



LIFEGUARD YOUTH DEVELOPMENT®



GUARD YOUR HEART

GUARD YOUR MIND

GUARD YOUR BODY

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R U Listening?

Text messaging is the biggest rave in teen communication today. Cell phones have begun to replace landline phones, and for good reason. Cell phones have mobile access; they can help you when you're lost, hurt or even save your life. For teens (and some adults) it is a lifeline for communication with friends. Sending and receiving text messages by cell phone, or "texting", is sweeping the nation and teens are making headlines by texting 3,000 messages per month.

Driving While Texting, or DWT, is all the talk in the news today and its getting to be out of hand. Terrifying reports are hitting the media about teens who have been in fatal car accidents because of DWT. Several states have already banned texting while driving, including Alaska, California, Connecticut, Louisiana, Minnesota, New Jersey and Washington, as well as the District of Columbia.



Teen Text Lingo: Cracking the Code

A list of common slang terms and acronyms

IDK = I Don't Know	BF or B/F = Best Friend or Boy Friend (used interchangeably)	BRB = Be Right Back
BTW = By The Way	LOL = Laughing Out Loud	JK OR J/K = JUST KIDDING
LMIRL = Lets Meet In Real Life	POS = Parents Over Shoulder	KPC = Keep Parents Clueless
	DWT = Driving While Texting	PAW = PARENTS ARE WATCHING

"Cracking the Teen Texting Code". ABC News. Retrieved online January 27th, 2009 from <http://abcnews.com/GMA/BacktoSchool/story?id=3432205&page=1>
 "R Teens Txt Msg Addicts?" 2007. ABC News. Retrieved online January 27th, 2009 from <http://abcnews.com/Health/story?id=3385670&page=1>
 "Cell Phone Driving Laws" October 2008. Governors Highway Safety Association. Retrieved January 28th, 2009 from http://www.ghsa.org/html/stateinfo/laws/cellphone_laws.html



Sneaky Ringtones

To make these matters more challenging, there are new ringtones that teens can hear, but are inaudible to adults due to frequency, not volume. These ringtones are broken down into age groups so that only teens can audibly be notified of incoming calls, voicemails, or text messages. Created by British inventor, Howard Stapleton in 2005, "The Mosquito" was originally designed to keep teens from loitering around businesses at night, but never bothered paying customers of adult age. Today, these sounds have been revamped into ringtones for teens and are being used in classrooms, movie theaters or even at the dinner table. Would you like to put it to the test? Go to www.freemosquitoringtone.org and see if you can hear your age-appropriate ringtone.

"The Mosquito Ringtone". Mosquito Ringtones. Retrieved online January 27th, 2009 from <http://freemosquitoringtone.org>.

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