



Keeping the Tech in Check

PARENT WORKSHOP

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What Issues Are You Experiencing?



Types of Technology

- Social Media
- Video Games
- YouTube
- Television

Tech Use is High

A survey of 13- to 17-year-olds released this fall by the nonprofit **Common Sense Media** found that **95 percent of U.S. teens have their own mobile device.**

70% of them check social media several times a day, up from 34% in 2012.

More than half say that their devices distract them from homework or the people they're with.

Difficult for Parents to Manage

What are some of the challenges of trying to manage/limit/control technology use with your child/ren?



This is an Important Battle to Fight

The effects of technology overuse can be very detrimental to your child



Screen time is Making Many Kids Moody, Depressed and Unmotivated

1. Screen time disrupts sleep and desynchronizes the body clock
2. Screen time desensitizes the brain's reward system
3. Screen time produces light-at-night which has been linked to depression and even suicide risk
4. Screen time induces stress reactions due to hyperarousal and the activation of addiction neural pathways
5. Screen time overloads the sensory system, fractures attention, and depletes mental reserves
6. Screen-time reduces physical activity levels and exposure to green time

Effects of Technology Overuse

- Television and video game use accounts for **60% of childhood obesity** and is now considered to be an epidemic by the CDC
- Many children are becoming **desensitized to violence** and are **lacking empathy** which is resulting in an unprecedented rise in childhood aggression
- Neural pathway formation in children who overuse technology is short-circuiting the prefrontal cortex, permanently **altering the way children think and behave**
- **Critical milestones** for child motor and sensory development are often not being met
- **One in five children** exhibit health, mental health, or other problems at school

Effects Seen in School

- Teachers report that students have a more difficult time **maintaining focus and attention**, especially on challenging tasks
- Students are likely to **take longer to complete school work**, and feel much more stressed as they do. This is because they are so distracted by the urge to check their phones (every 15 minutes, on average), and by the anxiety associated with a **fear of missing something** on social media.
- The average adolescent finds it **challenging to study for 15 minutes** at a time. When attempting to do so, they will spend an average of one third of that time distracted.
- Studies indicate that technology overuse by children may be associated with **attention difficulties, poor academic achievement and sleep impairment**.

How Much Is Too Much?

(American Academy of Pediatrics, 2018)

- Limit entertainment screen time to 1-2 hours
- No media exposure for children younger than 2
- Keep TV and internet connected devices out of the child's bedroom
- Monitor websites they are visiting, YouTube and social media apps they are using
- Collaboratively establish a family home use plan for all media
- Enforce a mealtime and bedtime curfew

Research

- The constant stimulation from video games has led to **shorter attention spans** and the instant rewards often result in **kids giving up** if they do not get the desired result quickly.
- Games and technology in general can be **very rewarding**. Kids can interact and quickly get positive feedback from peers online, from other players in live games, or from scoring points in video games
- The loss of one's phone often causes teenagers to experience **anxiety that is visible and presents as agitation**
- Phone related anxiety (fear of missing out) is a **strong predictor of poor school performance** and of **not getting adequate sleep**. Roughly half of all teenagers surveyed checked their phones at least once during the night.

Strategies

For LIMITING TECHNOLOGY



Control vs Collaboration



Work Collaboratively With Your Child

- **Listen** to your child and understand his/her point of view
- **Share your concerns** with his/her (maybe even share an article)
- Find a **solution that works for both** of you and meets BOTH of your needs.

What Are Your Family Values and Goals?

Think of 2 family values and 2 family goals that you have.

Values:

Goals:

Discuss with someone next to you

Decide What Comes Before Screen Time

- If you really value **time together as a family**, then build that into your routine before screen time can occur
- You may also ask your child to **complete daily responsibilities** in the home before screen time is permitted
- You can set it up so that your child must **earn screen time**. **Technology is a privilege**, not a right.
- **Create a balance** between family priorities (family time, creativity, outdoor activity) and responsibilities (making bed, unloading the dishwasher, etc) and technology time

Examine Your Own Technology Use



Meshing Values, Goals and Technology Use

Your child's screen time and use of technology should **match up with your goals** as a parent

Discuss with someone next to you how you can manage technology use in a way that supports your family values and goals

Guidelines for Limiting Negative Effects

**Should Parents
Monitor Their
Children's
Social Media?**



Parental Controls

- Cellular services allow you to **suspend and reinstate service** by logging into your account.
- **Apple and Android** newer versions give parents the ability to monitor and limit use
- There are apps you can add to your cellular plan which will **track and limit your child's usage**, activity and contacts.
 - E.g., Circle with Disney, Watchdog
- **Disable the device**: as a last resort, you can remove a power cord or disable the wireless router at a time when there will not be a confrontation.

The Brain Needs Time to Reset

- **Children under 12** should take a 30 minute break from technology every 30 minutes.
- **Teens 12 and older** should spend no longer than 90 minutes on technology without a break. The brain needs 10 to 15 minutes to reset, and this can be done by going outside to be in nature, listening to or playing music, meditating, exercising or taking a shower.
- **Balance time** between technology and other activities that children need for healthy development

For More Information



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