Navigating the Challenges of Screens & Technology

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Why?
Media Guidelines For All Ages

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Current screen time use: kids ages 8-18 now spend **7.5 hours** in front of a screen for entertainment each day, 4.5 of which are spent watching TV.

**AHA (American Heart Association) Recommendations:**

- **Infants – 24 months** (2 years NONE except for video chats)
- **2 to 5 years** - Recommended limit is one hour per day.
- **6- 18 years** Maximum of just two hours per day
How to set limits on Screen Time

Photo by Robo Wunderkind on Unsplash
Babies to Preschool

**Babies** under 2 years - no screen time unless is interactive video chatting
**Kids** ages 2-5 years - no more than 1 hour per day

**WHY?** In the first three years of life, 80% of a child's brain development occurs.

**HOW?** To set limits – or do this instead:
- Play
- Share a Common Focus
- Use technology in an interactive way
- Designate tech-free outings
- Create regular tech-free times at home
- Set a good example

Photo by charlesdeluvio on Unsplash
Strategies:

- Introduce a simple Family Media Use Plan
- Modeling
- Use a Timer

Alternatives to Screens:

- Read Together.
- Encourage Outdoor Play.
- Cook Together.
- Have a Family Game Night.
- Turn up the Music for a Dance Party.
- Do Some Arts and Crafts
Middle and High School

Family media plan

Clear and consistent guidelines

Lock it up.

- Have time limits
- Keep computers in public areas
- Lock down your internet (router)
- Be aware of their friends and parental controls
Adolescent Brain Development

- Teens - 9-25
- Myelin Sheaths forming
- Prefrontal cortex doesn’t develop till mid 20s
Pandemic!

- Unique experience
- 7 hours a day
- More screen time = poorer mental health and greater perceived stress
- Less screen time = more social supports and better coping behaviors reported.
- Weight gain
- Studies have suggested that screen use may remain persistently elevated.
Healthy Limits on Video Games

https://blog.innerdrive.co.uk/5-ways-students-can-manage-gaming-time
Cyberbullying

- What is cyberbullying
- How to prevent
- Signs
- What to do if you suspect / know

Photo by Morgan Basham on Unsplash
Pornography

Prevention
• Stay involved
• Parental controls.
• Know who your kids are hanging out with.
• Keep computers and devices in public areas.
• Build trust
• Communication is key.

What to do after
• Communication is key.
• Don’t shame or blame
• Don’t ignore the problem

Photo by Geran de Klerk on Unsplash
Mental Health and Technology / Social Media

Photo by Adrian Swancar Unsplash
Sleep!

- Teenagers in the US are now getting the LEAST amount of sleep than they ever have!
- Teens and tweens need about 9 to 10 hours a night
- Average American teens’ sleep 6.5 hours a night.
- Vital for Brain Development

https://jeffcolibrary.bibliocommons.com/v2/record/S132C2631024
What else can you do?

Photo by Kevin Ku on Unsplash
Family Media Plan

• Work together with your kids using this tool to help you think about media & create goals & rules that are in line with your family’s values.
• Listen with empathy and be on their team – collaborate to find a good solution
• Designating certain areas as "screen free zones“
• Creating screen-free times
• Instituting device curfews (all screens off by 8:30, for example)

https://www.healthychildren.org/English/media/Pages/default.aspx
Tips for managing screen time

• Limit screen time to no more than 2 hours per day
• Remove electronics as much as you can from your child’s bedroom
• Create charging zones outside of bedrooms
• Pause devices from your Internet Service Provider at a certain time
• Encourage other types of fun
• Learn other activities that do not involve screens
• Turn off all screens during family meals and outings
• Turn off screens and remove them from bedrooms 30-60 minutes before bedtime.
• Learn about and use parental controls.
Parental Controls

• Network
• Routers
• ISPs allow you to pause devices – I do this on Xfinity
• Apps
  o Securly
  o Google’s Family Link
  o Apple Screen Time
  o Amazon’s FreeTime
  o Disney Circle tracking device
  o Verizon Smart Family
  o 3rd party apps Net Nanny, Qustodio & Bark
  o Devices like Torch & unGlue

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Library Resources

Library spaces with books!

Events and Programs

Books

Healthy screen time options
  • LeapPads
  • Readalongs
  • Audio books
  • Online resources
    o Mango Languages
    o Learning Express Library
    o Creative Bug
Dive Deep
Library Summer Challenge June 1 - July 31
Jefferson County Public Library
jeffcolibrary.org
It takes a village...

What have you found that works?

Photo by Jack Ward on Unsplash
Questions?
Thanks for joining us!!

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