tell me what apps you are using, what makes you feel good, what makes you feel uncomfortable,’ and then ask them how as a parent can I support you.”

While Wednesday night was just for parents, Frank will be hosting a split session with both parents and students, Thursday night in Lawler, Iowa at [Our Lady of Mount Carmel](#).

The free event starts at 6 p.m.

