



Welcome to 'Harbucks' Virtual Coffee House

Children and Smartphones Part II
March 12, 2021



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Ask the Experts...



- **Topics:**
 - **#1 Parental Controls/Anxiety/Guidance**
 - **#2 “ACE” it**
 - **#3 Screen Time Tension**
 - **Smartphone Peer Pressure**

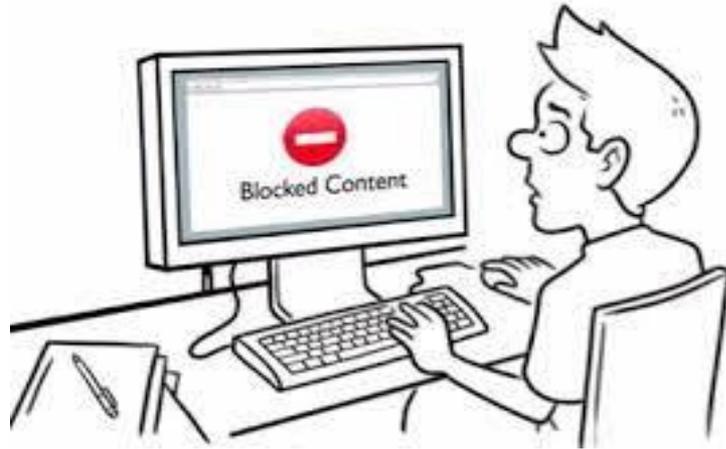


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Parental Controls...



What we want to do as parents...



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Think “Parental Safeguards” Instead



- **Parental Controls** → shy away from “control”
- **Safeguards** → self-regulation
 - Building the manual while flying
- “Technological guardrails”
- **No physical barriers out there...**



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Think “Parental Safeguards” Instead

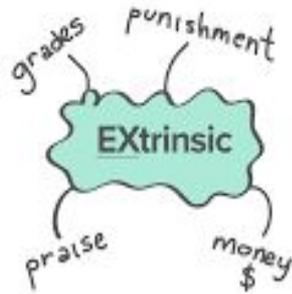
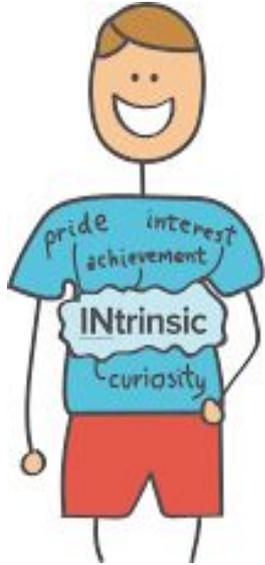


- **Parental Safeguards** → self-control
- **Intrinsically motivated** → good feelings
- **Builds deeper understanding of keeping him/herself safe**
- **Shared responsibility** → self-management





Think “Parental Safeguards” Instead



- Family Media Plan
- Family modeling/screen time
- Content restrictions
- Enforceable limits
- Digital Access Boxes - icloud storage of files





Parental Anxiety...



- **Unknown and uncertain**
- **Antidote to anxiety = Control**
- **More control → Less anxiety**
- **Parental controls should be set up to help kids make decisions into adulthood**
- **Constant fight to manage this feeling**
- **Management versus banning**





Parental Anxiety...



- **1st generation digital citizens need clear rules for expectations**
- **Impulse control → 25 yrs**
- **Kids: Digital pioneers**
- **Parents: No clear reference points**





Parental Anxiety...



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Parental Anxiety...



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Parental Anxiety...



Take away the phone or limit its use

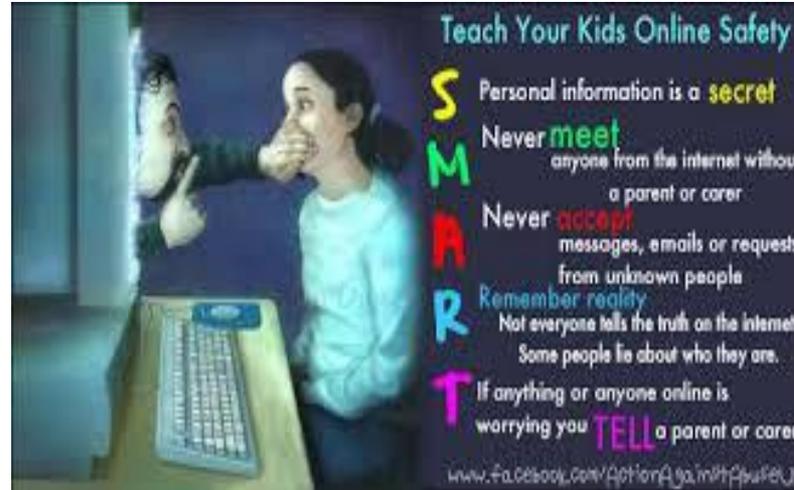


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Parental Anxiety...



Things happen that we aren't aware of or don't see



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Parental Anxiety...



When they are older, we worry about mental health issues



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They fear overcontrol...



“Anything that’s fun is bad!”



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They fear overcontrol...

- “Anything that’s fun is bad!”
- Parental controls should be set up to help kids think through decisions in positive ways...
- Screen time apps, limit data
- Aimed at self-control





Parental Guidance

- Go into the Smartphone settings
- See which apps children have
- Together decide which features are needed/not needed



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Guidelines for Phone Use for Kids



- **Age 4-6**
 - **Should not be using smartphones**
 - **2-5 yrs.: screen time < 1 hr./day**
 - **< 2 yrs. → no screen time at all**
 - **Damaging to brain development (dopamine)**
 - **Physical activity**
 - **Social skills**
 - **Harmless videos → inappro videos**





Guidelines for Phone Use for Kids



- **Age 7-9**
 - **No phones**
 - **Or if child needs to reach you:**
 - **Flip phone - call/text only**
 - **Smartphone - no internet, no data, call/text only**
 - **Absolutely no social media: FB, Insta, Snapchat**





Guidelines for Phone Use for Kids



- **Age 10-12**
 - **Phones with strict limits**
 - **No phones**
 - **Or a flip phone to keep in touch/calls**
 - **Or a smartphone with call/text only, no internet, data**
 - **Absolutely no social media: FB, Insta, Snapchat**





Guidelines for Phone Use for Kids



- **Over 12 years**
 - **12-14 consider a flip phone or smartphone without internet access**
 - **Consider a provider family plan**
 - **Consider a non-punitive and respectful family contract**
 - **Limit screen time and apps**
 - **Includes screen free times of day/weekends/black out times**





“ACE” It



- **Parental Controls = Parental Guidance**
- **Tips for the +9 child**
 - **Shift from controls to guidance**
 - **Example: games**
- **Awareness**
- **Communication**
- **Engagement**



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“ACE” It: Awareness



- What are the different types of Apps?
- What do you want the software for?
- What does it do?



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“ACE” It: Communication

TECHNOLOGY IS MORE EFFECTIVE WHEN USED TOGETHER



Engage



Communicate



Learn



Create

- Listen to the answers without judgment
- Talk about the digital guardrails you feel are important
 - Screen time
 - Screen breaks
 - Screen blackouts
 - Family Media Plans



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“ACE” It: Engagement



- **“Show me the games you want to enjoy”**
- **What are the ways to chat/filter features**
- **Go through the features**
 - **Time spent**
 - **Notifications**
- **Kids know themselves and what they can do or what is**
 - **Minecraft: survival /hardcore mode**





Screen Time Tension



- **Where does this come from?**
- **Parent/child - different perspectives on tech**
- **Wait until age 14 for social media**
- **What kind of screen time is best for you and your child?**



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- **Teen or Parent:**
 - **“I’m on my phone way too much. Like, I’m jonesing right now to check it.”**
 - **“But I’ve just been looking at my phone, like I’m just looking at it, because people are (messaging) me and I want to look at them so bad, but I’m here, and I’m trying to like not do it.”**





Dr. Katie Davis, Assoc. Prof. Digital Youth Lab, UWash



- **Teen / Parent:**
 - **“My mom, she’ll literally just take her phone and sit like this.” (imitates phone in front of her face)**
 - **“I always joke with them too, ‘Hi, you’re so beautiful!’ (I always see your forehead) That’s all I see.”**





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- **Both Parents and Teens can work on:**
 - **Unsatisfied with their own tech use → Become more self-aware and intentional**
 - **Other person's tech use → become more other aware and empathetic**



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- When it comes to tech, what matters most to a teen's well-being:
- Total tie with tech
- Total time with social media
- How much satisfaction they get from tech



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- **Reduce Tensions:**
 - **Become more self-aware and intentional**
 - **Become more other-aware and empathetic**



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- **Increase meaning:**
 - **Active, intentional engagement**
 - **Learn new skills**
 - **Connect with friends**



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- **Parental Controls:**
 - **Monitoring (44%)**
 - **Restriction (43%)**
 - **Active Mediation (<1%)**
 - **Education (2%)**



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- **Teach Teen Self-Regulation:**
 - **Self-Monitoring (2%)**
 - **Impulse Control (1%)**
 - **Risk-Coping Skills (4%)**
 - **Education (4%)**



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- **Research shows a drop in Mobile Activity when teens are learning to Monitor versus Parental Restrictions**



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- **Make sure the app is not overly restrictive**
- **Make sure the app considers your teen's privacy**
- **Make sure the app facilitates open communication and trust**
- **Make teens part of the decision**
- **Don't be fooled**
- **Think of online safety as a developmental process**



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'Harbucks' Virtual Coffee House

Children and Smartphones Part II Questions & Discussion



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**THANK YOU
FOR JOINING US!**



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Resources

- Am I depriving My Kid if I don't Get Him a Cell Phone?
<https://www.common sense media.org/cellphone-parenting/am-i-depriving-my-kid-if-i-dont-get-him-an-iphone>
- Ultimate Guide to TikTok:
<https://www.common sense media.org/blog/parents-ultimate-guide-to-tiktok>
- A Guide to TikTok For Anyone Who Isn't a Teen:
<https://slate.com/technology/2018/09/tiktok-app-music-ally-guide.html>





Resources

- **Guidelines Around Screen Time for Kids:**
<https://www.todaysparent.com/family/parenting/an-age-by-age-guide-to-kids-and-smartphones/>
- **Here's How Much Screen Time Children Should Actually Be Getting:**
<https://www.todaysparent.com/kids/kids-health/all-th-at-screen-time-does-real-life-harm-heres-how-much-kids-should-actually-be-getting/>





Resources

- **Technology Addiction, Concerns, Controversy and Finding Balance:**
https://www.common sense media.org/sites/default/files/uploads/research/csm_2016_technology_addiction_research_brief_0.pdf
- **Waituntil8th.org: let kids be kids a little longer**
<https://www.waituntil8th.org/>





Resources

- **Infants' Attention Span Suffers When Parents Eyes Wander During Playtime:**
<https://www.sciencedaily.com/releases/2016/04/160428131954.htm>
- **Five Simple Steps to a Healthy Family Media Diet:**
<https://www.common sense media.org/blog/5-simple-steps-to-a-healthy-family-media-diet>





Resources

- Six Simple Ways to Get a Handle on Your Child's Screen Time:
<https://www.todaysparent.com/kids/6-simple-ways-to-get-a-handle-on-your-kids-screen-time/>
- Our Kids are Addicted to Screens...
<https://www.todaysparent.com/family/study-our-kids-are-addicted-to-screens-and-its-our-fault/>
- Age by Age Guide to Using Smartphones:
<https://www.todaysparent.com/family/parenting/an-age-by-age-guide-to-kids-and-smartphones/>



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Resources

- **When Should Your Kid Have a Phone: A Real Conversation:**
<https://freedomsprouit.com/children-phone-age/>
- **Theories of When to Get your Kid a Phone:**
<https://www.allconnect.com/blog/right-age-to-give-child-smartphone>
- **When Should Kids Get Smartphones: Survey:**
<https://www.pandasecurity.com/en/mediacenter/panda-security/when-should-kids-get-smartphones/>





Resources

- **What's the Right Age for Parents to Get Their Kids a Cell Phone?**

<https://www.common sense media.org/cellphone-parenting/whats-the-right-age-for-parents-to-get-their-kids-a-cellphone>

- **Bill Gates Says This is the Safest Age to Give Kids a Smartphone:**

<https://www.inc.com/melanie-curtin/bill-gates-says-this-is-the-safest-age-to-give-a-child-a-smartphone.html>

