



# **iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up**

*Janell Burley Hofmann*

[Download now](#)

[Click here](#) if your download doesn't start automatically

# iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up

*Janell Burley Hofmann*

## **iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up** Janell Burley Hofmann

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.

 [Download iRules: What Every Tech-Healthy Family Needs to Kn ...pdf](#)

 [Read Online iRules: What Every Tech-Healthy Family Needs to ...pdf](#)

## **Download and Read Free Online iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up Janell Burley Hofmann**

---

### **From reader reviews:**

#### **Eva Byrd:**

In this 21st hundred years, people become competitive in every way. By being competitive today, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice through surrounding. One thing that often many people have underestimated this for a while is reading. Yep, by reading a e-book your ability to survive increase then having chance to stay than other is high. For you personally who want to start reading any book, we give you this kind of iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up book as beginner and daily reading reserve. Why, because this book is greater than just a book.

#### **Willie Burroughs:**

As people who live in often the modest era should be upgrade about what going on or info even knowledge to make these people keep up with the era that is certainly always change and make progress. Some of you maybe will certainly update themselves by examining books. It is a good choice for you but the problems coming to you is you don't know which you should start with. This iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

#### **Laura Hill:**

Information is provisions for those to get better life, information today can get by anyone with everywhere. The information can be a understanding or any news even restricted. What people must be consider when those information which is in the former life are hard to be find than now's taking seriously which one is appropriate to believe or which one the actual resource are convinced. If you receive the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen within you if you take iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up as the daily resource information.

#### **Ann Cason:**

Hey guys, do you really wants to finds a new book to study? May be the book with the title iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up suitable to you? The particular book was written by famous writer in this era. The book untitled iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing upis the one of several books which everyone read now. This kind of book was inspired lots of people in the world. When you read this book you will enter the new dimensions that you ever know ahead of. The author explained their idea in the simple way, so all of people can easily to be aware of the core of this book. This book will give you a wide range of information about this world now. To help you to see the represented of the world with this book.

**Download and Read Online iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up Janell Burley Hofmann #YH1T0I7ULVE**

## **Read iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up by Janell Burley Hofmann for online ebook**

iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up by Janell Burley Hofmann Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up by Janell Burley Hofmann books to read online.

## **Online iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up by Janell Burley Hofmann ebook PDF download**

**iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up by Janell Burley Hofmann Doc**

**iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up by Janell Burley Hofmann Mobipocket**

**iRules: What Every Tech-Healthy Family Needs to Know about Selfies, Sexting, Gaming, and Growing up by Janell Burley Hofmann EPub**