



FAMILY ACADEMY

Health and Wellness

THURS, DECEMBER 7 | 6-7:30 PM



FEDERAL WAY
PUBLIC SCHOOLS



Young Kids & Screens: Healthy
Development in the Digital Age

Raising Healthy Kids in a Digital World

Dennis Purcell, Director of Remote and Blended Learning



Raising Healthy Kids in a Digital World

In this workshop, we'll reflect on:

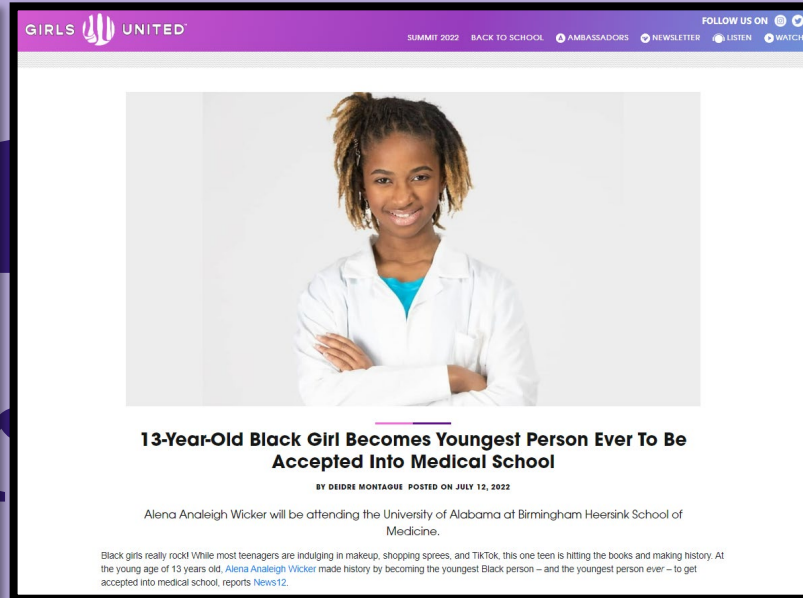
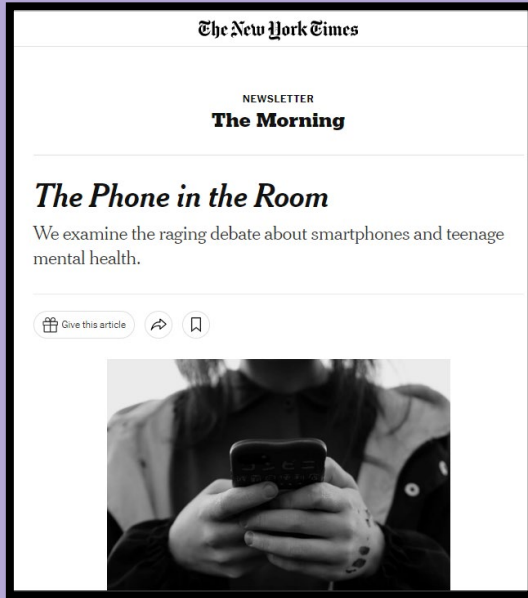
- How technology has evolved in our lifetime.
- The benefits and challenges of raising kids in today's digital age.

Leave with links to resources



Technology is here to stay.

"The World Economic Forum estimates that 65% of children today will end up in careers that don't even exist yet."



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Icebreaker

Share a memory that you have of an older piece of technology.

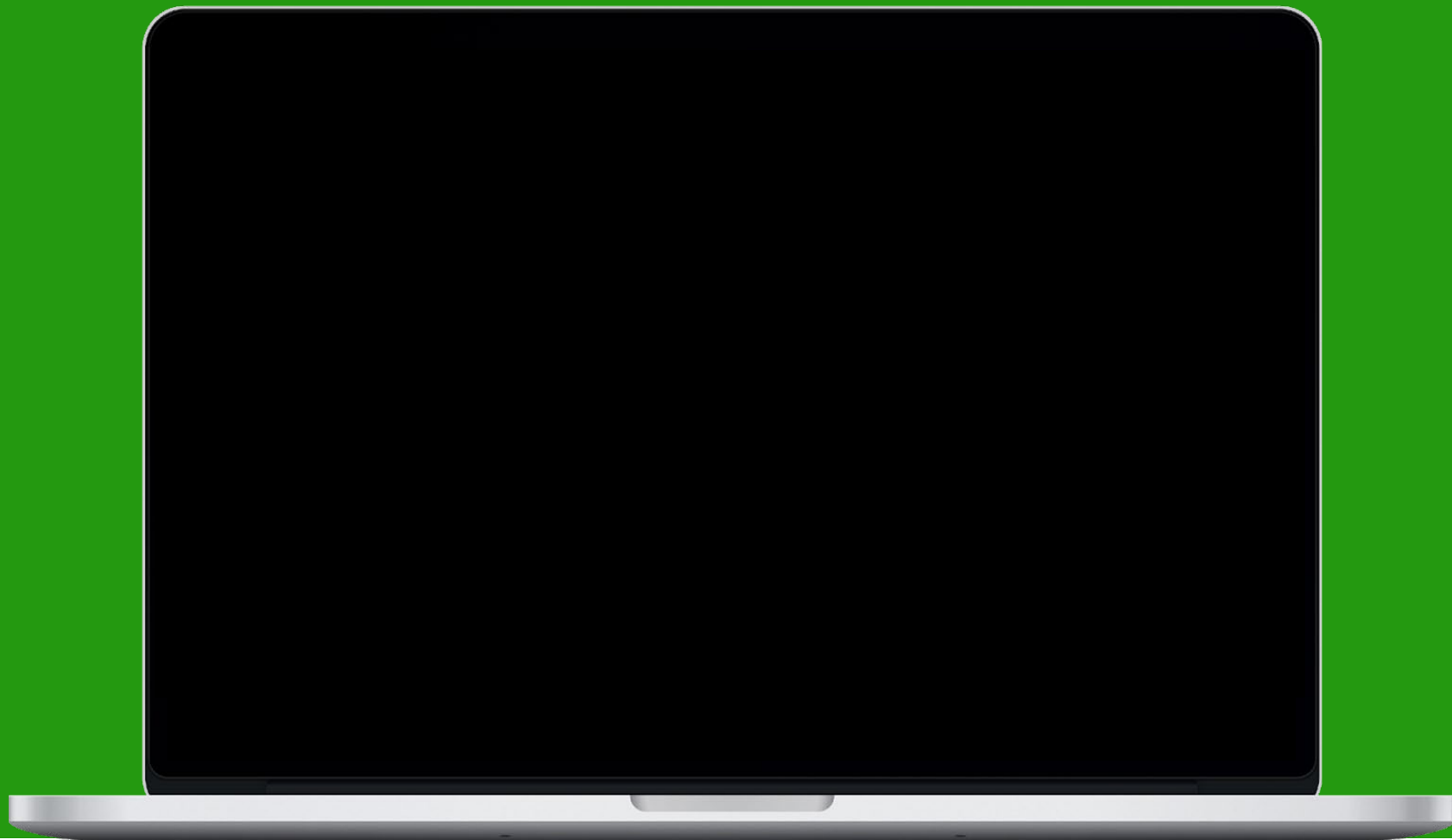
How did you use it? With whom?

What benefits do you think this technology had for you?

Did it have any downsides? Cause any conflicts with friends/family?

What new tech has replaced that old tech?







Benefits



**Fears/
Challenges**

Benefits

Fears/ Challenges

Benefits

- **Communicating with loved ones far away**
- **New careers**
- **Access to information**
- **Broadcast yourself**
- **Entertainment**
- **New learning tools**
- **Connection to the world**
- **Learn anything online**

Fears/Challenges

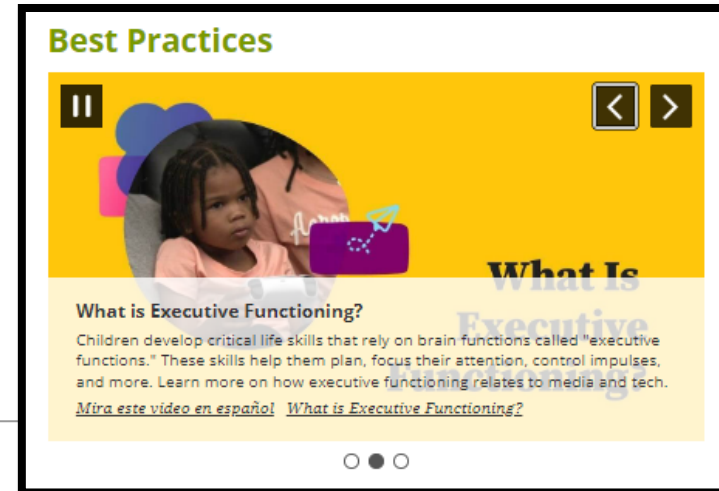
- **Monitoring use of tech**
- **Tech addiction**
- **Inappropriate content**
- **Online predators**
- **Online bullying**
- **Violence**
- **Dangerous "challenges" and trends**
- **Too much access at an early age**

A close-up, low-angle shot of five children of various ethnicities (Black, White, and Hispanic) smiling and looking upwards. The children are huddled together, creating a sense of unity and hope. The word "Hopes" is centered over the image in a large, bold, black serif font.

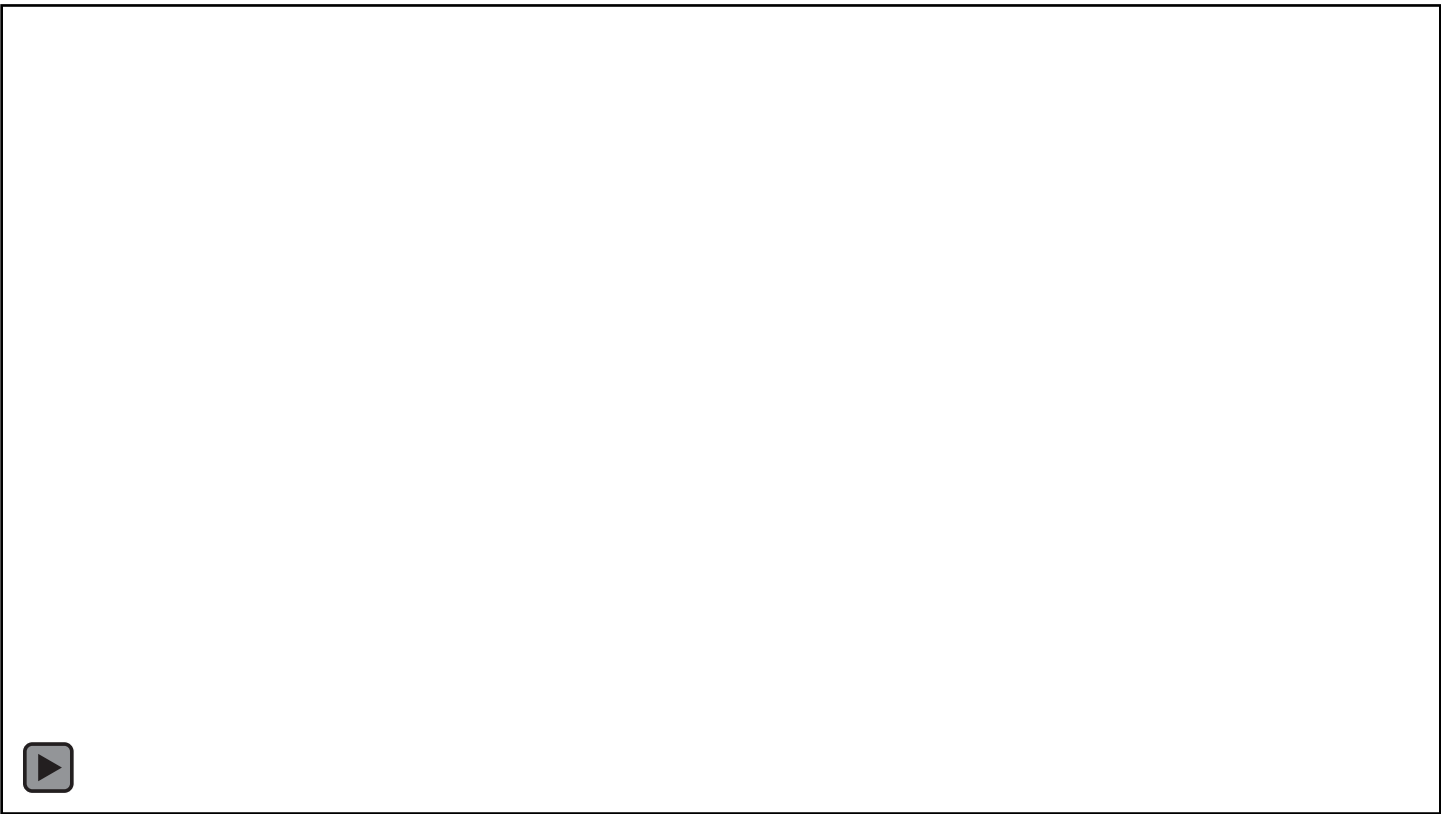
Hopes

Early childhood life skills

- Focusing their attention.
- Working toward goals.
- Practicing patience and taking turns.
- Switching gears during transitions.
- Taking on challenges.
- Seeing things from another person's perspective.
- Remembering information.
- Making connections.
- Thinking critically.



Early childhood life skills



Early childhood life skills

- Family Tech Planner
- "No Phone Zones"

2-8 years old

Family Tech Planner
For families with children age 2-8

You can use this planner to set rules for screen time as a family. Talk with your kids about which platforms and devices are okay to use, like TV, tablets, phones, and video games. And decide together when, where, and for how long they can use them. Be sure to let your kids share their ideas, too!

Child's Name _____

Devices and services we can use (TV, tablet, Netflix, Disney+, Switch, etc.) _____

Family Expectations
The American Academy of Pediatrics recommends:
Younger than 18 months: Avoid screen use except for video chats with loved ones.
2-5 years: Limit screen time to one hour a day of high-quality, age-appropriate content.
6 and older: Balance screen use with reading, hobbies, and time with friends and family. Make sure it doesn't interfere with sleep, exercise, and other healthy behaviors.

When, Where, and for How Long
Create a schedule that works for your family!

We Can Use Devices:	Weekdays: Amount of Time	Weekends/Holidays: Amount of Time
Child's Name _____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

9-12 years old

Family Tech Planner
For families with children age 9-12

You can use this planner to spark conversations and set expectations about screen time as a family. Talk about how you use tech, what you use it for, and how it can affect you. Post your plan somewhere for reference, and update it as kids get older!

Child's Name _____

Devices and services we can use (TV, tablet, Netflix, Disney+, Switch, etc.) _____

13+ years old

Family Tech Planner
For families with teens

You can use the questions below to spark conversations with teens about their digital lives. Take it a step further by writing your thoughts and goals in the blanks provided.

Family Expectations

We Are Safe
Staying safe with tech means not sharing private or financial information, being careful about who we trust online, and paying attention to feelings that signal something's not okay.

What are some examples of being unsafe with tech? (Texting while driving, sending nudes, etc.)

What's a change or commitment to safety we can make? To stay safe, we will ...

Adult: _____

Teen: _____

Common Sense Media Tips by Text

Get entertainment picks and
tips for healthy tech use.

Text the word "kids" to 21555.

For families with 3- to 11-year olds

Message and data rates may apply.
Send "STOP" to stop receiving messages.

For more info, visit www.commonsense.org/text.



**Text the word "kids" to 21555.
For tips in Spanish, text "familia."
We'll send tips directly to your phone!**



Thank you!



*Check out our FWPS Social Media
Support Page for Resources:
bit.ly/FWsm2023*



Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey.



Scan QR code,
or visit: www.fwps.org/FamilyAcademySurvey

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

*Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!*

*پست-نظرسنجی : رویداد به ما کمک می کند
بهبود یابیم!*

Breakout 2 Workshops

Native Plant Teachings to Support Wellness | Room B213

Mental Health Needs for Scholars with Disabilities | Room 139

Excused Absences Are No Excuse to Fall Behind | Room 150

Secondary - Dealing with Digital Drama | Room 151