A recent survey of mobile phone owners showed that mobile phone use and text messaging is highest among those 18-29, and text messaging is the No. 1 mobile phone use by this group. The study didn’t examine habits of those younger than 18, but it follows that usage for this group is also high. In the “parental” age range of 30-49, text messaging drops by more than half, and even more in the next age category.

To stay in better touch with their kids, parents can embrace the texting trend.

A Parent’s Guide to Texting

A Great Way to Connect
- You get quick responses from your kids.
- Kids are more apt to respond to text messages than phone calls when they’re with their friends.
- Help your child gain independence while still staying connected.
- Text messaging can be used to strengthen parent-child bonds, and it can let kids know their parents are thinking of them.

How to Send a Text Message
- Choose the “text” option on your phone’s main menu.
- Type your message using the key pad
- Enter the 10-digit wireless phone number address of recipient
- Hit send!

The ABCs of Texting
- Take out vowels.
- Replace words with symbols and numbers.
- Use sounds to represent words.
- Use abbreviations and common words.
- Don’t use all caps unless you are mad.

Popular Text Messaging Lingo
- CUL8R = See you later
- TY = Thank you
- IMO = In my opinion
- CYR MA/PA = Call your mother/father
- DBL84DNR = Don’t be late for dinner
- KIT = Keep in touch
- TTYL = Talk to you later
- POS = Parents over shoulder
- PIR = Parents in Room
- P911 = Parent alert
- KPC = Keeping parents clueless

For more information on how to stay safe with AT&T, please visit www.att.com/safety.