Helping Your Child Navigate Social Media and Screen Time

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Session Goals

- Describe the 5 social & emotional learning (SEL) skills

- Understand how to help children navigate:
    - Screen time
    - Online safety
    - Online citizenship

- Gain tips and tools for encouraging appropriate use of social media and screen time with your kids
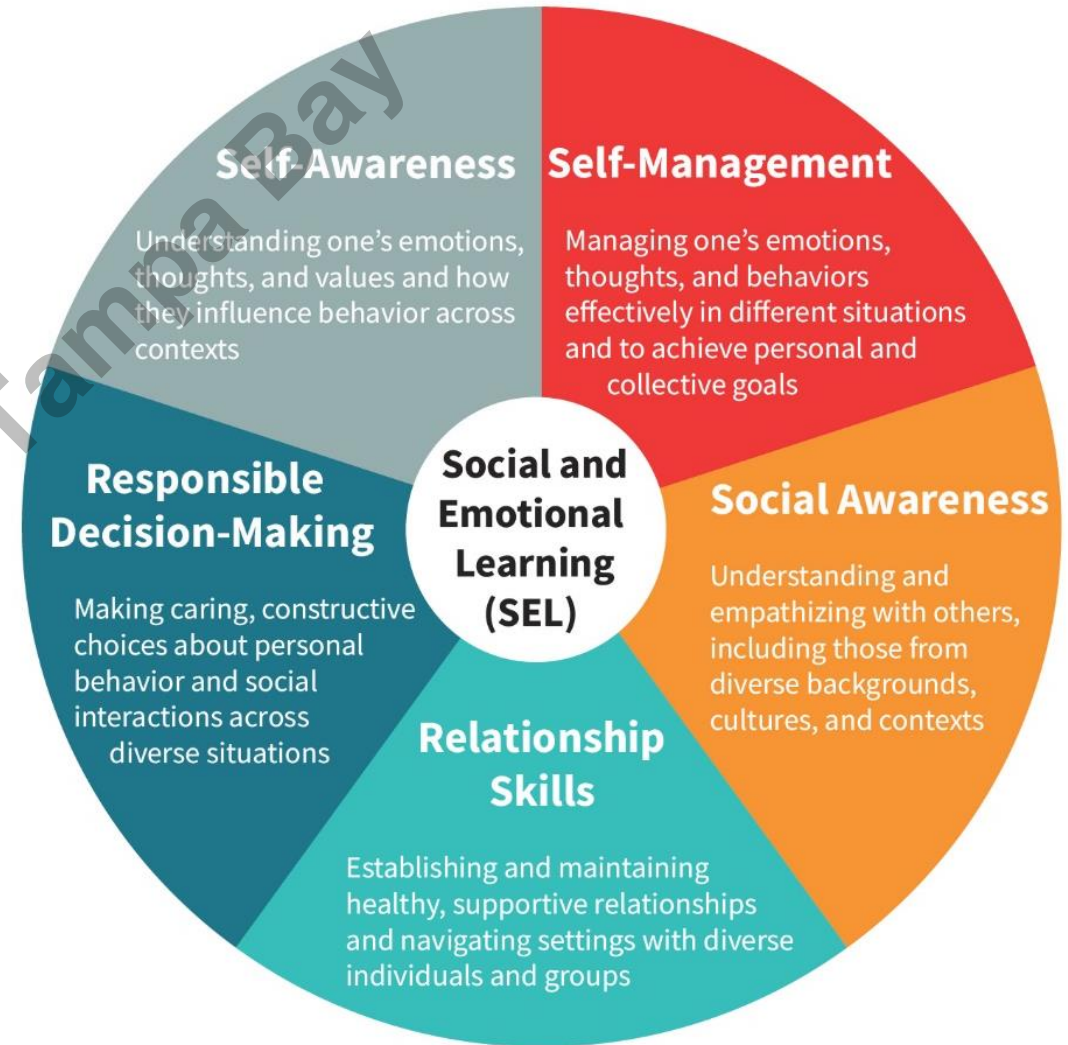
Let's Hear From You

How would your childhood have been different if you'd had screen time and/or social media?

Emotional Intelligence (EQ)

- Skills are not linear

- Skill development varies across individuals and stages

- Important to be intentional

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"**iGen teens** (born 1995 & later) spend **less time interacting** with their peers face-to-face than any previous generation."

-Wired Magazine, Dec. 2017

Kids ages 8-18 spend an average of 7.5 hours per day looking at screens.

-Kaiser Family Foundation

What are Some Pros of Screen Time and Social Media?

- Access to information
- Learning and academic engagement
- Staying connected
- Creative development
- Business marketing and entrepreneurship
- Apps for health, food and exercise, sleep, etc.

Top Social Media Sites Among Children and Teens

Snapchat — 79%
Facebook — 76%
Instagram — 73%
Twitter — 40%
Pinterest — 31%
Tumblr — 16%
WhatsApp — 15%
Musical.ly — 11%
LinkedIn — 9%

Percentage of respondents

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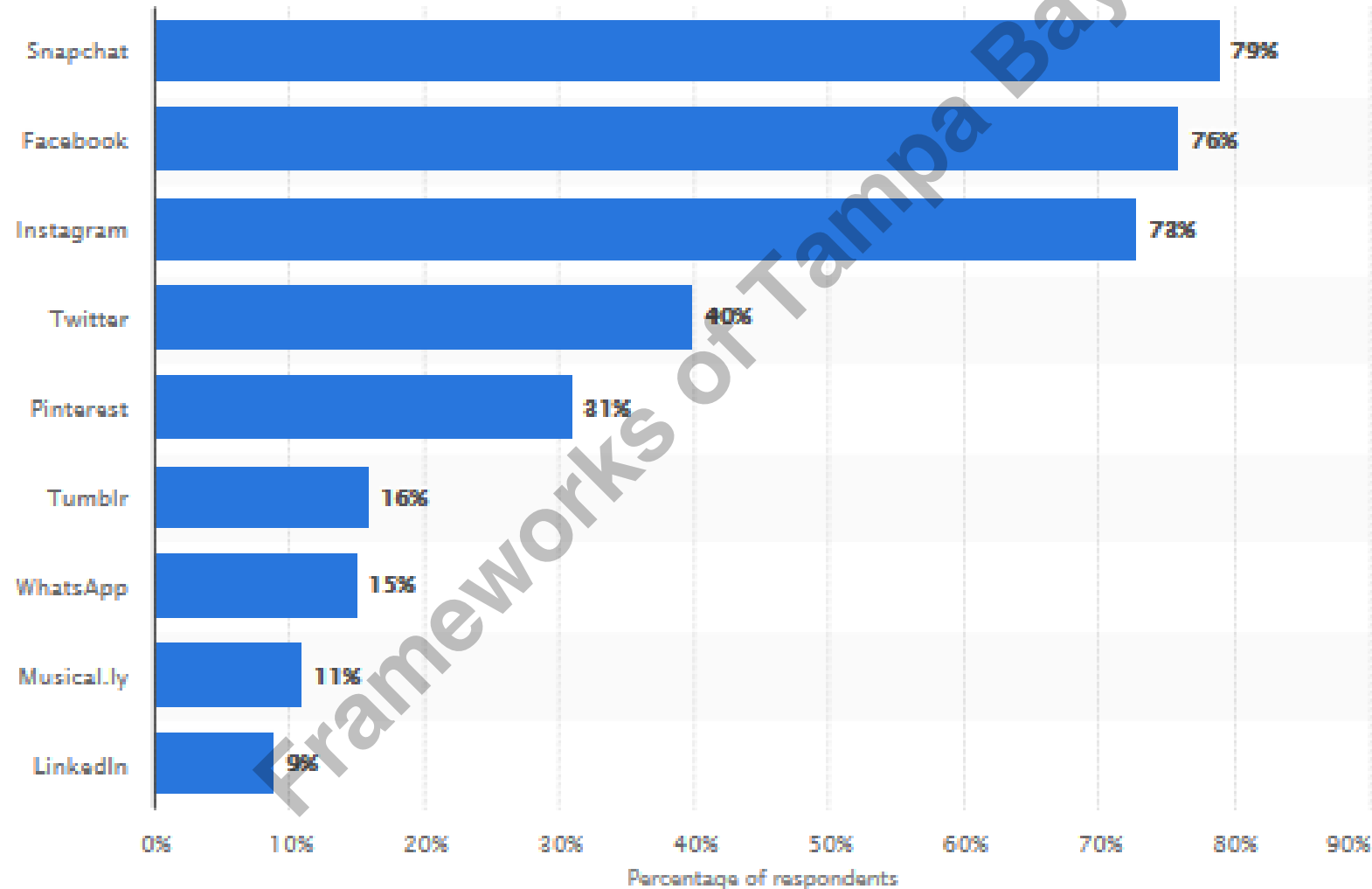
Topics We'll Discuss

1. Screen Time

2. Online Safety

3. Online Citizenship

Screen Time

Screen Time in Numbers
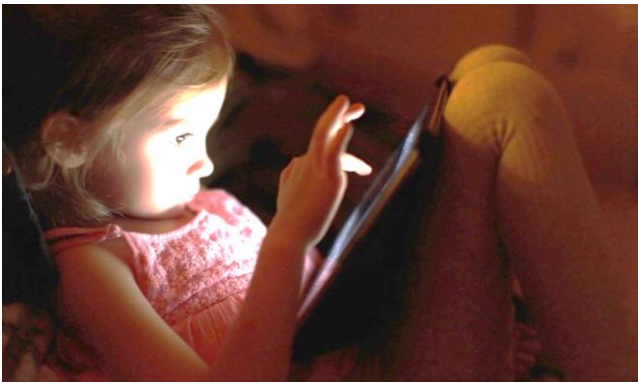
- Tweens (8-12) spend an average of **6 hours** a day on their devices

- **41%** of that is on phones & tablets

- Teens (13-19) spend an average of **9 hours** a day on their devices

- **89%** of teens have their own smartphones by 2018, compared to 41% in 2012

- **95%** of teens report having a smartphone or having access to a smartphone

- **45%** of teens report being online on a "near-constant basis"

-Common Sense Media, 2015, 2018

Strategy Share

What is one strategy you currently use to regulate your children's screen time?

Recommendations from the American Academy of Pediatrics

- **Under 18 months** – no screens except video chats
- **2-5** – 1 hour per day or less (educational)
- **6+** – consistent limits with focus on sleep & exercise
- **All ages** –
  - Designate media-free times (e.g., dinner) & locations (e.g., bedrooms)
  - Have ongoing communication about online citizenship & safety
  - Create a screen time and/or media contract with each child

Screen Time Limitations

What Screen Time parents love most...

Time Limits
Easily set time limits for your children's devices right from your phone or any browser

Schedules
Set schedules like bedtime and outdoor time and restrict specific apps

Pause
Use your phone or tablet to pause your child's device

Homework & Tasks
Create fun check lists of things you would like children to do or learn and motivate them with rewards

Self-Management

Responsible Decision-Making

Relationship Skills

Self-Awareness — Understanding one's emotions, thoughts, and values and how they influence behavior across contexts

Self-Management — Managing one's emotions, thoughts, and behaviors effectively in different situations and to achieve personal and collective goals

Social Awareness — Understanding and empathizing with others, including those from diverse backgrounds, cultures, and contexts

Responsible Decision-Making — Making caring, constructive choices about personal behavior and social interactions across diverse situations

Relationship Skills — Establishing and maintaining healthy, supportive relationships and navigating settings with diverse individuals and groups

Social and Emotional Learning (SEL)
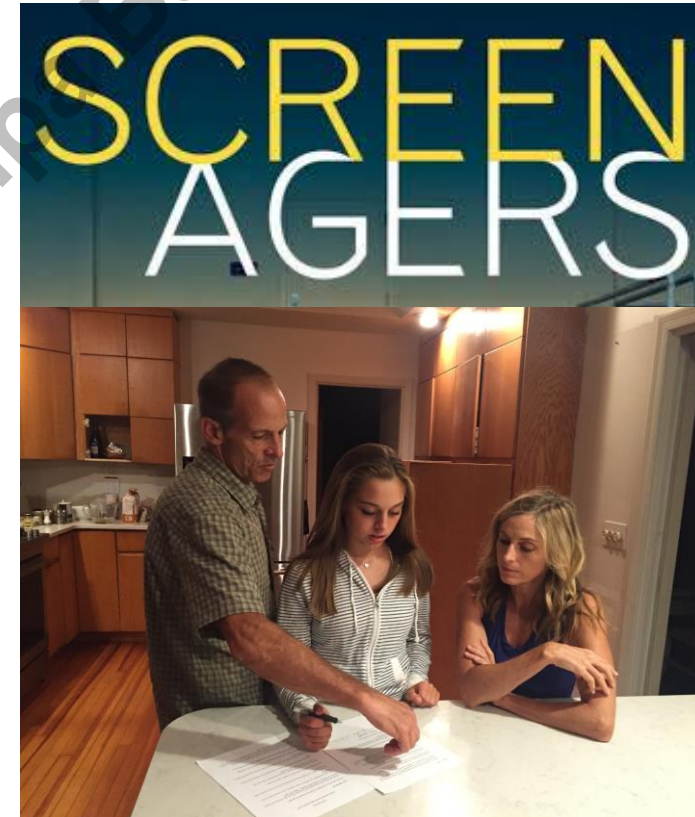
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Screen Time and Social Media Modeling

Consider:

- What you post

- When and where you use your devices

- How you can model what you're asking of your kids

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Screen Time & Social Media Contract Example

Gregory's iPhone Contract

Dear Gregory

Merry Christmas! You are now the proud owner of an iPhone. Hot Damn! You are a good & responsible 13 year old boy and you deserve this gift. But with the acceptance of this present comes rules and regulations. Please read through the following contract. I hope that you understand it is my job to raise you into a well rounded, healthy young man that can function in the world and coexist with technology, not be ruled by it. Failure to comply with the following list will result in termination of your iPhone ownership.

I love you madly & look forward to sharing several million text messages with you in the days to come.

1. It is my phone. I bought it. I pay for it. I am loaning it to you. Aren't I the greatest?

2. I will always know the password.

3. If it rings, answer it. It is a phone. Say hello, use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad". Not ever.

4. Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm. It will be shut off for the night and turned on again at 7:30am. If you would not make a call to someone's land line, wherein their parents may answer first, then do not call or text. Listen to those instincts and respect other families like we would like to be respected.

5. It does not go to school with you. Have a conversation with the people you text in person. It's a life skill. *Half days, field trips and after school activities will require special consideration.

6. If it falls into the toilet, smashes on the ground, or vanishes into thin air, you are responsible for the replacement costs or repairs. Mow a lawn, babysit, stash some birthday money. It will happen, you should be prepared.

7. Do not use this technology to lie, fool, or deceive another human being. Do not involve yourself in conversations that are hurtful to others. Be a good friend first or stay the hell out of the crossfire.

8. Do not text, email, or say anything through this device you would not say in person.

9. Do not text, email, or say anything to someone that you would not say out loud with their parents in the room. Censor yourself.

SCREEN AGERS

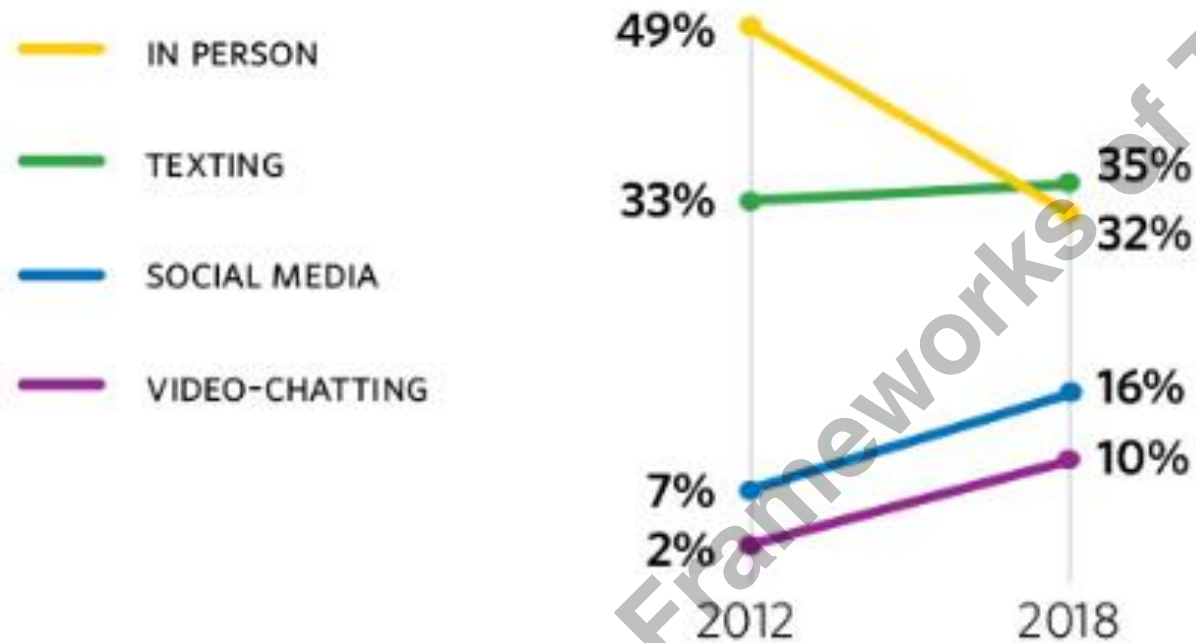**https://www.screenagersmovie.com/family-contract**

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Communication: Face Time vs. Screen Time

Teens don't value face-to-face communication with friends as much as they used to.

Teens favorite way of communicating, 2012 vs. 2018

- IN PERSON
- TEXTING
- SOCIAL MEDIA
- VIDEO-CHATTING

49%
33%
35%
32%
16%
7%
10%
2%

2012   2018

Common Sense Media, 2018

42% of teens agree that social media has taken away from time they could spend with friends in person, **compared to 34% in 2012.**

54% of teen social media users agree that it often distracts them when they should be paying attention to the people they're with, **compared to 44% in 2012.**

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Online Safety and Citizenship

Safety Tip #1: Monitor Activity

Most parents check what their teen does online and on social media...

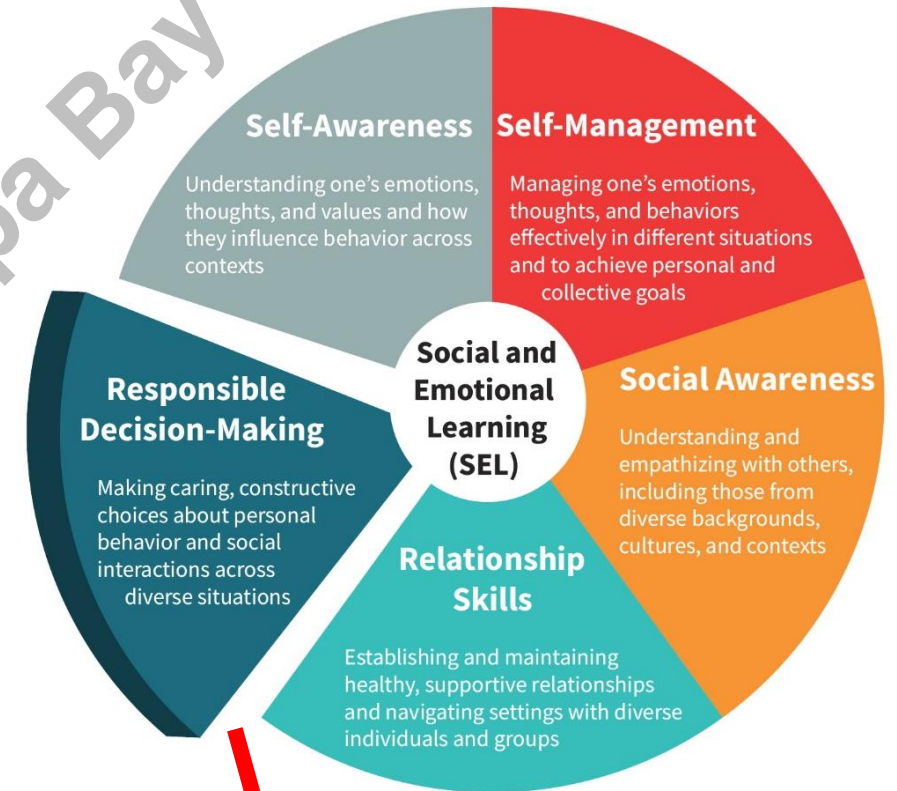*Among parents of teens ages 13 to 17, the % who have ever ...*

- Checked which websites their teen visited — 61%
- Checked teen's social media profile — 60
- Looked through teen's phone calls/messages — 48
- Used parental controls for teen's online activities — 39
- Used parental controls to restrict cellphone use — 16
- Used monitoring tools to track teen's location with his/her cellphone — 16
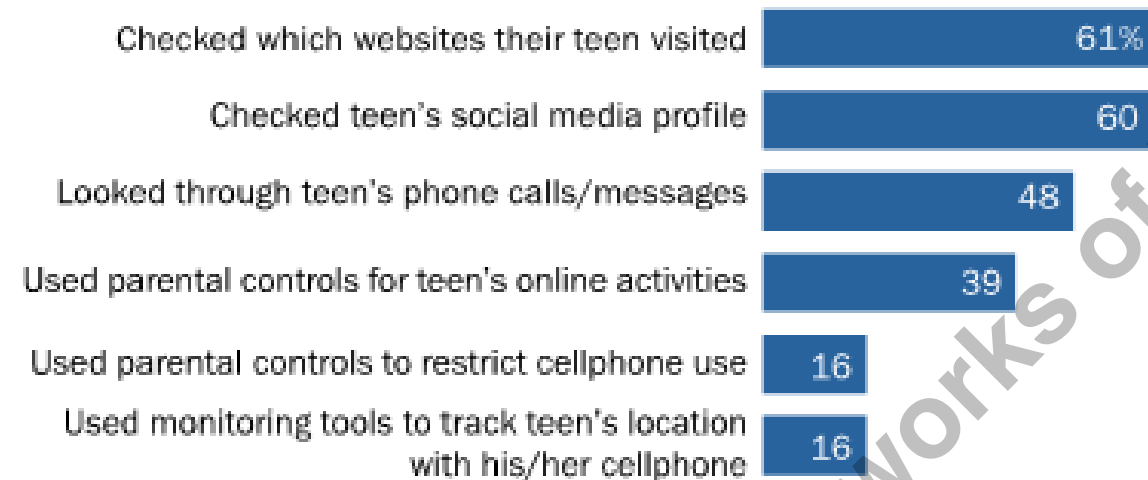
65% Have taken away teen's cellphone or internet privileges as punishment

55% Have limited the amount of time or times of day when teen can go online

-Pew Research Center

Social and Emotional Learning (SEL)

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Relationship Skills
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Responsible Decision-Making
Making caring, constructive choices about personal behavior and social interactions across diverse situations

Modeling Responsible Decision-Making Skills

Safety Tip #1: Monitor Activity

What happens online stays online.

When asked to pick which comes closer to the truth, teens say:
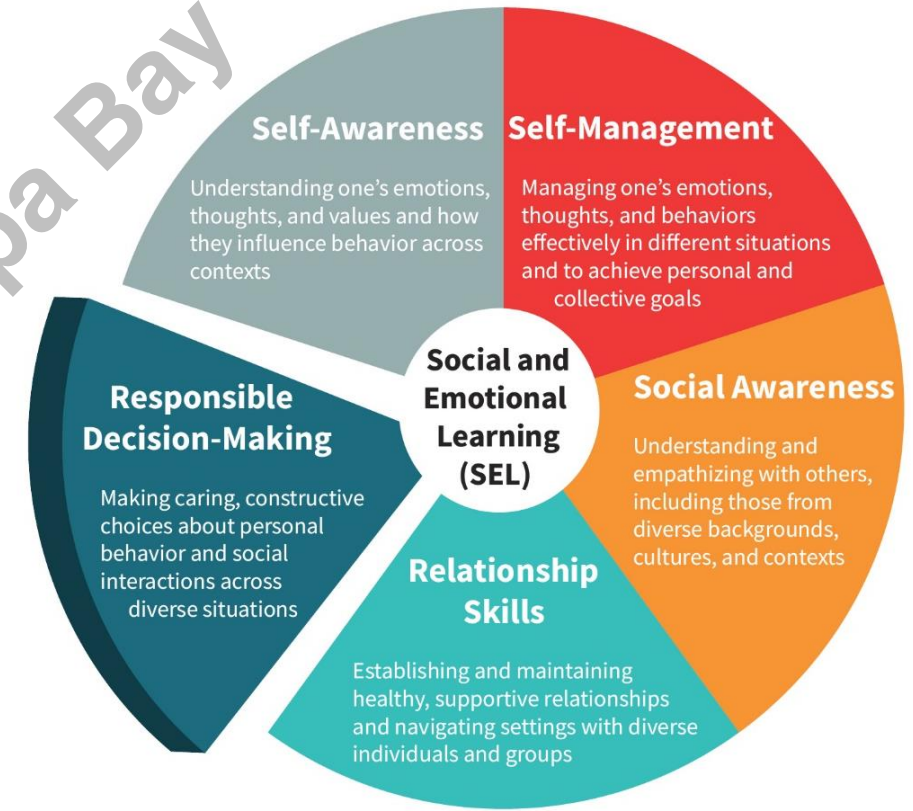
54% If parents knew what actually happens on social media, they'd be a lot more worried about it.

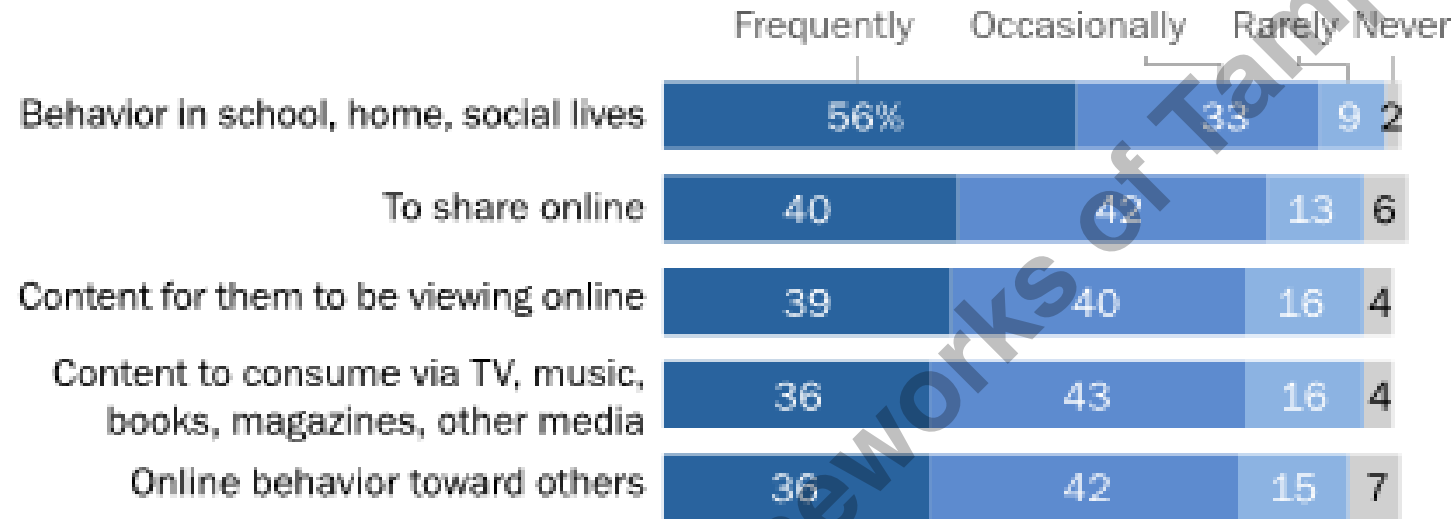**46%** Parents worry too much about teens' use of social media.
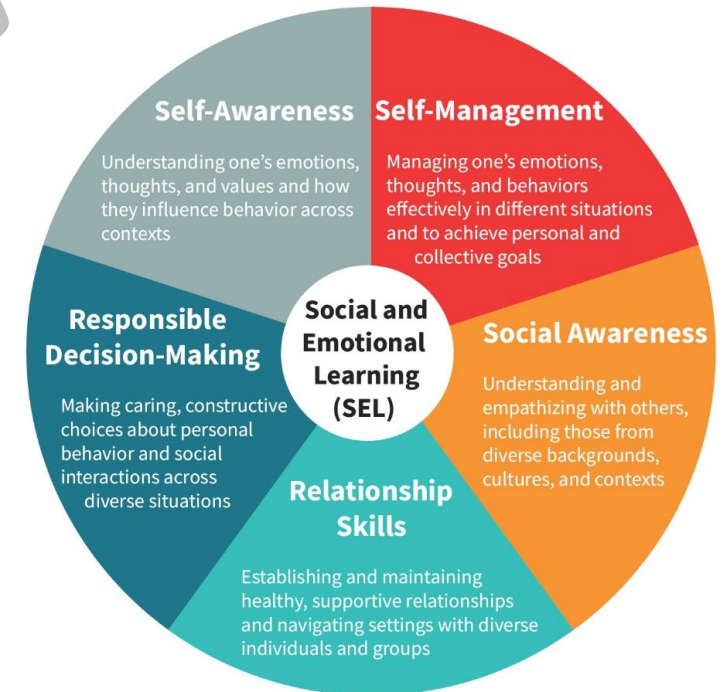
Common Sense Media, 2018

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Responsible Decision-Making Skills

Safety Tip #2: Talk With Your Kids

Among parents of teens ages 13 to 17, the % who say they frequently, occasionally, rarely or never talk with their teen about what is appropriate or inappropriate behavior in the following areas

	Frequently	Occasionally	Rarely	Never
Behavior in school, home, social lives	56%	33	9	2
To share online	40	42	13	6
Content for them to be viewing online	39	40	16	4
Content to consume via TV, music, books, magazines, other media	36	43	16	4
Online behavior toward others	36	42	15	7

Source: Surveys conducted Sept. 25-Oct. 9, 2014, and Feb. 10-March 16, 2015.

PEW RESEARCH CENTER

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Collaborative for Academic, Social, and Emotional Learning (CASEL)

Self-Management
Social Awareness
Relationship Skills

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Conversation Advice

- Discuss the purpose of social media

- Discuss interactions with strangers

- Discuss private vs. public information

- Use door-opening questions- "Wh"

- Create a contract

Raise Hand

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Safety Tip #3: Get App-Savvy

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Online Safety - App Suggestions

For safe Internet browsing:
- View your phone and tablet privacy settings
- Use parental controls on Windows and Mac OS
- https://www.youtube.com/account - YouTube "Restricted mode"
- https://www.google.com/preferences - Google "Safe Search mode"
- https://support.google.com/chrome/answer/3463947?hl=en – Chrome "Supervised profile"
- Kid-safe browsers for age 10 and under: Zoodles, Maxthon, Safe Search Kids, KidRex, Kiddle, etc.

For Android monitoring:
- Google Family Link and Limitly allow you to manage your child's apps and set screen time limits

For Android or iPhone monitoring:
- https://www.bark.us/ - links to your kids' accounts, monitors for keywords, and sends you real-time alerts
- https://www.teensafe.com – view your kids' sent and received texts and calls as well as their browsing history and phone location
- Similar apps include NetNanny and Qustodio

To limit screen time:
- Screen Time – https://screentimelabs.com/
- MMGuardian – https://mmguardian.com/
- Mobile Guardian – https://www.mobileguardian.com/
- NetNanny – https://www.netnanny.com/
- TeenSafe – https://www.teensafe.com
- Verizon Smart Family – https://www.verizonwireless.com/support/verizon-smart-family/
- Norton Family – https://family.norton.com
- Mobicip – https://www.mobicip.com/

For more apps, see https://www.screenagersmovie.com/parenting-apps/

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What Screen Time and Social Media May Offer Kids

- Instant gratification

- Validation of physical attractiveness

- Popularity

- Opportunity for expression

Online Concerns

Save Evidence & Report

- Screenshot evidence

- Report serious infractions to the social media platform

- Help your child block websites, apps, or numbers to prevent future issues

- Know your school policies

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Discuss Permanence

Any post, photo, or video can be saved!

Responsible Decision-Making

Continually Build SEL Skills and Reflect Together

Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

Percent of social media users who say they:

Sometimes feel left out or excluded when using social media

70%

29%
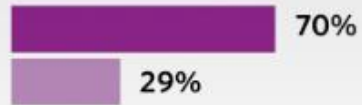
Have deleted social media posts because they got too few "likes"

43%

13%
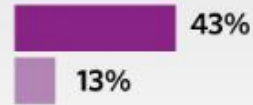
Feel bad about themselves if no one comments on or likes their posts

43%

11%
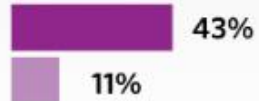
Have ever been cyberbullied

35%

5%

LOW SOCIAL-EMOTIONAL WELL-BEING

HIGH SOCIAL-EMOTIONAL WELL-BEING

See Methodology section for definitions of the high, medium, and low SEWB groups.

Looking closer at teens with low social-emotional well-being

Percent who say using social media makes them feel:

Lonely   MORE   LESS

13%

39%

Depressed

11%

29%

Better/Worse about themselves

22% Better

15% Worse

METHODOLOGY: This report is based on a nationally representative survey of 1,141 13- to 17-year-olds in the United States. The survey was administered online by the research group GfK using their KnowledgePanel© from March 22, 2018, through April 10, 2018. Participants were recruited using address-based sampling methods. The margin of error for the full sample at a 95 percent confidence level is +/-3.4 percent. The overall design effect for the survey is 1.4048.

Before you post on:

THINK

T = Is it true?

H = Is it helpful?

I = Is it inspiring?

N = Is it necessary?

K = Is it kind?

Common Sense Media, 2018

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Encourage In-Person Discussions

I statement:

"**I feel** *(name emotion)* **when you** *(name behavior)*. **I would like you to** *(request action)*."

Reminder!

Please sign in using the chat feature:

First and last name, email address, number of children.

Thank You!

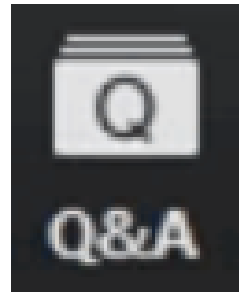**Feedback Survey:**
Complete using the Survey
Monkey link

03:00

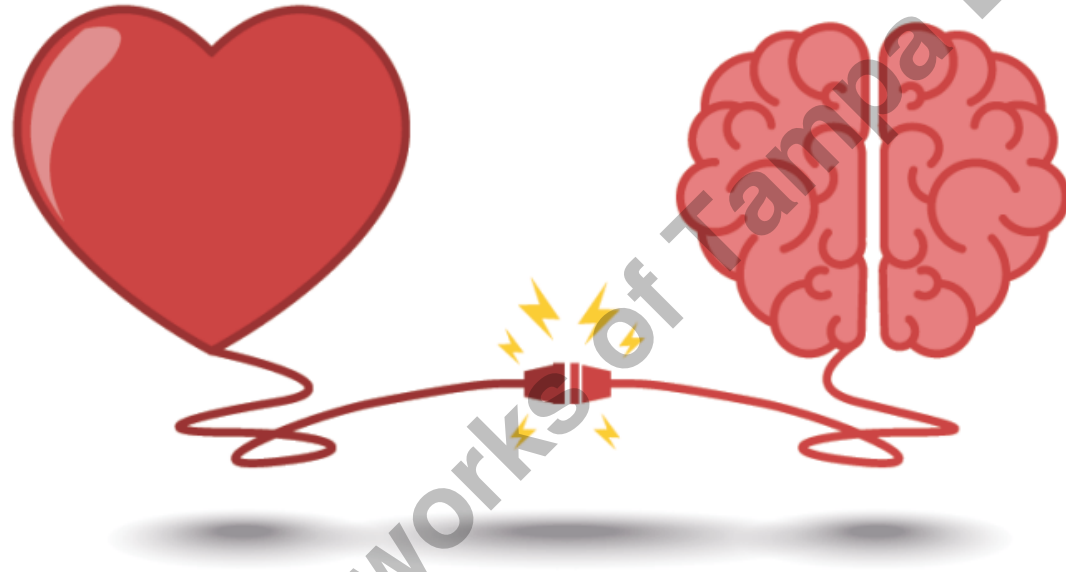# What's one strategy you are going to try at home?

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- Understand how to help children navigate:
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Thank You!

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