



# Welcome to 'Harbucks' Virtual Coffee House

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**Children & Screens Discussion**  
**May 15 2020**



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# CHILDREN & SCREENS RECAP



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- **The expert's ideas about entertainment screen time:**
  - **The Negative Effects of Screens/Teens**
  - **The Digital Age/Basic Drives**
  - **The Family Ecosystem During COVID**



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# The Negative Affect: Screens & Teens

- **National survey 1966-2017**
- **Compared different generations**
  - **11M People**
  - **Depression**
  - **Anxiety**
  - **Happiness, Self-Esteem**
  - **Sleep**



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# The Negative Affect: Screens & Teens

- **Teens today: Higher negative reports**
- **Time online more than doubled since 2016**
- **Leisure time online = 6-8 hrs./day**
- **Leaves less time for other activities**
  - **Parties, socializing in-person, sleeping all have dropped**



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# The Negative Affect: Screens & Teens

- **Teens Who Identify as Unhappy Do More of This:**
  - **Video chatting**
  - **Texting**
  - **Watching tv**
  - **Gaming**
  - **Surfing the internet**
  - **Social media**



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# The Negative Affect: Screens & Teens

- **Happy Teens Do More of This:**

- **Sleep + 7 hrs.**
- **Sports/exercise**
- **Religious services**
- **In person socializing**
- **Print media**
- **Work**
- **Homework**



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# Solutions...

- #1: No phones in bedroom-vamping
- Device charging in another room
- Shut down 1 hr. before bed.
- Psychologically stimulating
- Blue light = daylight
- Orange glasses



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# During COVID:

- **Take back screen time that is not educational/school related**
- **Limit to 2-3 hrs. of leisure screens**
  - **Parental controls**
  - **Block social media on laptop**
  - **Limit some apps - Insta?**
  - **Video chat for social time w/ friends**



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# During COVID...

- **Take breaks from Technology:**
  - **Exercise**
  - **Sports**
  - **Tech Free Times and Zones**
  - **Family Time**
- **Break the Addiction - be intentional about screen use**



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# The Digital Age/Basic Drives...

- **Video Games Raise Dopamine levels**
  - a neurotransmitter in the brain = mood elevation
  - Reinforces Behaviors
- **Screens = “electronic cocaine”**
  - Research: violent games/frontal lobe regions of the brain changed
  - As reinforcing as drugs
  - Research “digital morphine”



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# Solutions...

- **Take a Break**
- **Be more tolerant now**
- **But be proactive with your kids.**
  - **“Let’s get off of the screens...”**
  - **Do something novel together.**
  - **Dinner conversation tips...**



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# The COVID Family Ecosystem

- Positive Technology
- Tech Overload
- Digital burnout
- Overconsumption
- Media multi-tasking



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# The COVID Family Ecosystem

- **Too Much Social Media:**
  - **Stressed, irritable**
  - **Trouble relaxing, sleeping**
  - **Headaches**
  - **Depression, Anxiety, Worry**
  - **Vision**
  - **Bone Density drops**



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# Management:

- Set limits
- Use only one device at a time
- Turn off unnecessary
- Plan your social media use
- Prioritize off-screen activities
- Tech free times, zones



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**Children & Screens  
Questions & Discussion**



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# **‘Harbucks’ Virtual Coffee House**

**THANK YOU  
FOR JOINING US!**



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