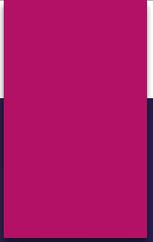


Welcome to  
Family Service & Guidance Center's



Real-World  
Parenting  
Series



# Screen time: your kids & social media

DEVELOPMENTALLY APPROPRIATE EXPECTATIONS FOR PARENTS AND CARE  
PROVIDERS

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# The Basics

- ▶ Over 45 million children in the United States, ages 10-17, regularly use the internet.
- ▶ 37% of 3-4 year olds report regularly using a parent's smartphone or tablet, as do 87% of 5-7 year olds, and 75% of teens have their own smartphone.
- ▶ An estimated 20% of parents state they do not supervise their child's internet use at all, while 52% percent of parents say they *moderately* supervise.
- ▶ Roughly 62% of teens report that they believe their parents know "little or nothing" about the websites they visit.

# 'Screen Time'

- ▶ 'Screen time' is any time a person spends using a smartphone, tablet, computer, or television. This might include interacting on social media, watching content, playing video games, using video chat, accessing and doing homework.
- ▶ Not all time spent in front of a screen is necessarily detrimental.
- ▶ Effects of 'screen time' on growing brains are still being studied.

# Benefits of 'screen time'

- ▶ Over 95% of schools in the United States are now connected to the internet.
- ▶ Educational programming and health information are available online, through apps, and on television.
- ▶ Programming can foster creativity or provide a creative outlet.
- ▶ Growth of ideas results from interactions with blogs, vlogs, and podcasts.
- ▶ Increased sense of community with those identifying shared interests.
- ▶ Fosters exploration of unique identity and “safe” feedback for social skills.

# Disadvantages of 'Screen Time'

- ▶ 'Screen time' should be minimized for toddlers and young children, as it seems to desensitize the brain to stimulation, potentially causing ADHD-like behaviors.
- ▶ Older children and teenagers may experience similar effects with high levels of usage, as well as headaches, poor sleep, social comparison, mood dysregulation.
- ▶ American Academy of Pediatrics recommends:
  - ▶ Ages 0-2: No screen time at all
  - ▶ Ages 2-5: No more than 1 hour per day
  - ▶ Ages 5-18: 2 hours per day *leisure time*
- ▶ University of Oxford:
  - ▶ Up to 6 hours per day is normal for teenagers, BUT well-being peaks at around 4 hours
    - ▶ Including homework and other educational/school activities

# Minimize TV for Infants and Toddlers

- ▶ Surveys tell us that 92.2% of 1-year-olds have already used a mobile device, some starting as young as age 4 months.
- ▶ In the first three years of life, 80% of a child's brain development occurs.
- ▶ Good evidence suggests that screen viewing before age 18 months has lasting negative effects on children's language development, reading skills, and short term memory.
- ▶ It also contributes to problems with sleep and attention.
- ▶ Regardless of content, try to limit your child's electronic entertainment time at 1 hour a day from age 18 months to age five.

# Social Media

- ▶ Social media is “websites, platforms, and applications that enable users to *create* and *share* content or to *participate* in social networking”

- ▶ Examples:

- ▶ Facebook
- ▶ Snapchat
- ▶ Tik Tok
- ▶ Instagram
- ▶ Tumblr
- ▶ Pinterest
- ▶ Youtube
- ▶ Twitter
- ▶ G+/Google Hangout
- ▶ LinkedIn
- ▶ Reddit
- ▶ Kik
- ▶ Postsecret/Whisper

## Terms to Know:

- DM: direct messaging
- Geotag: location services that track users in certain apps
- POS: parent over shoulder
- Blog/vlog: online journal
- Influencer: social media celebrity
- FOMO: fear of missing out
- Wud – what you doing
- Wbu – what about you

# Benefits to social media usage

- ▶ Can provide a creative outlet
- ▶ Interactions with blogs and vlogs can help expand worldview; ability to create can increase sense of advocacy and purpose
- ▶ Increased sense of community with those identifying shared interests; increased access to support
- ▶ Fosters exploration of unique identity and “safe” feedback for social skills
- ▶ Increased contact with ‘IRL’ friends, strengthening bonds

# What Does that Look Like?

- ▶ Kids and teens are going out less, with fewer reported incidents of underage drinking, illicit drug use, and car accidents amongst teens in 2015 than 2009.
- ▶ Teens with unique interests report fewer feelings of isolation and loneliness when connected to an online community.
- ▶ Many kids and teens see social media as a career opportunity, increasing motivation and work ethic, and possibly fostering self-esteem and confidence.

# Risks of Social Media Use

- Social media provides additional avenues for bullying, making it difficult to escape
- Fear of missing out, increased social comparison
- Can disrupt dopamine production, and sleep
- Possibility of sexual exploitation
- Other safety issues include unfiltered content, location tagging, 'the internet is forever'
- Physical effects: back issues, neck issues, carpal tunnel, fitness etc.

# Detrimental effects of Social Media Use

- ▶ Decreased self-esteem
- ▶ Increased eating disorders, body dysmorphia, disordered eating
- ▶ Increased anxiety, depression, isolation, worthlessness
- ▶ Deterioration in concentration and attention
- ▶ Poor sleep
- ▶ Unhelpful coping/avoidance

# Talking to Your Teens About Media

- ▶ Discuss sleep hygiene. This can include blue light filters, setting phones to 'do not disturb,' and allowing them to charge out of reach of the bed.
- ▶ Emphasize importance of physical health, and get creative!
- ▶ Remind teens that texting and driving is very dangerous (and illegal), and texting while walking somewhere can be too.
- ▶ Have conversations about 'ideal' vs. 'real' on social media. This might include body image, risky behaviors, stereotypes, or violence.
- ▶ Have ongoing talks about media literacy and digital citizenship.

REMEMBER: Teens are often aware of the risks, but still may feel immune.

# Internet Challenges

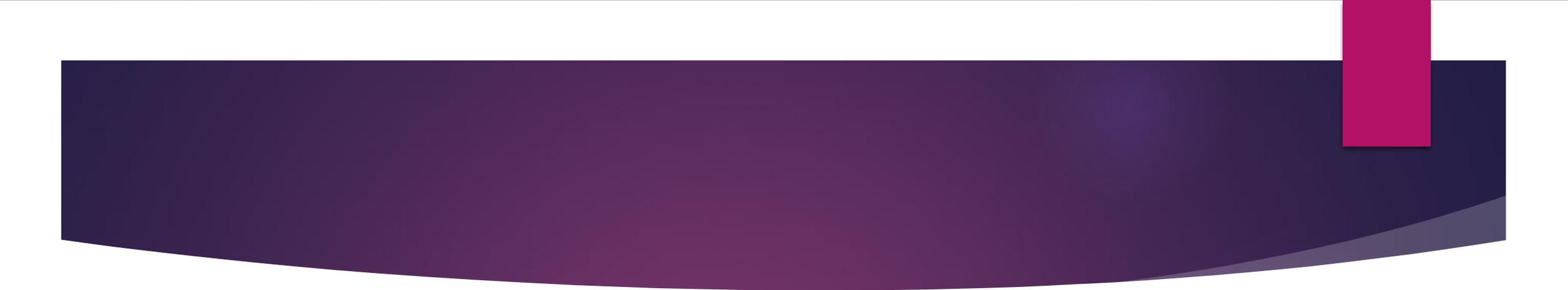
- ▶ Have you heard of:
  - ▶ ALS ice bucket challenge?
  - ▶ Mannequin challenge?
  - ▶ Chubby bunny?
  - ▶ Harlem shake?
  - ▶ Bottle flip challenge?
- ▶ What about?
  - ▶ Cinnamon challenge?
  - ▶ Tide pod challenge?
  - ▶ Choking game?
  - ▶ Kylie Lip Challenge?

## What to do?

- Stay up to date.
- Talk about it. Likely vs. Unlikely.
- Discuss the risks. Be direct.
- Acknowledge peer pressure.
- Don't judge.
- Monitor.

# Cyberbullying

- ▶ What is cyberbullying?
  - ▶ Sending mean messages to someone
  - ▶ Purposefully sharing embarrassing pictures
  - ▶ Spreading rumors or lies
  - ▶ Telling others to ignore a person or leave them out
- ▶ Cyberbullying is non-stop, anonymous, and easily spread.
- ▶ If you think your child is being cyberbullied: talk to them, document evidence, support them, report it to their school/police, and reach out for help. Do not take away their device, as this may feel like a punishment.
- ▶ If you think your child is cyberbullying others: talk to them, discuss digital citizenship and impact, reach out for help and resources.



What Can we do?

# Talk to kids and teens

- ▶ Open a line of communication – kids respond to genuine interest.
- ▶ Explain risks appropriately – know the laws in your area.
- ▶ Check in about mental health and emotions – don't be dismissive.
- ▶ Be aware that saying 'No' may not work – help to mitigate risky behaviors.
- ▶ Encourage parents to have these conversations.

# Modeling

- ▶ Talk to other parents about their social media use around their children.
- ▶ Negotiate clear expectations and rules.
- ▶ Familiarize yourself with common websites and popular content.
- ▶ Be aware of how you talk about social media and electronics.

# Parental Controls

- ▶ Every smartphone and tablet (as well as most computers and internet-enabled TVs) has an option for parental controls.
- ▶ For Android phones, Google makes a free Family Link app that allows parents to monitor a child's daily usage, set time limits for use, and set a digital "bedtime." It also allows your child to request more time for approval.
- ▶ For iPhone users, there is setting called Screen Time. This allows you to add family members, then set time limits, allow specific apps, schedule screen "downtime," and restrict specific content.

Be aware, parental controls are not a substitute for personal monitoring. Often, your kids already know how to get around parental control settings. Stay involved!

# App Safety

- ▶ kids' apps might:
  - ▶ collect and share personal information
  - ▶ let your kids spend real money — even if the app is free
  - ▶ include ads
  - ▶ link to social media
- ▶ What's more, the apps might not tell you they're doing it.

For iPhone	For Android	For Computers/All Devices
<b>Ziff Parental Control</b>	OurPact Parent Control	Circle, by Disney (not free)
	NetNanny Parental Control	Cybersitter (not free)
		Norton Family Premier (not free)
		Kaspersky Safe Kids (not free)



# Family Media Plan

- ▶ Create regular tech-free times
  - ▶ Daily routines
  - ▶ Tech-free zones/rooms
- ▶ Designate tech-free outings
- ▶ Use technology in an interactive way
  - ▶ Face to face

# Do's & Don'ts

## ▶ Do:

- ▶ Watch programs with your children
- ▶ Read up on new apps & games
- ▶ Have conversations about healthy media use
- ▶ Ask curiously about kids' online interests and friends and interactions
- ▶ Create structure/limits around use
- ▶ Use technology in an interactive way
- ▶ Learn about privacy/protection/safety features
- ▶ Consider emotional impact of media-related consequences
- ▶ Friend your kids on social media

## ▶ Don't:

- ▶ Allow 'screen time' an hour or less before bedtime
- ▶ Model poor screen time boundaries
- ▶ Interpret screen time as alone time
- ▶ Use technology as an emotional pacifier
- ▶ Shame media mistakes (teachable moments)
- ▶ SPY.

# Resources

- ▶ [Healthychildren.org](#) > Family Life > Media → Run by The American Academy of Pediatrics
- ▶ [Common Sense Media](#) > For Parents
- ▶ [Federal Trade Commission](#) > Privacy, Identity, & Online Security > Protecting Kids Online



Questions??