



MANAGING TECHNOLOGY USAGE

HOW TO UNDERSTAND AND ADJUST USAGE WITHIN YOUR HOME

OVERVIEW



- Awareness
- Concerns
- Approaches
- Discussions

DEVICES DISCUSSION

- How many digital devices do you have?
- How many digital devices do you have in your home?
- What do you use them for?
- How much time do you spend on your computer? Your phone?
- What benefits does technology provide for you?
- What are the problems?



**JAN
2018**

DIGITAL AROUND THE WORLD IN 2018

KEY STATISTICAL INDICATORS FOR THE WORLD'S INTERNET, MOBILE, AND SOCIAL MEDIA USERS

TOTAL
POPULATION



we
are
social

7.593
BILLION

URBANISATION:

55%

INTERNET
USERS



we
are
social

4.021
BILLION

PENETRATION:

53%

ACTIVE SOCIAL
MEDIA USERS



we
are
social

3.196
BILLION

PENETRATION:

42%

UNIQUE
MOBILE USERS



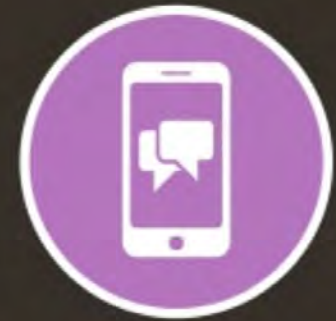
we
are
social

5.135
BILLION

PENETRATION:

68%

ACTIVE MOBILE
SOCIAL USERS



we
are
social

2.958
BILLION

PENETRATION:

39%

SOURCES: POPULATION: UNITED NATIONS; U.S. CENSUS BUREAU; **INTERNET:** INTERNET WORLDSTATS; ITU; EUROSTAT; INTERNETLIVESTATS; CIA WORLD FACTBOOK; MIDEASTMEDIA.ORG; FACEBOOK; GOVERNMENT OFFICIALS; REGULATORY AUTHORITIES; REPUTABLE MEDIA; **SOCIAL MEDIA AND MOBILE SOCIAL MEDIA:** FACEBOOK; TENCENT; VKONTAKTE; KAKAO; NAVER; DING; TECHRASA; SIMILARWEB; KEPIOS ANALYSIS; **MOBILE:** GSMA INTELLIGENCE; GOOGLE; ERICSSON; KEPIOS ANALYSIS. **NOTE:** PENETRATION FIGURES ARE FOR TOTAL POPULATION (ALL AGES).

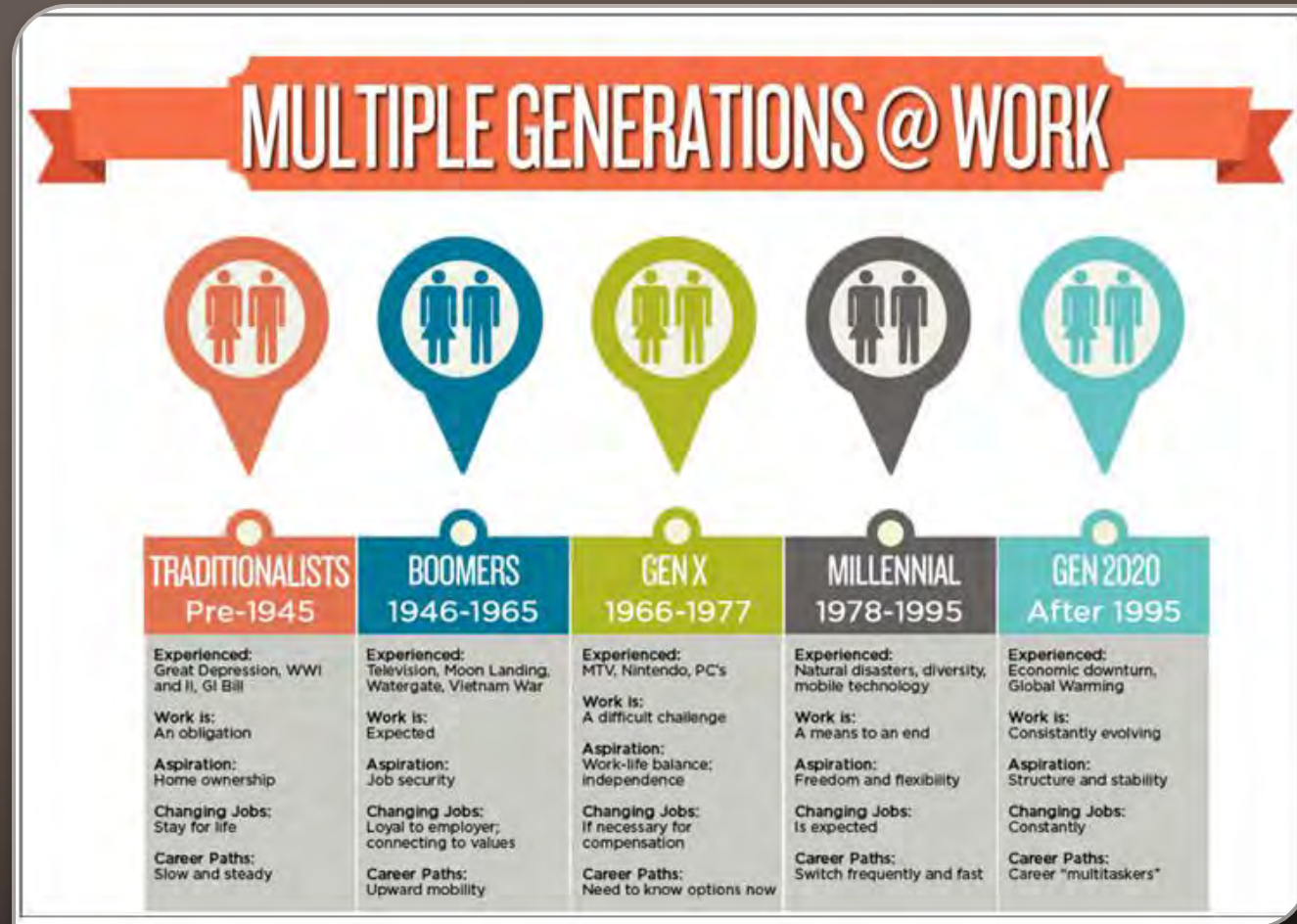


Hootsuite™

**we
are
social**

STATISTICS

- Generational Differences
 - Baby Boomers
 - Gen X
 - Millennials
 - Post-Millennials
- Communication through tech differences
- Expectations for use of time



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ACTIVE USERS OF KEY GLOBAL SOCIAL PLATFORMS

BASED ON THE MOST RECENTLY PUBLISHED MONTHLY ACTIVE USER ACCOUNTS FOR EACH PLATFORM, IN MILLIONS



GLOBAL SNAPSHOTS

- Around the world, tech usage is different, based on cultural, linguistic, and access to sites.
- How does that impact you or your family's usage of technology?

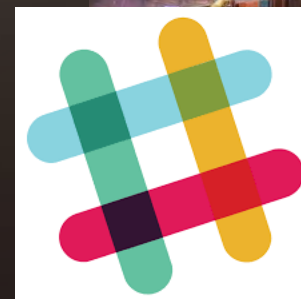
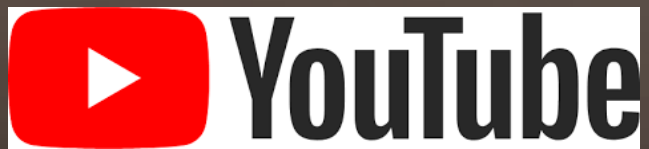
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TOP MESSENGER APPS BY COUNTRY

BASED ON THE GOOGLE PLAY STORE RANK FOR EACH COUNTRY IN DECEMBER 2017



WHICH OF THESE DO YOU RECOGNIZE?

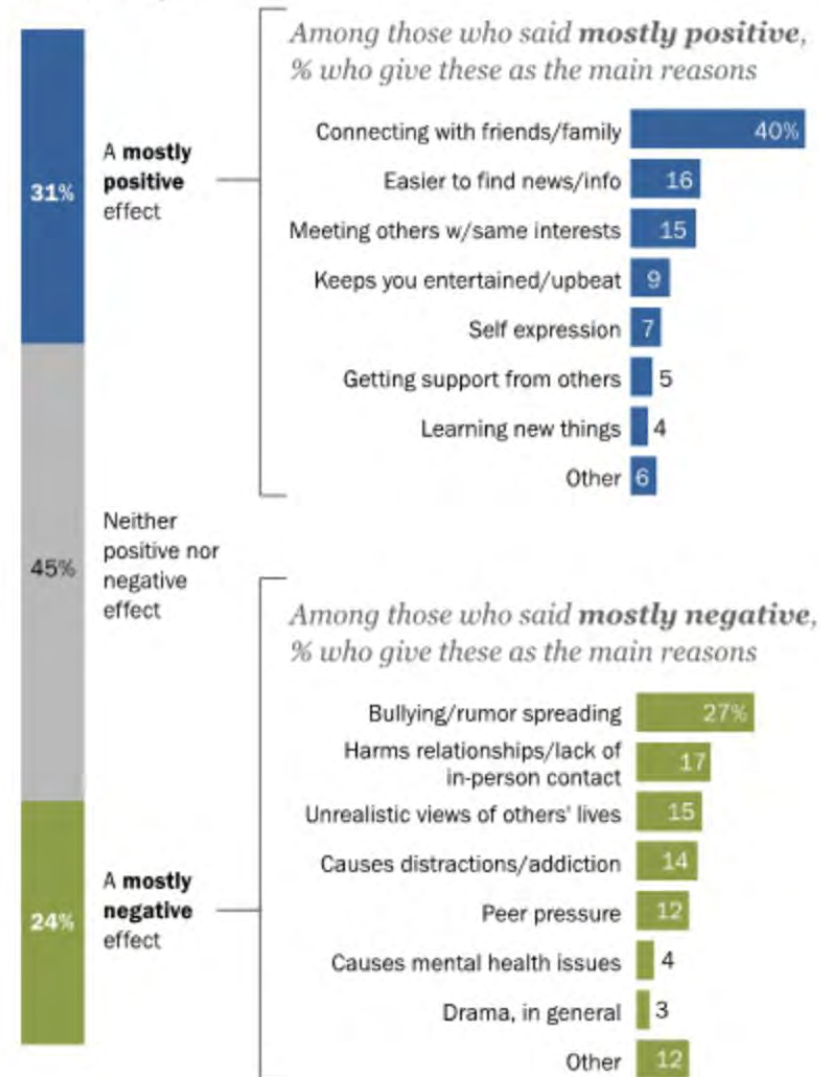


WHICH ARE THE TOP FOR TEENS AT HIS?



Teens have mixed views on social media's effect on people their age; many say it helps them connect with others, some express concerns about bullying

% of U.S. teens who say social media has had ___ on people their own age



Note: Respondents who did not give an answer are not shown. Verbatim responses have

WHAT IS THE VALUE OF TECH / SOCIAL MEDIA?

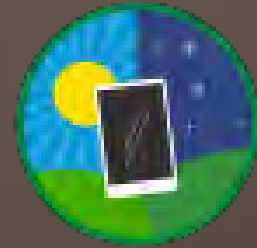
- Creative expression
- Opportunities to make money
- Opportunities to connect
- Feedback from friends and more
- Access to information and new ideas
- Gaining new skills



CONCERNS?

- Screen Time
 - Impact on the brain / eyes
- Addiction
- Lack of sleep
- Inability to focus
- Lack of interaction skills
- Privacy / Security
- Bullying / Cyberbullying
- Access to inappropriate content

HIS ACCEPTABLE TECHNOLOGY USE



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.



- Laptops for grades 5 – 12
- Digital Dragons (empowered learners and student-driven)
 - 21st Century Skills are required for success in college, career, and citizenship.
 - Digital Citizenship
 - Technology Responsible Use Agreement

International Society for Technology in Education <https://www.iste.org/standards/for-students>

Common Sense Media <https://www.commonsense.org/education/digital-citizenship>



HOW MANY HOURS DO CHILDREN AGE 8-18 SPEND ON THEIR SCREENS EACH DAY?

- A. 45 minutes
 - B. 1-2 Hours
 - C. 3-4 Hours
 - D. 7-8 Hours
- 
- 

The background is a dark brown gradient. In the corners, there are white line art illustrations of circuit boards or neural networks. These consist of thin lines that branch out and terminate in small circles, resembling electronic components or neurons.

THE ANSWER IS D.
CHILDREN AGE 8-18 SPEND ON AVERAGE MORE THAN 7
HOURS ON SCREENS EACH DAY.

RECOMMENDED SCREEN TIME BY AGE

| Age | Daily Usage |
|-------------|-------------|
| < 18 months | 0 Hours |
| 2-5 years | 1 Hour |
| > 6 years | 1-2 Hours |

American Heart Association (AHA) 2018

<https://www.cbsnews.com/news/parents-need-to-drastically-cut-kids-screen-time-devices-american-heart-association/>

HOW TO MANAGE?



- **Step 1:** Communication with family – establish norms together
- **Step 2:** Expectations clear
- **Step 3:** Boundaries and Consequences
- **Step 4:** Re-evaluate together

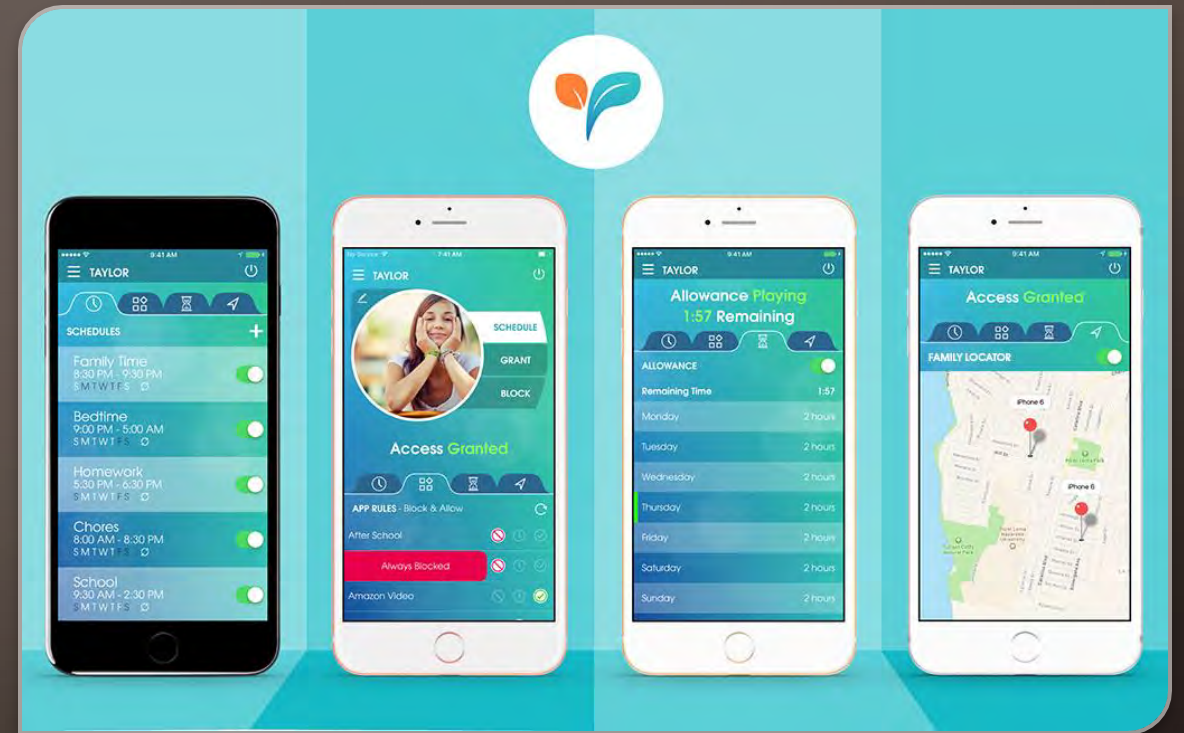
FAMILY NORMS

- Our Family vs. “Everyone Else”
- Screen Time Usage
 - Parents & Students
- Expectations for use / appropriate content
- Rewards for completion of homework / exercise
- Bedtime and phones / computers
- Location of chargers / homework



TOOLS FOR MANAGING TECH USAGE

- Commonsense Media:
<https://www.commonsensemedia.org/>
- Iphone screen time usage settings
- Parental controls - passwords
- **OurPact** (iPhone and Android)
<https://ourpact.com/>
- **Dinner Time Plus** (Android)
<http://www.dinnertimeapp.com/>
- Freedom - <https://freedom.to/>
- Self-Control - <https://selfcontrolapp.com/>




WHAT DO THE GRADE 12 STUDENTS SUGGEST?

- Whitelisting websites that distract
- Taking the phone at night
- Let the child play a lot when young, so they get tired of it
- Don't give them a credit card
- They recognize that taking notes with paper / pencil actually helps them remember better.
- Their eyes hurt after looking at screens so much



REFERENCES

- <https://wearesocial.com/us/blog/2018/01/global-digital-report-2018>
 - Google Images
- 

FEEDBACK

What else would be helpful for you?
Please let us know your thoughts.





Hangzhou International
School

ARTS NIGHT

Visual Arts Exhibition, Music
Concert, Drama Performances

22 NOVEMBER | 6:00 PM
THE HALL

Free Entry, Concessions available for
purchase

JOIN
US!

HIS 2018 Winter Fair

HIS圣诞集
市期待您的
到来!

JOIN US FOR A GREAT FAMILY TIME
WITH ACTIVITIES AND
PERFORMANCES!

STOCK UP FOR HOLIDAY SHOPPING
WHILE ENJOYING DELICIOUS FOOD
AND BEVERAGES FROM DIFFERENT
VENDORS.

Sunday
December 2
11 am to 2pm

12月2号, 周日, 上
午11点到下午2点,

RSUP TO GET A PRESENT FROM
OUR SPECIAL GUEST ALL THE WAY
FROM THE NORTH POLE!

丰富多彩的活动与表演,
享受美味食物和饮品的同
时, 开启欢乐家庭, 假期
购物模式。扫描下方二维码,
回复确认, 即可获得
一份来自圣诞老人的神秘
礼物。

