

Screen Time



Benefits of technology

- Easier access to academics
- Family Connections; relatives
- Information “how to” in the home
- Consolidate and reduce waste
- Brain development strategies
- Safety
- Overcome Challenges
 - Organizational tools
 - Assisted technology





The FACTS

- 13- to 18-year-olds spend 9 hours a day using media--not including screen time for homework
- 24% of 8- to 12-year-olds have a smartphone
- 67% of 13- to 18-year-olds have a smartphone
- 50% of 13- to 18-year-olds use social media while doing homework

- Source: commonmedia.org 2015

- 92% of 13- to 17-year-olds go online at least once a day and 56% do so several times a day
- 24% of 13- to 17-year-olds say they are online “almost constantly”
- Facebook, Instagram and Snapchat still reign supreme among teens
- Girls prefer visually-oriented social media, including Instagram, Snapchat and Pinterest
- Boys play video games: 91% have a video game console and 84% use their phones for gaming
- Common Sense Media “8- to 12-year-olds spend 6 hours a day using media--not including screen time for homework

CAUSE FOR CONCERN

Concerns from Parents Include:

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- Distraction- HW, Quality of time
 - 24/7 influx of messages and pings
 - Transition times
- Addiction
- Anxiety
 - Status
 - Bullying
- Health
- Psychological-
- Attention span
- Sleep

- In February 2015, the journal Pediatrics published a study of 2048 4th- and 7th-graders that shows that sleeping with a small screen decreased sleep time by 20 minutes

SOLUTIONS



“It’s not just about limiting screen time; it’s about teaching kids to develop good habits in real life As well as managing their screen time.”

— [Cynthia Crossley](#), Co-Founder of Habyts

Obsessed with devices



multitask—read work email, reply to a text, check Facebook, watch a video clip. Talk on the phone, send a text, drive a car. Enjoy family dinner with a glowing smartphone next to our plates. We can do it all, 24/7.

As role models for our kids, Lead by example




- Do not text and drive even at stop lights
- Limit to one screen at a time. If laptop is open, phone is away.
- Use social media to learn about upcoming events but once there, leave phone in my purse/car Use a phone bucket at dinner time.
- Host unplugged parties
- Use media with purpose- respect it
- BALANCE

The Family Agreement

CONTRACT

Signature _____

A close-up photograph of a hand holding a red ballpoint pen, positioned over a signature line on a document. The word 'CONTRACT' is printed in large, bold, black capital letters above the signature line. The signature line is a thin black line with the word 'Signature' written in a smaller font to its left. The background is a plain, light-colored surface.



- Enjoy your media and use them wisely,
- *The key is in not spending time, but in investing it.*
----*Stephen R. Covey*



Whether you are a parent or not, carving out time to turn off your devices, to disconnect from the wired world and engage with the real people who are all around you, is one of the best gifts you can give yourself and the people you love.”

– Alan Brown

Resource: “Psychology of Technology.”

In *The Distracted Mind*, psychologist Larry Rosen teams up with neuroscientist Adam Gazzaley to explain why our brains aren't built for multitasking, and suggest better ways to live in a high-tech world without giving up our modern technology.