

Screen Time



What is Screen Time?

- Screen Time is an easy and efficient way to track the amount of hours/minutes that you have been using your smartphone

Where is it Found?

- Under settings (Only for Apple iPhones)
- When you swipe all the way left on your phone

The 4 ways to customize Screen Time:

- Downtime
- App Limits
- Always Allowed
- Content and Private Restrictions

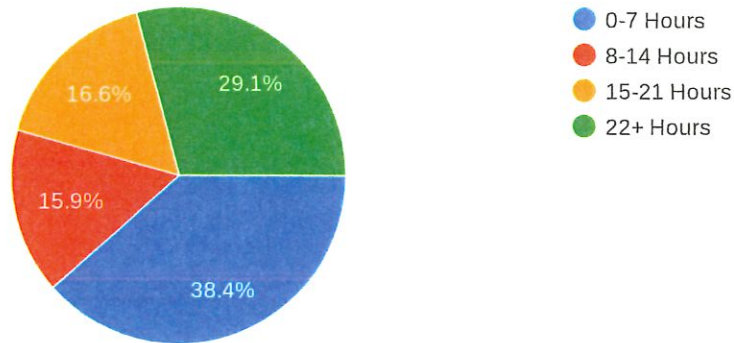
Benefits:

- It provides information on how much you use your phone
- It allows you to monitor the time your child spends on their phone and the specific apps they use

8th grade- Average Screen Time Hours

How long did you use your phone for this week?

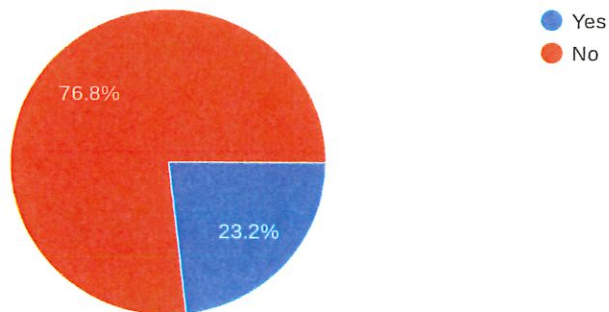
151 responses



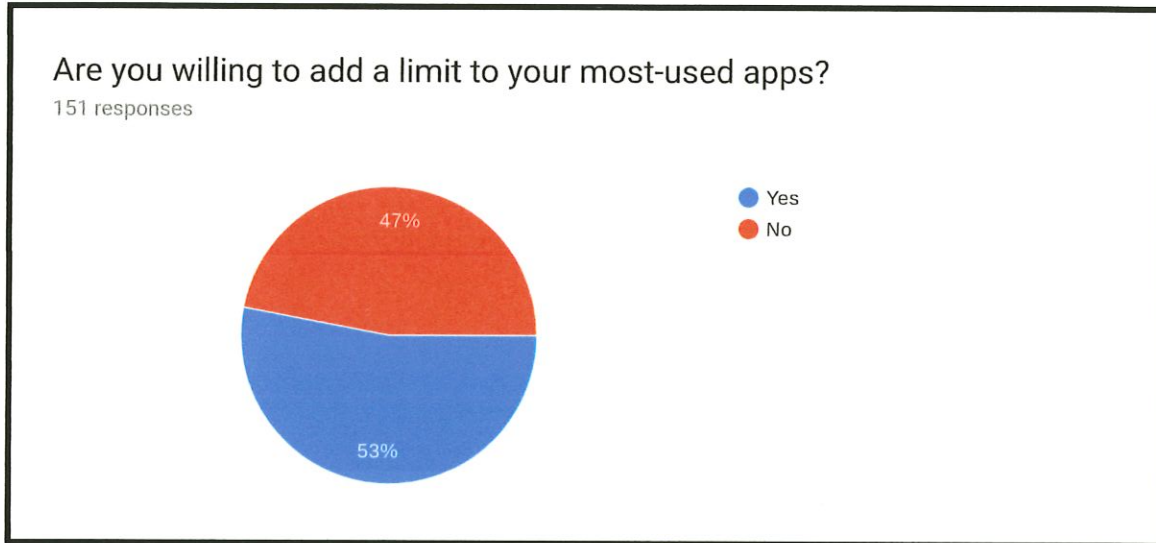
How many 8th graders feel they are impacted by their phones for school?

Do you feel your phone impacts your ability to succeed in school?

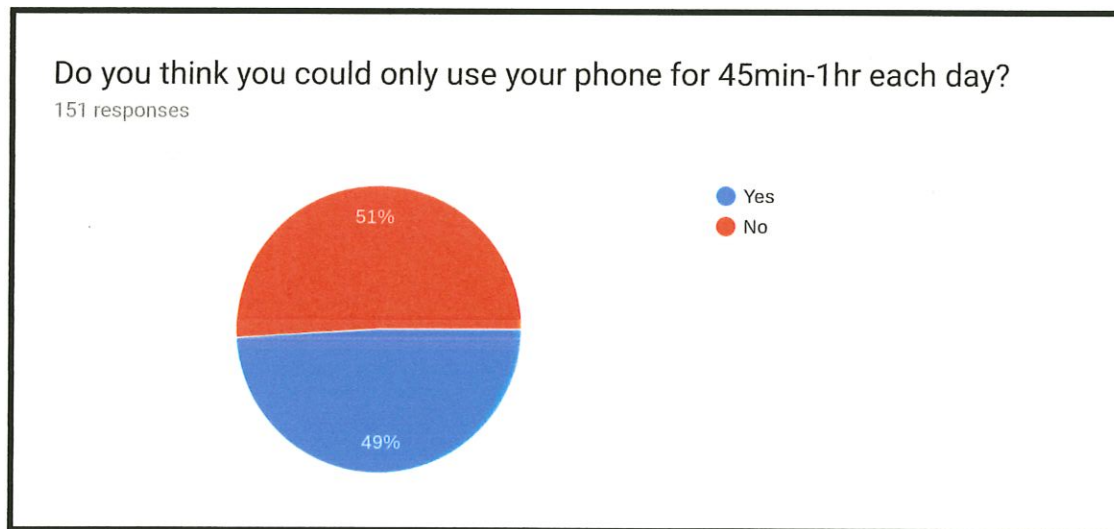
151 responses



The amount of students willing to add a limit on apps



Students who think they can use their phone for at least 1 hour each day



Always Allowed -



What is Always Allowed?

- It allows you to select the apps that are not affected by screen time

Where is it Found?

- Under Screen Time

Benefits:

- You are able to set limits on your child's phone while not compromising your child's safety or ability to get in contact with you

Downtime -



What is Downtime?

- Downtime allows you to set a time frame of when your child can be on their phone.
- The only apps that you choose and allow during this time are available

Where is it Found?

- Under Screen Time
- Press on the Downtime category

Benefits:

- Stops children from being up on their device late at night.
- It allows parents to decide what time their children are allowed on their devices.

App Limits



What is App Limits?

- App Limits is a way for anyone to use an app of choice, for a specific amount of time
- You can set daily app limits. App Limits reset every day at midnight

Where is it Found?

- Under Screen Time in Settings

Benefits:

- If you use a specific app for a long time, you can use this to stop yourself from using it any longer
- When you can't sleep at night because you're on your phone, add a time limit and you're good to go

Content and Private Restrictions -



What is Content and Private Restrictions?

- This is an easy way to avoid and block inappropriate contact
- This also sets passwords for many apps, movies, songs, etc... which you have to purchase

Where is it Found?

- Under Screen Time

Benefits:

- You can avoid inappropriate content which shouldn't be seen by children
- You can stop your child from downloading inappropriate content

SNAPPING (pictures)

- 👤 Add friends with usernames.
- 👤 Double tap their name to "snap" them pictures of your face, the ground, where you are, etc..
- 👤 You can set a timer on how long the person can see the picture. You can replay, screenshot images, and take videos of chat but the person who sent it will see.

SNAPPING (chat)

- 👤 Instead of double tapping, swipe right/ click on a person's name to send messages
- 👤 Your messages will disappear if you slide off the screen/go off of chat and back to the main chat page unless you "save to chat" by clicking on the message(s)
- 👤 You can send them bitmoji images of your bitmoji in a certain setting or stance (smiley face)
- 👤 You can either text individual people or a group chat - the structure is the same nonetheless

SnapChat



SNAPMAP

- 👤 You can see where all your friends are at, or where they were last when using snapchat -You can also see where friends traveled to or flew to.
- 👤 If you want to keep your location private, you can put yourself on ghost mode, or block certain people from seeing where they are.
- 👤 You can share your own 'status' and use bitmojis to describe where you are and what you're doing.

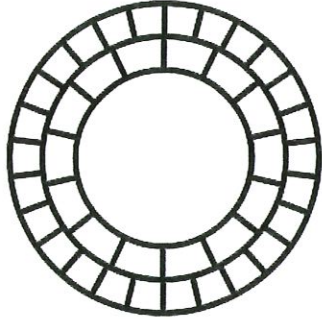
MAIN STORIES

- 👤 People can post to their main story where all of their friends can see.
- 👤 You can view this picture for 24 hours before it's deleted.
- 👤 You can mention people in their photo by writing @ and then their username.
- 👤 People can view your story an unlimited amount of times before it/ they expire(s) or you delete it.

PRIVATE STORIES

- 👤 People can create a specific group of people that they consider close friends.
- 👤 Girls usually use this to complain, or tell something that happened.
- 👤 Boys usually use this to just post pictures of where they are or what they are doing.
- 👤 Can mention other people in private stories even if they aren't in the specific group viewing.

VSCO



VSCO is a photo editing and sharing app. The app presents photo filters, ways to adjust the brightness, color balance, and saturation to create certain effects. You can post your editing photos or save them to your camera roll.

VSCO does not have the like and comment features and users also cannot see how many followers a person has. Many like to use this app as a way of posting what they want without having the stress of what others think about it. Besides having likes and comments, what they have is called republishing and favoriting.

When you favorite something only the person who posted it will get the notification, but when you republish something it will show up on the section just for your republishes.

The Positives

- Express your creativity or passion for photography
- Nobody can see the number of followers or republishes/favorites that you get on your posts
- You can block others from viewing your account
- Encourages kids to get outside with your friends

The Negatives

- There is no option on making your account private from others
- Anyone can view your account, unless you block their account

Tik Tok



What is Tik Tok?

TikTok is an app that people make 15-second videos of themselves talking or dancing to a song.

Safety/ Privacy settings

An account can be public or private.

Private Accounts

- 🔒 It can only be seen by people who are accepted by the owner of that account.

Public accounts

- 🔒 Can be seen by anyone.
- 🔒 Any video that anyone makes can go on the "ForYou" page and anyone on TikTok can view it.
- 🔒 Even on public accounts, people can set limitations on who can like view or comment on your post.

Block/ Report

- 🔒 Anyone can block or report anyone on TikTok. If someone is blocked they will not be allowed to view your profile again.
- 🔒 Anyone can report an account if they do not like what they see on the account.



Links:

www.youtube.com

www.kids.youtube.com (Kids)

Positives:

- ▣ Provides useful information in cooperation to the search bar at the top of the page when needed.
- ▣ The option to connect to a google account instead of creating an account from scratch is helpful.
- ▣ Save to watch later button is accessible to people with accounts to save a specific video to their watch later folder which is accessed by the watch later tab seen on the bottom of mobile devices or on the left hand side of the computer screen.
- ▣ 100% free of use to all
- ▣ Making an account only requires a first name, last initial, and an email that can be used for accessing mail or the account.

Negatives:

- ▣ People who wish to insult others videos do exist here, but usually you can find that the youtube community is very positive, and friendly, If you see one, don't be discouraged by them because they don't occur often enough for it to be a problem.
- ▣ If your child/teen is deciding that they want to post themselves on the internet, don't discourage them, but be aware that they can, by accident, release private info to people who want to take advantage of them. To avoid this monitor the video before publicly posting.
- ▣ Videos here are not all kid friendly but what you can do if you intend to get an account for a child maybe 9-5, instead of accessing a normal channel, you can get youtube for "Kids". The Youtube Kids app can be used on any iOS Device or Google device.
- ▣ Comments can be mean, so if you or your child decide they want to post a video, you have the ability to block comments on the video. This also solves the earlier problem of intrusive people.
- ▣ The content on youtube is very persuasive, and the recommendation list can be swayed easily with a few searches. When making a new channel, google uses common themes to set a base recommendation for the user by observing the few seen videos.
- ▣ It has been shown that ≈40% of the videos are demonetized (restricted to recommendation) they can still be found by searching or recent information. You can avoid this by going to the top right hand side of the computer, and clicking the circle with your profile, then scrolling down until you see restriction. If it is on keeping it that way, if not, then you can click the option and turn it on.



Houseparty

is a video-chatting service that allows up to 8 people to make group video calls with each other at the same time.

Houseparty supports a "friend" layout in which users can add each other by using a self-created username or selecting from recommendations inspired by contacts the user has on their device as well as a mutual following of the user's pre-existing friends. In addition to video chats, there is also an in-app messaging service that allows users to contact one another using a digital communication format(similar to text messaging). Furthermore, Houseparty allows users to invite friends to a "party" or call by sending a push notification to their phone, assuming that the receiving user has notifications enabled. When on a call, users can mute their sound or video- meaning they can disable the transmission of ongoing sounds and video so that the other members of the call are unable to hear and/or see them. Lastly, when a user in "in the house," meaning they have opened the Houseparty app, their following will be notified that they are able to talk.

The Positives

- Users are able to talk with others in a format that allows many others to join the call as well. This provides an easy-to-use experience when wanting to talk to multiple people at once or even when finishing a group assignment/project requires real-time communication.
- Users have the ability to "lock" a room, meaning that no other members can join the call without a direct invite.
- Houseparty provides several utilities that translate to appropriate and comfortable conversations.
- Users are allowed to "block" other users, meaning that they are able to disable to use the blocked user contacting them.

The Negatives

- While your child is talking to another user, an outsider that your child is not directly following may join the call if they follow the other user in the call and the room(call) is not locked.
- Given that a user can "wave"(invite) your child to a room and every time that a user who follows your child opens the app results in a notification, there are constant notifications from the Houseparty app that your child will receive.
- When creating a login for the app, a user must provide their full name and an email address.

Instagram



How Instagram works

1. The user/owner of the profile can choose to post pictures of whatever they desire on their profile.
2. When posting, the user can add filters and special effects to their pictures. They can also tag another user in their profile. Tagging another user can be used to show that that user was with the person when the picture was taken or they took the picture. The person tagged will then receive notifications on who liked/
3. Their followers (People they accept to follow them) can like/comment on their post.
4. Depending on the users' decision, they can choose to make their profile public or private
Public= anyone can follow the user's account and view their posts and profile
Private= In order to follow the user's account and view their posts one must request to follow them- The user will then have the option to either approve or decline the request
5. If one is scared/intimidated by a person on Instagram they can block their profile completely.
6. One can also report another user's account or picture for being spam or inappropriate
7. When creating an Instagram account the user will have the offer to accept or decline for Instagram to have their location and send them notifications. Instagram only uses the location feature as a way for the user to add on their posts their location or where the

Parental Guidance

- * **Please note that your child might witness mature content while browsing Instagram.**
- * **Questionable photos or videos have chances to appear in the SEARCH section of Instagram. Fortunately, your child can simply avoid this part of the app.**
- * **What is SEARCH? The "Search" button is a tool that helps users look up other users on the platform. Not only that, but one can find an abundance of entertaining videos or images.**

Raising Responsible Technology Using Teenagers

10 Things Parents Can Do To Support Responsible Teenage Technology Use:

1. Model healthy tech-life balance for your teen.
2. Help your teen chart the time they spend on different activities during a typical day and learn much time will they get back by adjusting their technology use?
3. Learn about the apps your teen is using.
4. Create Tech-Free Zones in your home
5. Set aside time to unplug with them
6. Encourage tech-free activities
7. Eat meals without screens
8. Keep screens out of the bedroom
9. Use a timer to limit screen-time
10. Help your teen use tech to control their tech

Mac Users: <https://selfcontrolapp.com/>

Android Users: <https://findyourphonelifebalance.com>

Helpful Resources:

- [See What Teens Do to Reduce Screen Time](#)
- [Reducing Screen Time and Get Active](#)
- [11 Easy Ways to Reduce Your Screen Time](#)
- [10 Ways to Limit Your Child's Screen Time](#)