



**TROY TECH TALK**  
**Psychological Effects of**  
**Technology**  
**Tools to Avoid Summer Slide**  
**Apps for Parents**  
May 18, 2016



**TROY TECH TALK**  
**Psychological Effects of**  
**Technology**  
**Dr. Saba Maroof**

# Developmental Aspects of Technology and Parenting

Saba Maroof, MD, Child, Adolescent and Adult Psychiatrist



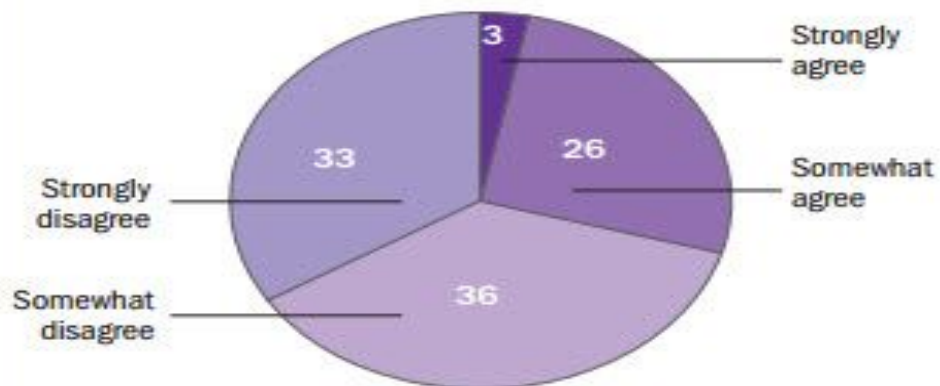


# Know Thyself

- ↗ 80% of teens are online
- ↗ Kids 7-18 spend 7.5 hours per day in front of a screen (Kaiser 2011)
- ↗ 2/3's of American teens own a cell phone
- ↗ 60% of teens use twitter
- ↗ 89% of US families own multiple cell phones
- ↗ 77% of teens have phones
- ↗ 31% of those teens have smart phones
- ↗ 12-17 year olds are particularly high users
- ↗ Teens send an average of 60 texts a day
  - ↗ Exchanging >4,000 texts per month (data from 2010)

### **Chart 2: Parenting and New Media Technologies**

Among parents of 0–8 year-olds, percent who agree/disagree that “smartphones and tablet devices make parenting easier”



# Defining the Scope of the Digital World

- ↗ A third of all third graders own a cell phone
- ↗ Teens average >3000 texts per month
  - ↗ Some exceed 10,000 texts a month
- ↗ Facebook would be close to India as the biggest nation in the world with 1.2 billion residents!
- ↗ Instagram, Snapchat fastest rising social media sites



Pros	Cons



# The Upside

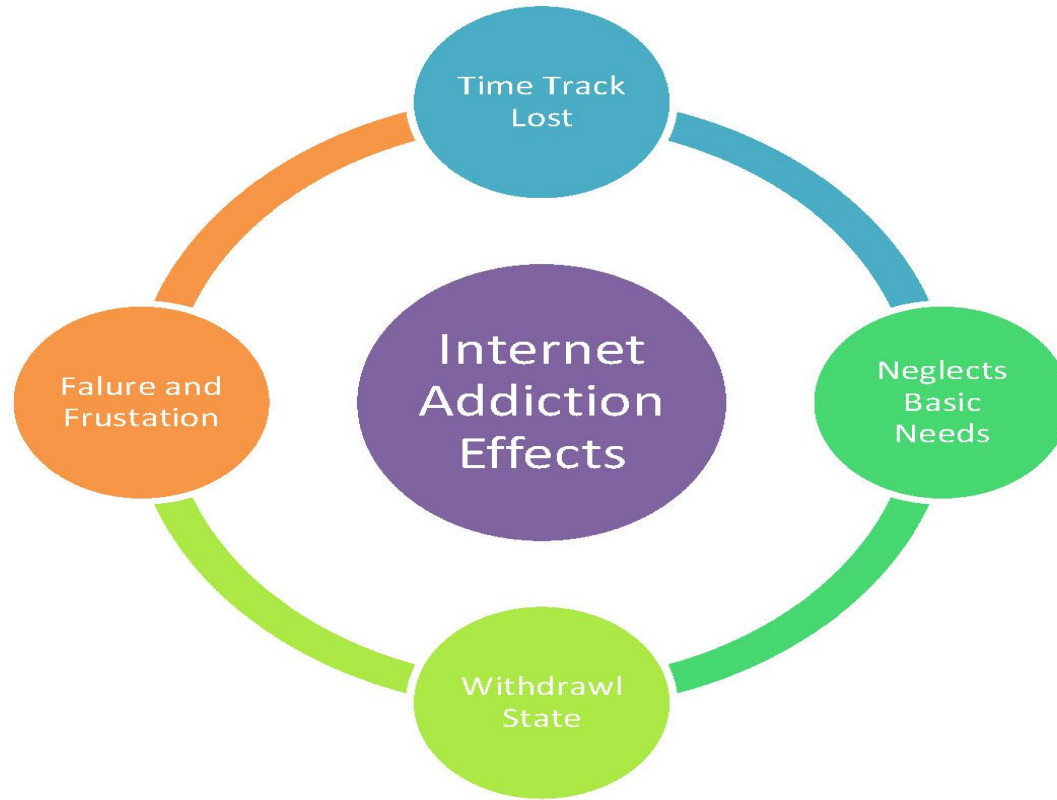
- ↗ British study: texting by 8-12 year olds helped improve phonologic awareness, linked to improved reading and spelling
- ↗ Kids with positive self image can use social media to strengthen relationships and self esteem
- ↗ Teenage boys are more able to talk about feelings over text and get much needed support and feedback
- ↗ Moderate self disclosure can help enhance relationships
- ↗ Family and intergenerational connectedness

# Potential Benefits of Social Networking

- ↗ Staying connected to friends
- ↗ Developing new contacts based on common interests
- ↗ Community engagement
- ↗ Foster individuality
- ↗ Self expression and collective creativity
- ↗ Enhance communication skills

# Risks of the Digital World

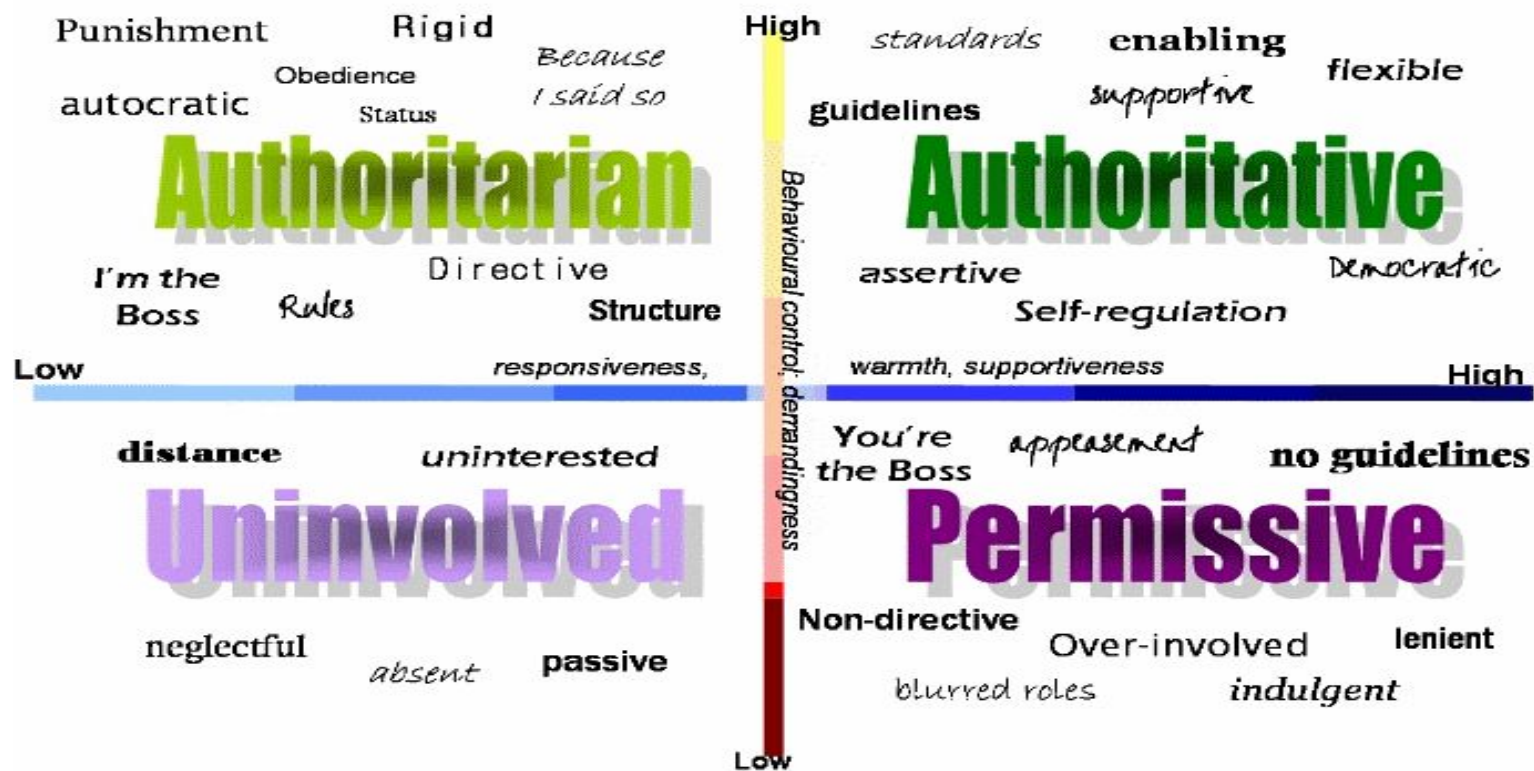
- ↗ Cyberbullying
- ↗ Over-sharing and rise in narcissism
- ↗ Exposure to ads that may not be age appropriate
- ↗ Risk of identity theft
- ↗ Reduced time for physical activity
- ↗ Displacement
- ↗ Insomnia, anxiety, depression, introversion





# Internet Addiction?

- ↗ Most non-school hours spent playing or on the computer
- ↗ Falling asleep in school
- ↗ Falling behind on assignments
- ↗ Worsening grades
- ↗ Lying about use
- ↗ Choosing computers/devices over friends
- ↗ Dropping out of social groups
- ↗ Irritability when not playing
- ↗ Forgoing food
- ↗ Insomnia
- ↗ Neglecting personal hygiene



# Parenting: Raising Digital Citizens





# Family Connectedness

"We shld get 2gether some time."

"Agree been 2 Long"



# “Don’t Text While Parenting”



# Practice What You Preach

## **Don't Text While Parenting – It Will Make You Cranky**

“A new study from Boston Medical Center reveals that parents who get absorbed by email, games or other apps have more negative interactions with their children, making them feel like they're competing for attention with their parents' gadgets”

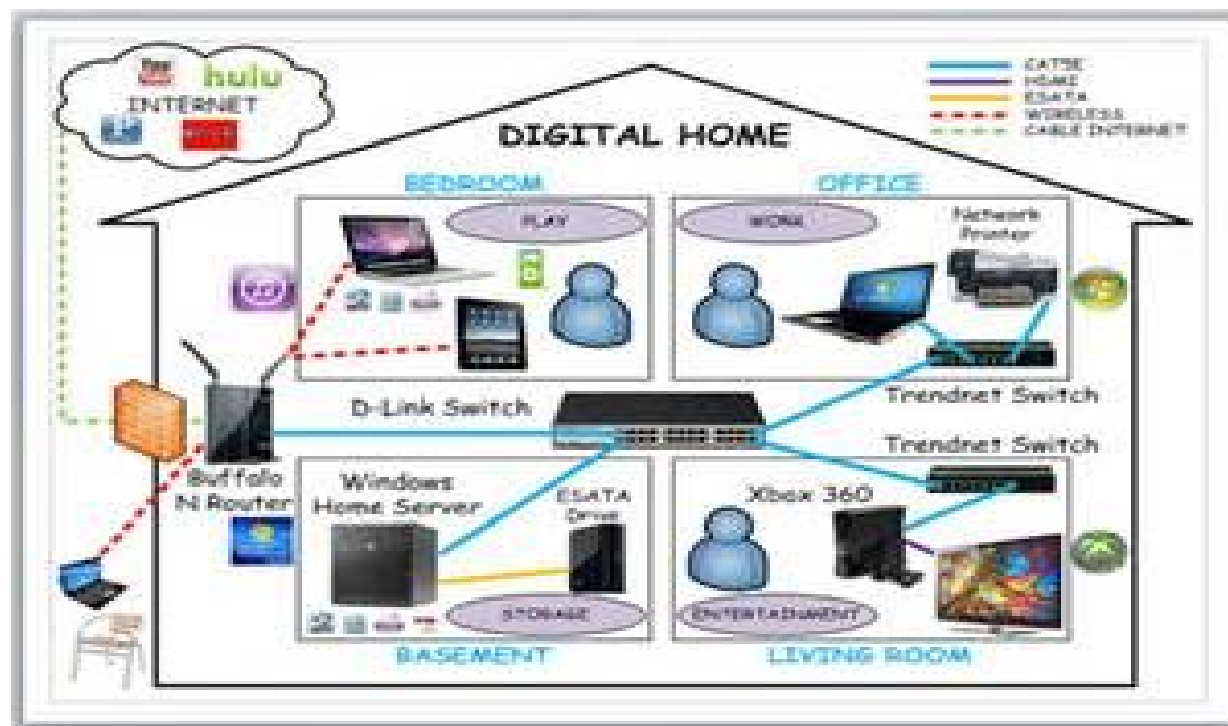
Time Magazine, March 10, 2014

# Parents Matter

- ↗ 16% of teens had time limits for TV
- ↗ 26% had rules about the content about these shows (The Kaiser Foundation)
- ↗ Many studies show correlation between increase parental oversight and impact on use
- ↗ Children internalize guidelines over time
- ↗ “Independence should be fostered, but kids should always know there are guidelines, expectations and monitoring.”

# Expectations Change Over Time





# Digital Floor Plan

- ↗ Where are access points?
- ↗ Central charging station
- ↗ Centralized Internet access
- ↗ Centralized television access







# Development and Parenting: Ages 6-8



# Digital Magic Years: 6-8

- ↗ Countless quality apps, games, websites
- ↗ Becoming more independent
- ↗ Problem solvers
- ↗ Perfect time to build foundation of rules
  - ↗ Behavior shaped by consequences or punishment
  - ↗ Not internalized moral understanding
- ↗ Permission and privilege

# Digital Magic Years: 6-8

- ↗ Usage is heavily dependent on parent's usage
- ↗ Beginnings of control wars
- ↗ Children learn from “joint media engagement”
- ↗ Technology is most helpful in promoting cognitive development in this age group
- ↗ Minecraft is open-ended: encourages creativity, resourcefulness, and patience and attuned to developmental goals (independence, mastery)

# Tips: 6-8 year olds

- ↗ Use technology to explore and develop interests
- ↗ Cultivate constructive excitement
- ↗ Simultaneously set guidelines and rules
- ↗ Rules should be reasonable and flexible
- ↗ Emphasize quality over quantity
- ↗ Technology should encourage mastery and independence
- ↗ Too early for their own phone (with exceptions)

# The Frequent Flyer Club: Ages 8-10



# Developmentally...

- ↗ Internalized moral compass, empathy
- ↗ Fine motor skills improving
- ↗ Kids need to understand mistakes and reasons for rules
- ↗ They do much better when parents explain the reasons for decisions and limits
- ↗ They can start to set goals for themselves

# Ages 8-10

- ↗ Technology usage seems to be highest with a TV in the bedroom, TV on in the background, and no media rules in place
- ↗ Don't restrict technology; learn to use it wisely
- ↗ Keep technology out of the bedroom
- ↗ Technology is still a privilege
- ↗ Designate screen-free times for the entire family



# Understanding Where They're At

- ↗ Executive functioning
- ↗ Use timers and time limits on devices
  - ↗ App: Off Remote
  - ↗ App: Kidoff
- ↗ Child can play a role in developing a family tech plan

# Be Positive

- ↗ Let your child know you appreciate how hard they are working
- ↗ Catch them when they do it right
- ↗ It will get easier over time
- ↗ Give examples from your life
- ↗ If you respond emotionally → The message can be lost

# Tweens and Technology (ages 11-14)

- ↗ Cell phone ownership doubles to 70%
- ↗ Video gaming peaks at 1 ½ hrs per day
- ↗ Spend **over 1 hour a day texting**
- ↗ This age is the peak of media exposure and use
  - ↗ More than 15-18 year olds
- ↗ Usage goes up, rules go down
- ↗ Measured independence

# What Tweens Need from You

- ↗ Help with time management online and offline
- ↗ Protected study and sleep time
- ↗ Coaching: good judgment online
- ↗ Understanding family values
- ↗ Clear rule and boundaries
- ↗ Parents to be good digital role models
- ↗ Finding other healthy role models on and offline
- ↗ Keep open dialogues about bullying and sex

# Homework Recommendations

- ↗ Phone in another room if not needed
- ↗ HW in a public space
- ↗ Computers in a public space
- ↗ Minimize temptation
  - ↗ Start with offline homework
  - ↗ Start with HW that does not require internet
  - ↗ End with HW that requires the internet
- ↗ Organization: planner, hw plan, weekly/monthly calendars
- ↗ Utilize timers

# Tips for Tweens

- ↗ Parents must know all passwords
- ↗ Put close family and friends in contacts
- ↗ Start with having texts come to parents devices
  - ↗ Use iCloud
- ↗ With age, can monitor texts less frequently
- ↗ Follow your child on FB/IG
  - ↗ Don't comment unless given permission 😊

# Hypertexting

- ↗ Associated with high risk behavior
- ↗ Defined as more than 120 texts per day
- ↗ Means the *average* teen is hypertexting
- ↗ Study of 4000 students found that kids who hypertexted or spent more than 3 hrs on social media sites were at risk for smoking, risky sex, depression, eating disorders, drug and alcohol abuse and absenteeism
- ↗ The Impairment Model

# Cyberexclusion and Digital Kindness

- ↗ Public nature of social interactions
- ↗ New platform for exclusion, sadness, anxiety
- ↗ Subtle ways tweens can feel hurt and isolated
- ↗ Group chats
- ↗ Promote digital kindness



# Give Feedback and Communicate

- ↗ Catch your child being good and give praise often
- ↗ Acknowledge it can be hard
- ↗ Appreciate their hard work
- ↗ Acknowledge mistakes
- ↗ May require more work in the beginning as you set a foundation
- ↗ Reinforcing good behavior increases the likelihood it will occur
- ↗ Remember our goal: Safe kids who are good cyber citizens

# 15-18 Older Teenagers: Almost There

- ↗ Increased capacity for relationships
- ↗ Intense and changing relationships
- ↗ Mixed messages to parents
- ↗ Reckless behavior & impulsivity
- ↗ Drama does not disappear, but evolves
- ↗ Increased sense of identity
- ↗ Less oversharing
- ↗ Parents tend to be more lax – not too fast!

# Developmental Considerations

- ↗ Discuss, monitor and cultivate their Digital Footprint
- ↗ Help use technology for kindness and social change
- ↗ Selfies and body image
- ↗ Continue to understand and monitor online activity
- ↗ Encourage communication about real issues in person

# Social Media and Self Presentation

- ↗ Positive correlation between selective self presentation and positive sense of self
- ↗ Social media use not directly correlated with clinical depression but can play a role
- ↗ Overly invested teens at greater risk for low self esteem and depression
- ↗ Teens must tell the difference between profiles and reality
- ↗ “Facebook envy”
- ↗ Help your teen focus on strengths

# Homework Tips

- ↗ Voluntarily give up phones during HW time if poss.
- ↗ Voluntarily do HW in public space without distraction
- ↗ Use timers and make study plans
- ↗ Priority Matrix app

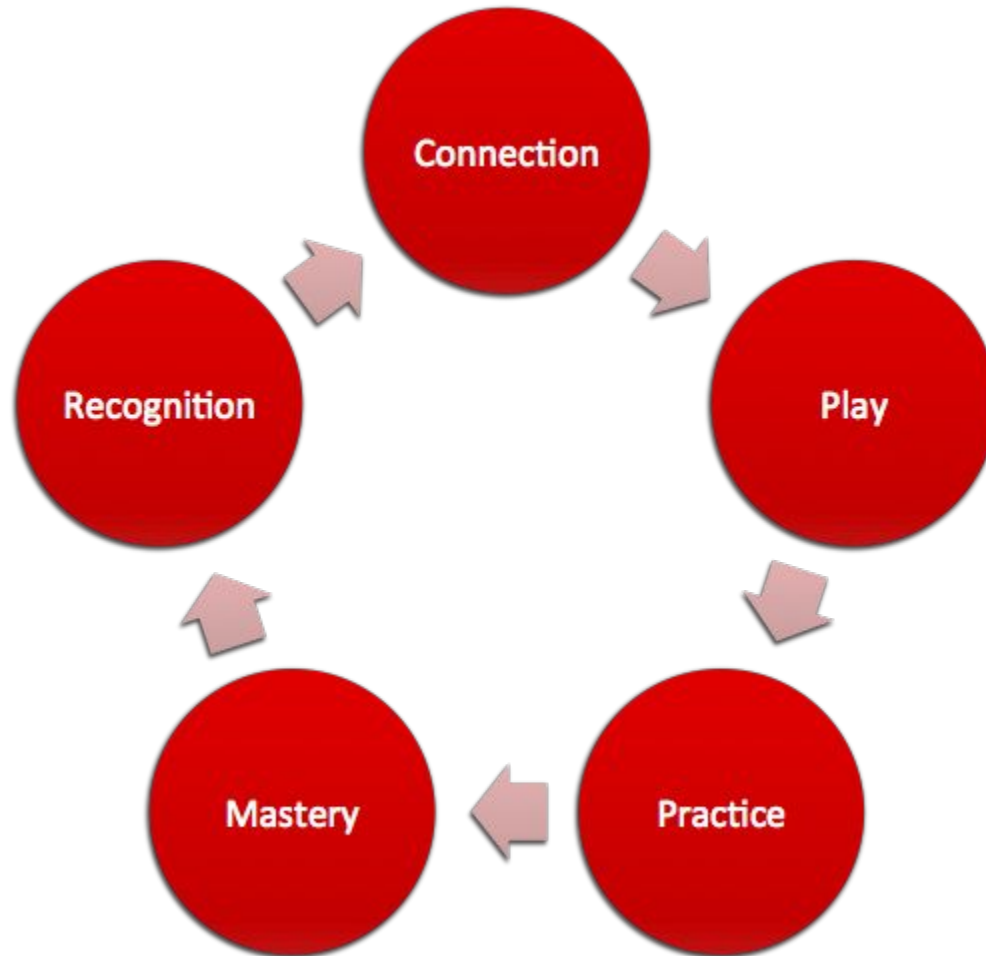
# What Your Teen Needs From You

- ↗ Adolescents need to internalize work ethic
- ↗ Don't overtext your teen – start to foster some measured degree of independence in decision making
- ↗ Understand and discuss sexting
- ↗ Look for signs of social media use and depression
- ↗ Don't be afraid to turn off the internet, phones, games or texting if your teen cannot
- ↗ Family charging station
- ↗ Don't give up on the rules just yet!

# Digital Rules for Parents, too!!

- 1. Put all digital items in a charging station when you enter the home
- 2. Establish a predetermined limited amount of digital use each day
- 3. Ban all digital items from the meal table
- 4. Remove all digital items from the bedroom at night.

# 5 Steps for Mastery





“Children need to build their boredom tolerance muscle.”



# Apps That Can Help

## ↗ RescueTime

- ↗ Allows one to see how they've spent their time on the computer
- ↗ Improves awareness of online activity
- ↗ Premium version: can limit time on certain websites

## ↗ Freedom

- ↗ Blocks you from the internet during times you set that you want to work

## ↗ Anti-Social

- ↗ Blocks user from social media – program sites that can be blocked

# Educate Yourself

- ↗ Commen Sense Media
- ↗ [www.commonsensemedia.org](http://www.commonsensemedia.org)
- ↗ [www.cybersmart.org](http://www.cybersmart.org)
- ↗ [www.stopthinkconnect.org](http://www.stopthinkconnect.org)
- ↗ <http://vodafone.digitalparenting.co.uk>
- ↗ [www.staysafeonline.org](http://www.staysafeonline.org)
- ↗ *The Parent's Guide to Texting, Facebook and Social Media* S. Edgington
- ↗ *The Parent's Guide to Facebook: Tips and strategies to protect your children on the world's largest social network* K. Rose

# Resources

- ↗ [www.netnanny.com](http://www.netnanny.com)
- ↗ [www.webcurfew.com](http://www.webcurfew.com)
- ↗ [www.common sense media.org](http://www.common sense media.org)
- ↗ [www.enough.org](http://www.enough.org)
- ↗ [www.childmind.org](http://www.childmind.org)

# References

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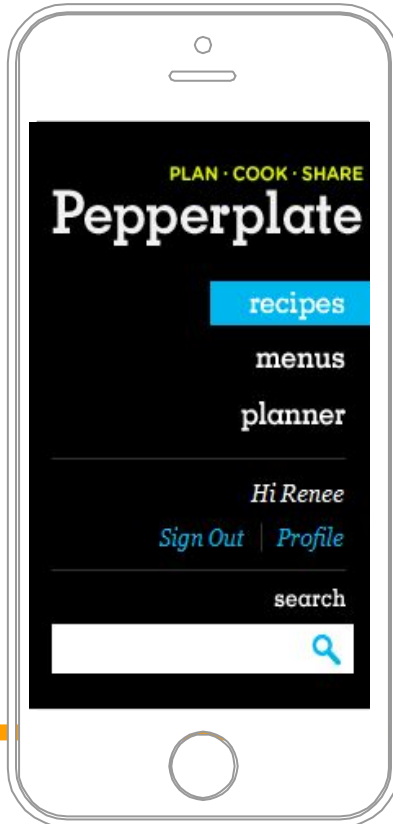


# **TROY TECH TALK**

## **Apps for Parents**

## ORGANIZATION

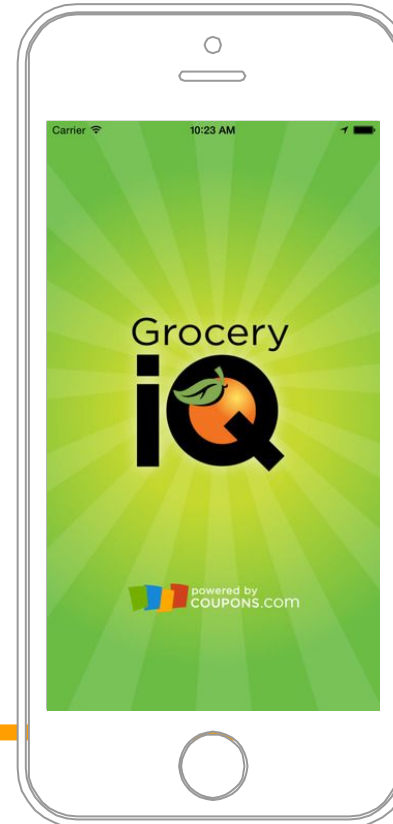
Pepperplate



Evernote



GroceryIQ

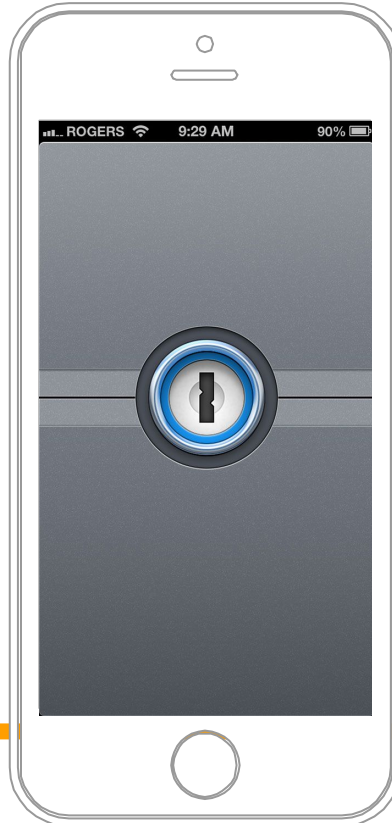


## ORGANIZATION

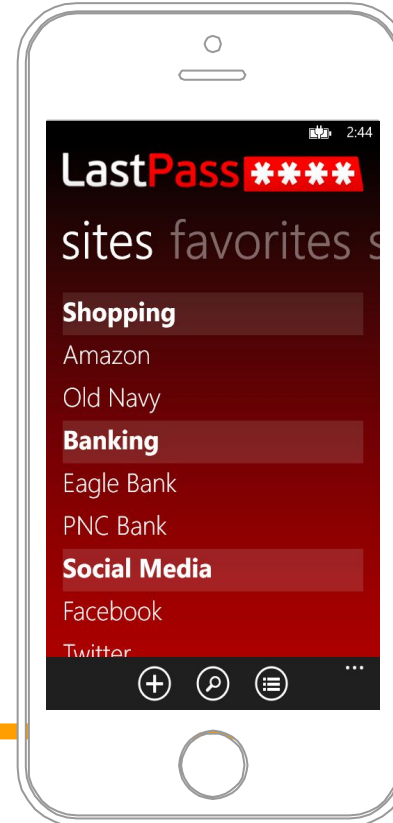
KeyRing



1 Password



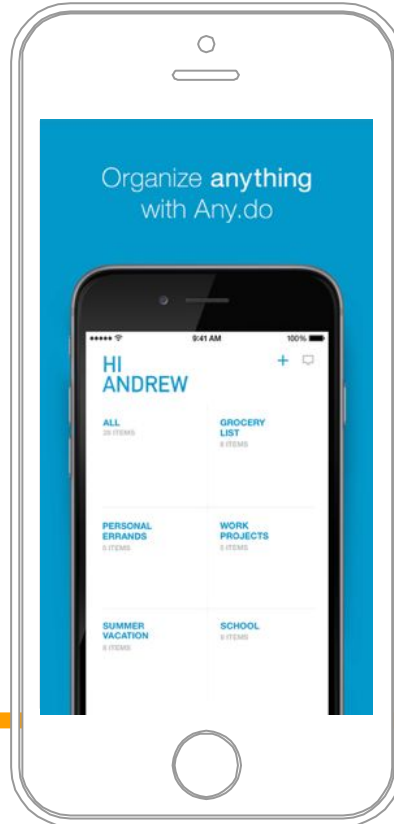
LastPass



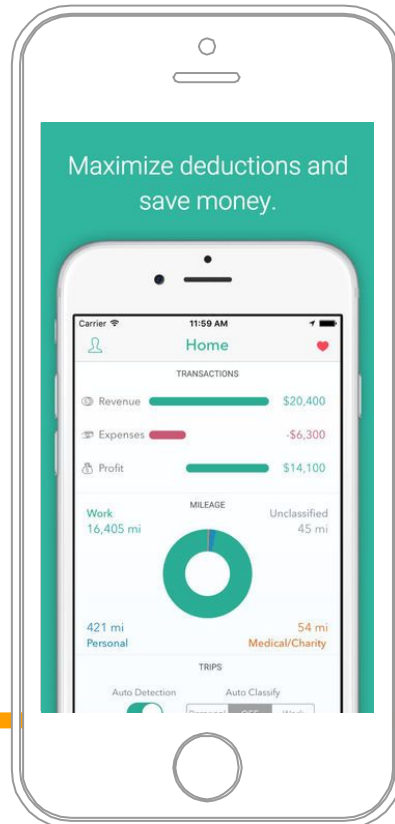


## ORGANIZATION

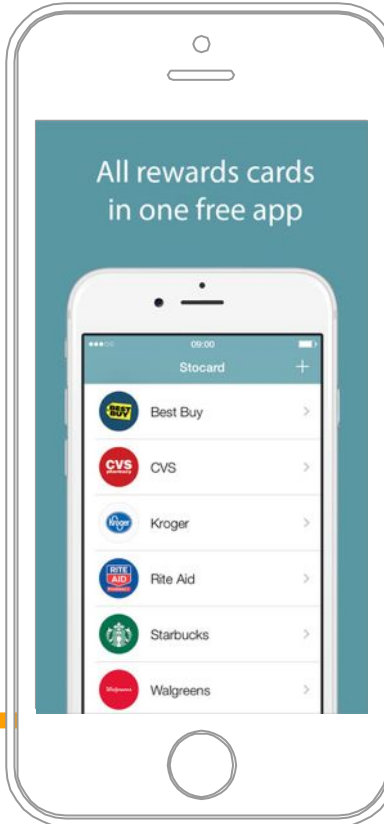
### Any.do



### Everlance



### Stocard



### KeyRing

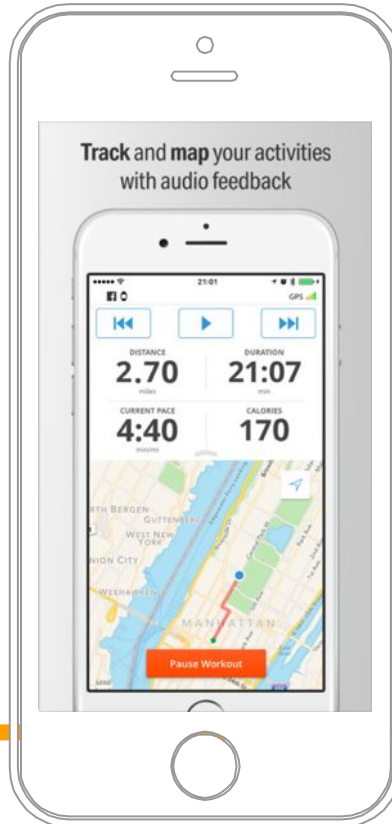


## HEALTH & WELLNESS

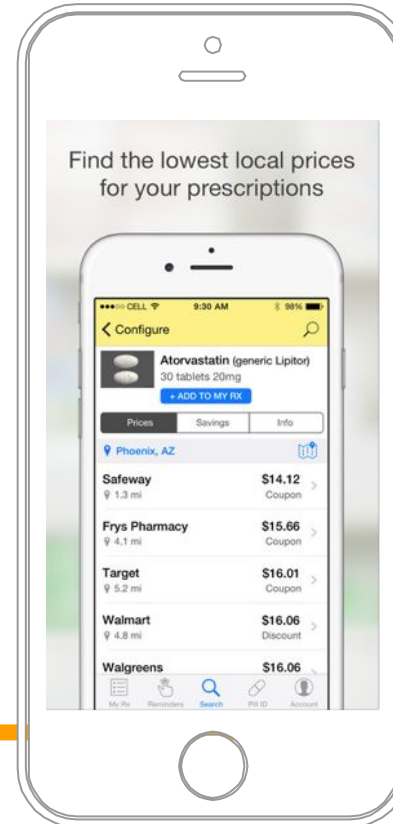
### Runtastic



### Map my Run



### GoodRx

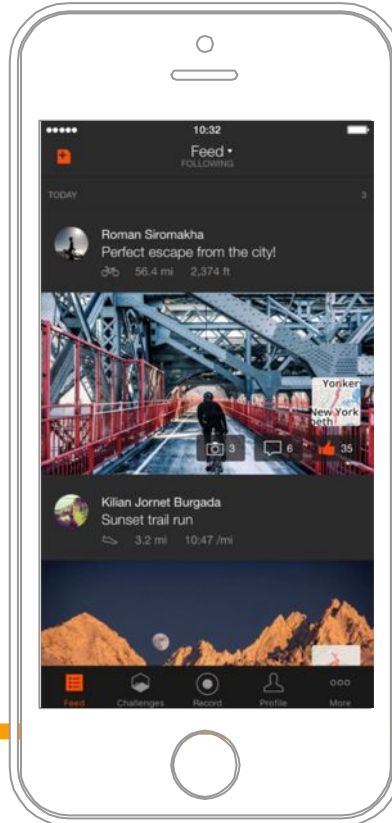


## HEALTH & WELLNESS

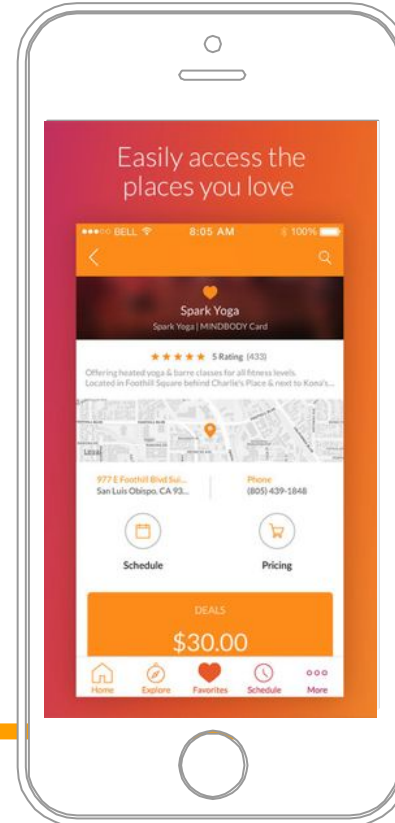
### Waterlogged



### Strava



### Mindbody

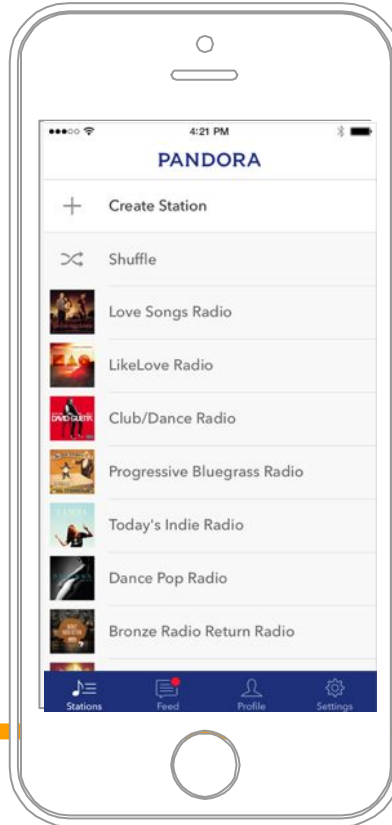


## MUSIC

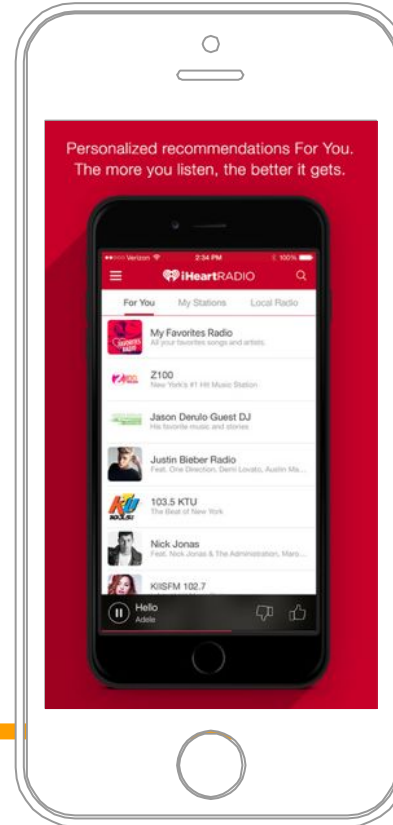
### Spotify



### Pandora

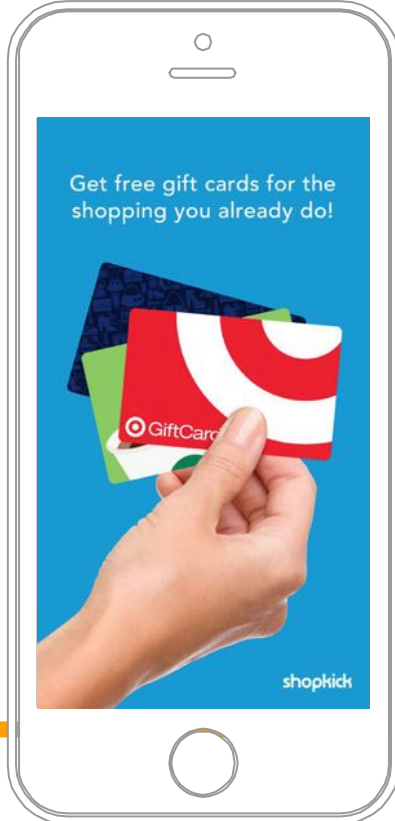


### iHeartRadio

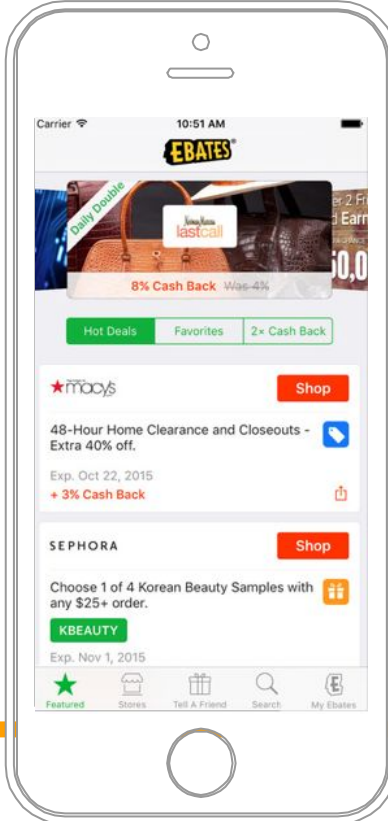


## SHOPPING

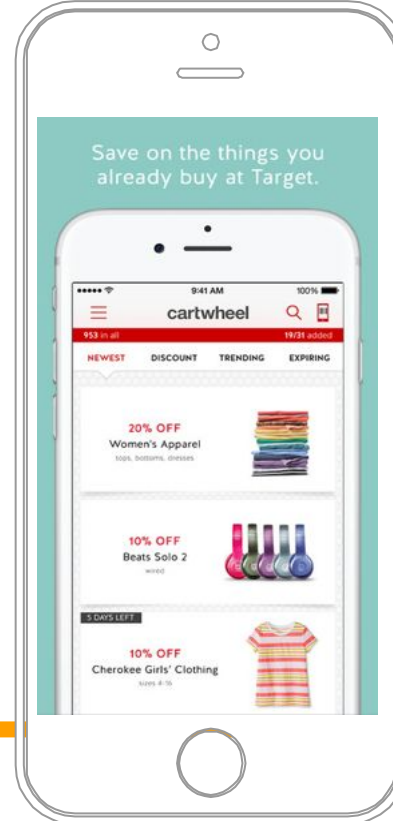
### Shopkick



### eBates



### Cartwheel

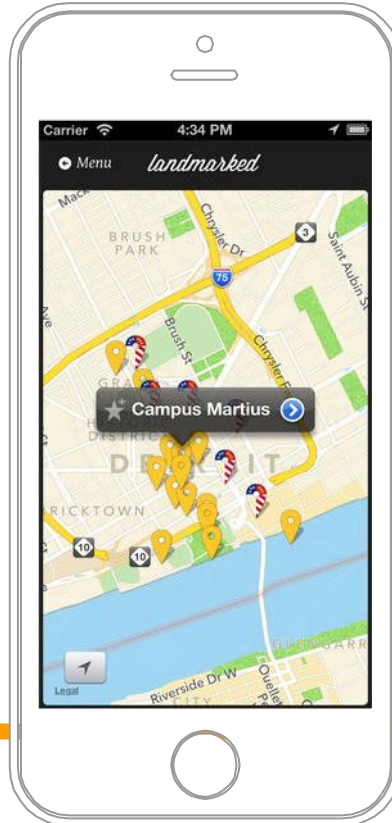


## FUN

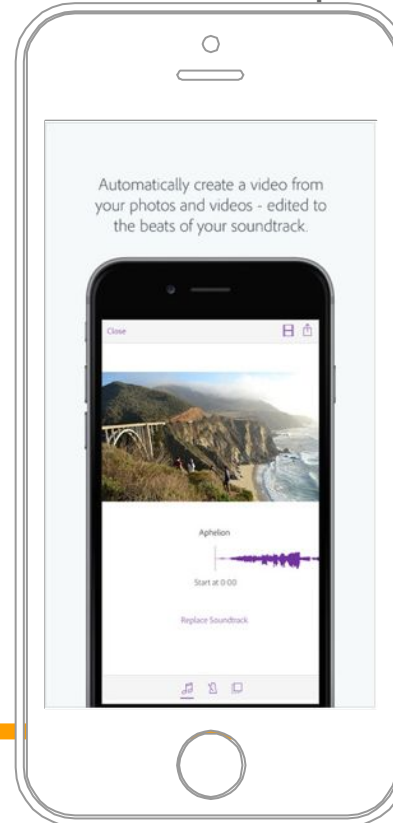
### Nameshark



### Landmarked Detroit



### Adobe Premiere Clip



## FOOD/DINING

### Delectable Wines

Learn about any wine by taking a photo



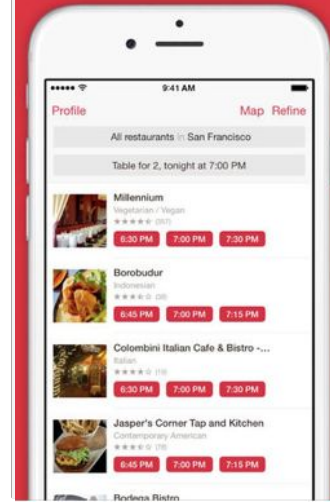
### Vivano

Snap a photo to learn all about the wine



### Open Table

Discover & reserve restaurants simply & instantly -all for free.



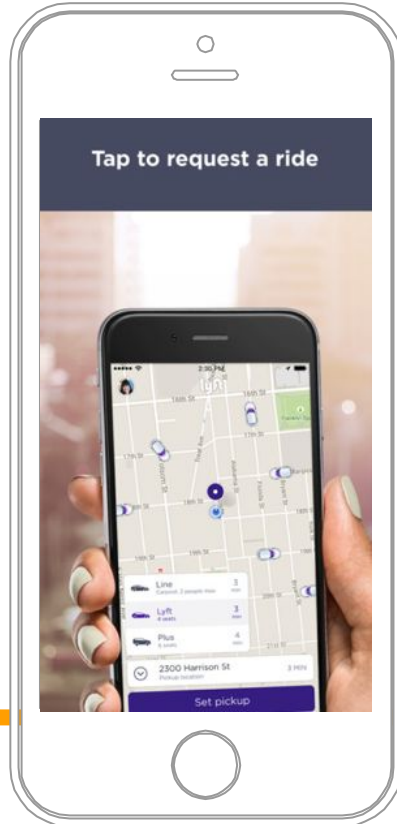
### Untapped



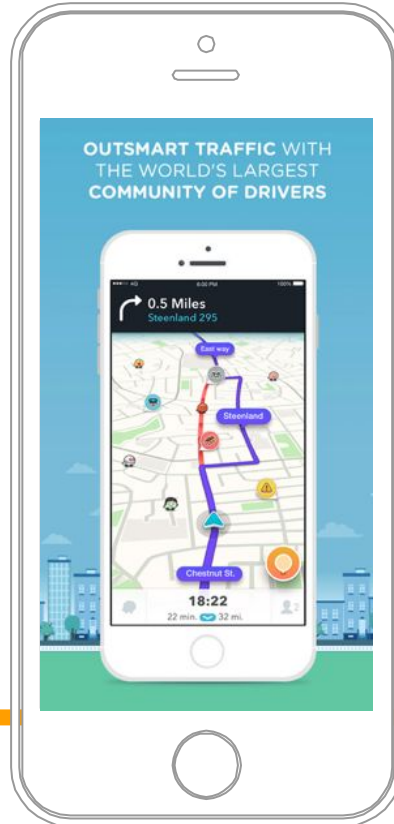


## TRAVEL

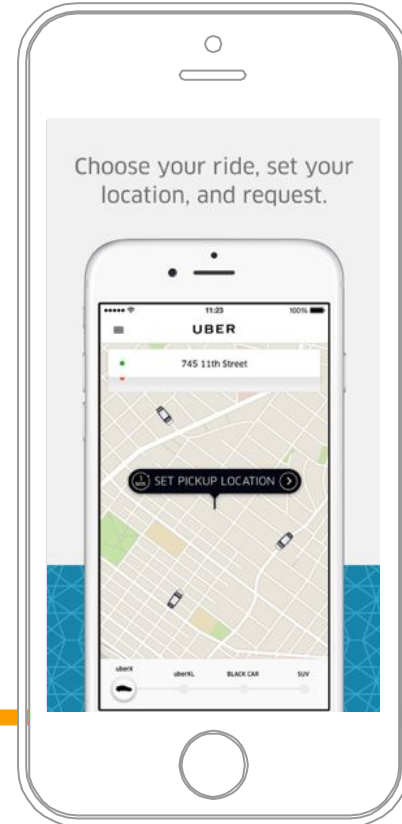
### Lyft



### Waze



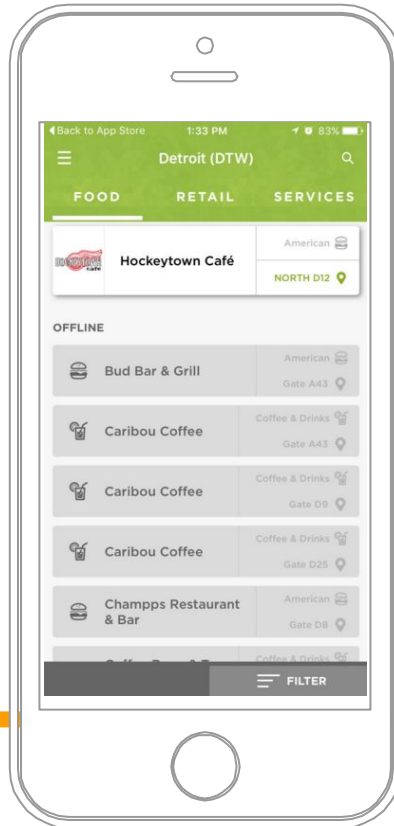
### Uber



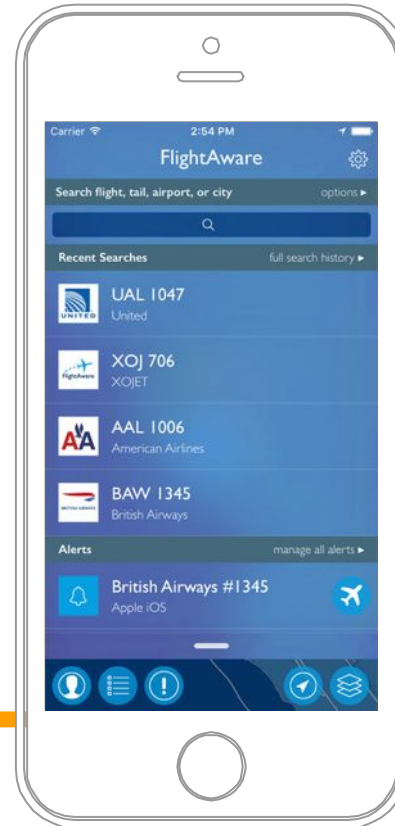


## TRAVEL

### Grab



### FlightAware Flight Tracker

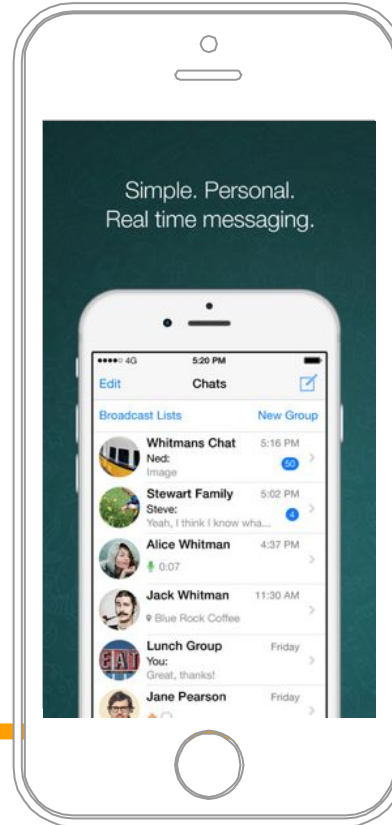


## MESSAGING

### Viber

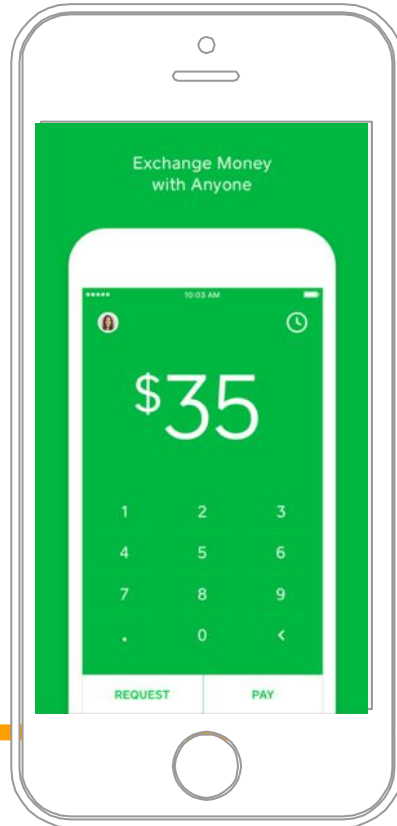


### Whatsapp

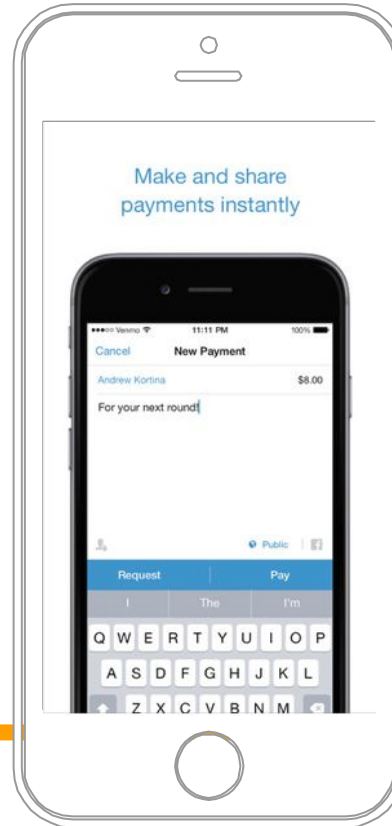


## BANKING

### Square Cash



### Venmo





# **Tools to Avoid Summer Slide**

## AVOID SUMMER SLIDE

For  
elementary  
students .....



...a link to  
symbaloo will  
be pushed to  
student's  
iPads along  
with a guide to  
use.

hint: 4th  
graders will  
be experts at  
this, they had  
it available  
last summer!

AVOID  
SUMMER  
SLIDE

For middle  
school  
students ....

Parents will  
receive email from  
TSD with more info  
- be on the  
lookout!



.....suggested  
summer  
apps will be  
available in  
schoology to  
access.

???

## TROY TECH TALK SURVEY

Watch for an email from Kerry Birmingham, we look forward to your feedback!



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