Parenting in an Unknown Frontier

LiveMore ScreenLess

A Community Partner of Faribault Public Schools



LiveMore ScreenLess Introductions

Maree Hampton

KK Myers



LiveMore Community Partner







LiveMore's Mission

LiveMore ScreenLess advocates and promotes digital wellbeing for and with young people through a collaborative and comprehensive community approach.



Seeking ways to intentionally balance our use of technology in order to enhance ~ not diminish ~ how we move engage + connect communicate + relate feel focus + learn + think and sleep



Screen Well



To learn how behavioral design of digital media makes parenting particularly challenging

To share young people's perspective on screen use, including Faribault young people

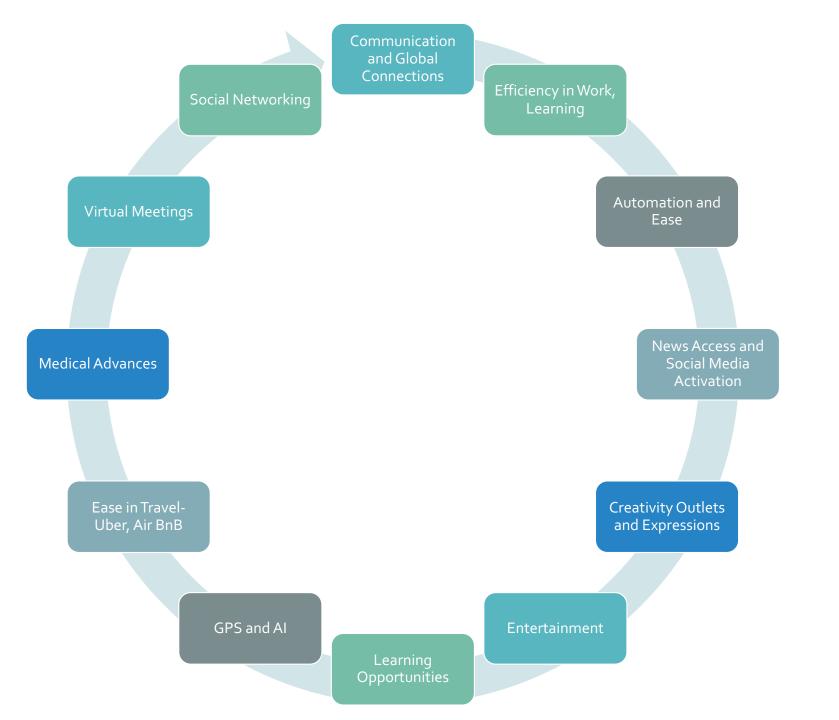
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To raise awareness of Digital Wellbeing practices for balanced technology use for you and your family

Webinar Goals

Technology Benefits-

Just a Glimpse





Technology is not neutral

"The overuse of technology isn't the only problem, it is the experiences that are fundamental to healthy development that are being replaced by the overuse of technology."

-Dr. Richard Freed, psychologist and author of Wired Child.

Let's Chat -

What healthy activities do you see being replaced by technology?

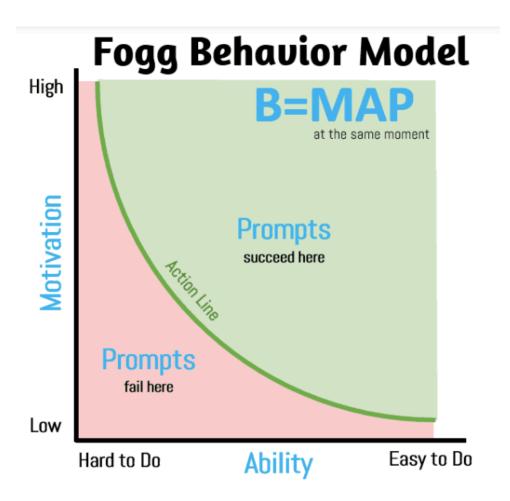




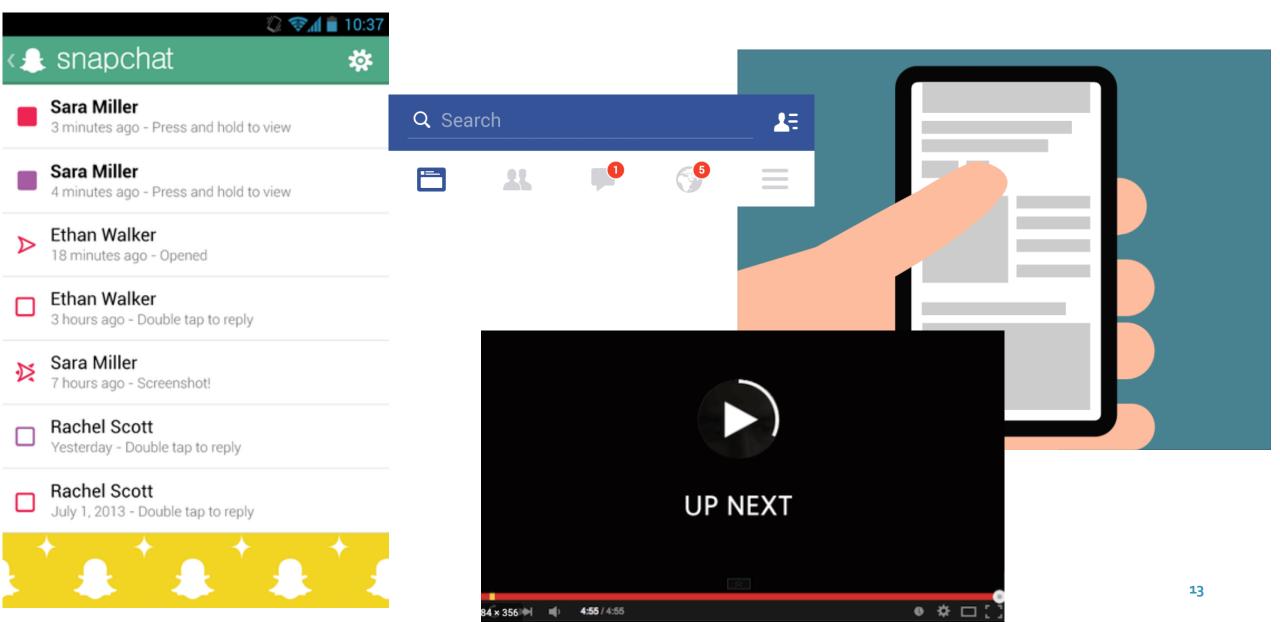
Persuasive Design

Behavior Design-BJ FOGG

Motivation (want) Ability (able) +Prompts (trigger) **Behavior Change**



PROMPTS and ABILILITY AutoPlay - Like – Alerts - Swipe – Refresh – Infinite Scroll



NETFLIX

In 2017, Netflix C.E.O. Reed Hastings said his company's real competitor is "And we're winning!"

Use the chat feature to fill in the blank



Attention Economy

NETFLIX

"When you watch a show from Netflix and you get addicted to it, you stay up late at night."

-Netflix CEO

In 2017, Netflix C.E.O. Reed Hastings said his company's real competitor is SLEEP "And we're winning!"





Teacher, Parent, Student Reflections

The effects of Persuasive Design and an Attention Economy



Prior to Covid

Faribault Cell Phone Teacher Parent Surveys



 believe classroom cell phone use is negatively impacting student attention 89% Of parents

 are concerned about the negative impact of cell phone use on mental health



What is like to be a parent managing digital media?

48 middle and high school parents

Hard! Love/Hate Overwhelming Exhausting Challenging Stressful Confusing Uncertain Manic **Relentless** Flummoxed **Powerless** Concerned Scary **New World** Unchartered A necessary evil!



Faribault Parent Community

Let's CHAT-

What most resonates?

Do you want to add to this list?

Feelings of Frustration with Screens

Feelings of Anxiety

Hard time keeping students on track

Challenges supporting school work

Concerns about regular attendance



Effects of Screens on Wellbeing during Distance Learning

What middle/high school students are saying



COGNITIVE

I had stopped reading as much, and was staying up late texting and facetiming every night. <u>I wasn't getting enough</u> <u>sleep</u> and it was affecting my grades. I was getting more late assignments.

EMOTIONAL

My mood has just been flat, and I haven't been able to get much **motivation** recently...I have just **not been motivated** to do anything school-related.

Ever since online school began, I get **headaches** almost every day from the amount of screen te time.

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PHYSICAL

MENTAL

My phone can be highly addictive. It disrupts my priorities and selfcare.

[Tik Tok] is so **addicting**, and it **pulls me** away from the real world and my problems in the world, yet I know it is so bad for me because I stay **inside for hours and hours** without even noticing... I **can't feel connected**, I don't feel as fulfilled.

SOCIAL



Remote learning is challenging for most students



Students are feeling negative effects of screens: physically, emotionally, socially, and cognitively

Students have recommendations for their teachers, while also acknowledging teachers are facing stressors

Social media is perceived as having positive and negative effects on student wellbeing

Faribault Focus Group Themes pause and practice Protective Factors

Deirdre Flynn FCD Prevention Works Hazelden Betty Ford Foundation More family time/feelings of connection to family, friends, community

Positive/Resilient personal or family narrative

Positive outlook

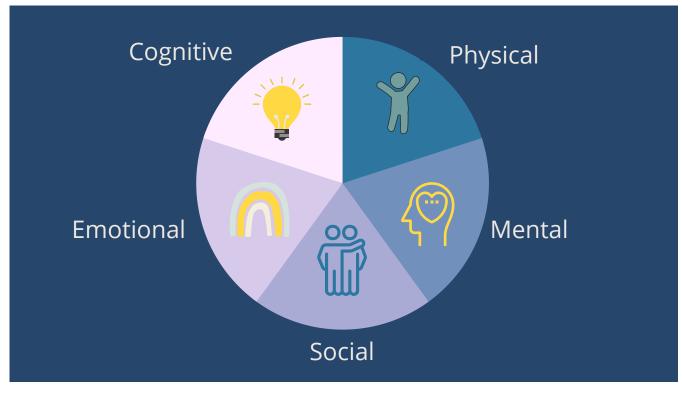
COVID-19 information

Exercise

Finding meaning in crisis



Practicing Digital Wellbeing





Overall Wellbeing Suggestion

Creating healthy sleep routines





Sleep *Youth Voice*

- At night I watch Netflix for the rest of the night.
- I sleep in longer more than I should.
- I don't have the best schedule. I do the teenager thing. I do my **overnight Instagram** checking right away in the morning. People are weird here in this town. They **post at 2:00 AM**. Usually by 10:00 AM I'm working. My phone is always around and it really does **distract** me.

Physical Wellbeing Suggestion



Getting Outside Youth Voice

- "Get exercise in me."
- Get **outside** for a walk, get air.
- My mom and I go on **walks and talk**. She is really **comforting**.

Physical Wellbeing Suggestion

Taking screen breaks

20 minutes 20 feet 20 seconds LiveMore and the American Optometric Association #livemoremay

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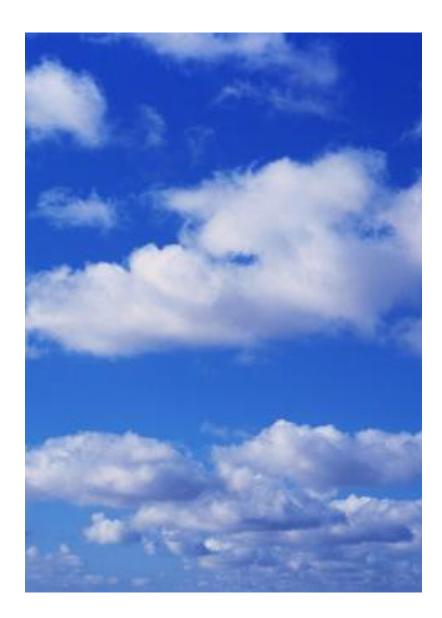




Mental Wellbeing Suggestions
Reconnecting with your creative self
Practice pausing and screen free breaks

allowing time for boredom.

Creating over consuming





Mental Hardships -Social Media *Youth Voice*

- Always something interesting on social media that I can read or watch. It doesn't calm me down.
 Sometimes there's something interesting if I'm bored.
 It's distracting because it's right there. Our brains are conditioned to text Snapchat Instagram Tik Tok
- An **escape** from reality . It's an escape from my actual life. It's an escape from the stress. I talked to my peers.
- A distraction from everything else. I'll start by checking out an Instagram post and then I think how did I get here? It's so distracting. I check 1 notification and now I'm talking to 20 people. It's distracting. It's a different world. I'm home alone so I go online there are so many people to talk to
- But it's hard when you see nothing but greatness when I'm on my phone and then I turn off my screen it seems **like life kinda sucks right now**.

Mental Wellbeing Youth Voice

- **Play** with my dog/kitten
- Clean/make sure my room is in order.
- Doing something **creative**: paint; Arts and crafts, messing around
- I cook a lot/I'm really into **baking** and trying new recipes.
- I enjoy journaling.
- My **younger siblings** make me feel motivated. It makes me feel good.



More Strategies to Enhance Social Emotional Learning

- Journal
- Incorporate art activities
- Read
- Give responsibilities
- Practice problem solving skills
- Encourage positive self talk
- Provide a daily check in
- Encourage reflection
- Talk about managing emotions/feelings
- Play games
- Exercise
- Volunteer



Social Wellbeing Suggestions

Creating Phone free zones at home



Emotional Wellbeing Suggestions

✤Asking:

How does technology make you feel?

How was your online day today?



More screen time means More time alone

Social exclusion = Physical Pain Acute Loneliness = Stressful as a Physical Attack Social and Emotional Wellbeing Youth Voice

- Learning at home I am **lonely**.
- I feel so isolated.
- I tried to take breaks to relieve stress. Sometimes I watch TV or other screens and I get distracted. It is hard for me to read a book. I'm not motivated at home.
- My dad comes home for lunch and we make lunch together. It's a good **brain break**. I'm home alone all day with my dog .
- Certain teachers are making sure we're going to be OK, that were connected, satisfied, calm, at ease. It's nice when teachers say I get it. It makes me feel calm.

Cognitive Wellbeing Suggestions

 Decreasing distraction
 Turning phone to grayscale
 Turning off notifications
 Using do not disturb





Cognitive Wellbeing Suggestions

Being Intentional
"What do I want to pay attention to?"
Write it down
Use it to ground yourself every time you reach for your device





Cognitive Wellbeing *Youth Voice*

- It doesn't feel like I'm in school. We don't have a structure. When I wake up, I go on my phone. I open my computer. I'm on it for few hours per day.
- I do more work until 3:00 or 4:00 o'clock. I'm on my iPad for seven hours. I really like to get outside.
- I have to manage assignments on my iPad. I get overwhelmed.
- I have younger siblings in elementary and middle school. Sometimes they don't understand their work on their iPads. I help them with their homework. I help a lot.
- **Distance learning is hard**. At home you don't feel like it's school. Our deadlines don't mean anything. Particularly Sunday deadlines.
- It is nice going to school. It's nice interacting with teachers, seeing students, possibly doing group work. The school environment helped me feel better. I like seeing everyone at school. At school I can get help from teachers. It motivates me having kids around.

Communicating Wellbeing Language

We acknowledge the use of screens can impact your your wellbeing: therefore, ...

- we want to help you see wellbeing as a priority
- I want to know how you are feeling
- sleeping, moving your body, and connecting with others are can keep you healthy
- I am here to listen to you and I love you.



Breakout Room-

Dimensions of Wellbeing discussion The one step I can take for my own Digital Wellbeing -

The one way I can support Digital Wellbeing for my child -

The Digital Wellbeing support I think I need is -



THANKYOU AND BE WELL!

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Middle School Supports

- School Counselors
 - Mr. Hawkins- bhawkins@faribault.k12.mn.us
 - Mrs. Geiger- ageiger@faribault.k12.mn.us
- School Social Worker
 - Mrs. McColl-amcmoll@faribault.k12.mn.us
- RISE Coordinator
 - Ms. Ramirez-aramirez@faribault.k12.mn.us
- Falcons After School
 - Ms. Geary- kgeary@faribault.k12.mn.us
- Falcons For Change



High School Supports

Counselors

- Mrs. Peanasky (A-D) dpeanasky@faribault.k12.mn.us
- Mrs. Balow (E-K) ebalow@faribault.k12.mn.us
- Mrs. Ahmed (L-Q) fahmed@faribault.k12.mn.us
- Mrs. Breun (R-Z) mbreun@faribault.k12.mn.us
- Social Worker
 - Mr. Phillips (Special Education) jphillips@faribault.k12.mn.us
- Chemical Health Specialist
 - Mrs. Fuchs mfuchs@faribault.k12.mn.us
- RISE
- Academic Support Specialists

