

TECH SAVVY SUMMER

**Using technology in a positive
way this summer**

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EMPOWERING HEALTHY RELATIONSHIPS WITH TECHNOLOGY

The Greatest Generation: born before 1928

The Silent Generation: born between 1928-1945

Baby Boomers: Born between 1946-1964

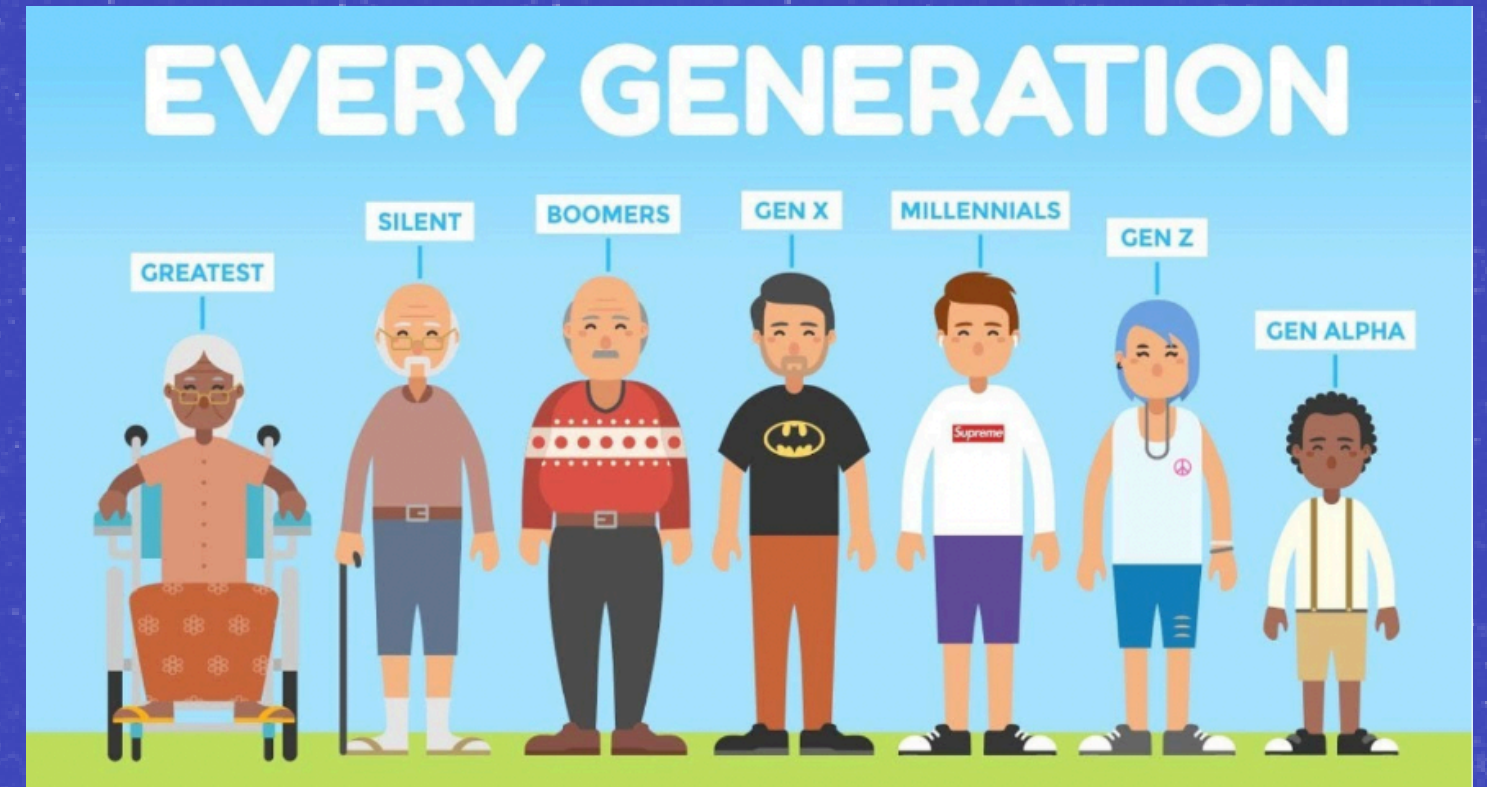
Generation X: Born between 1965-1980

Millennial Generation/ Generation Y:
born between 1980-1994

Generation Z: born between 1995-2009

Generation Alpha: born 2010-2024

Generation Beta: born 2025-2039



UK Children's Daily Time Use, 1975-2015

Percent Change Since 1975

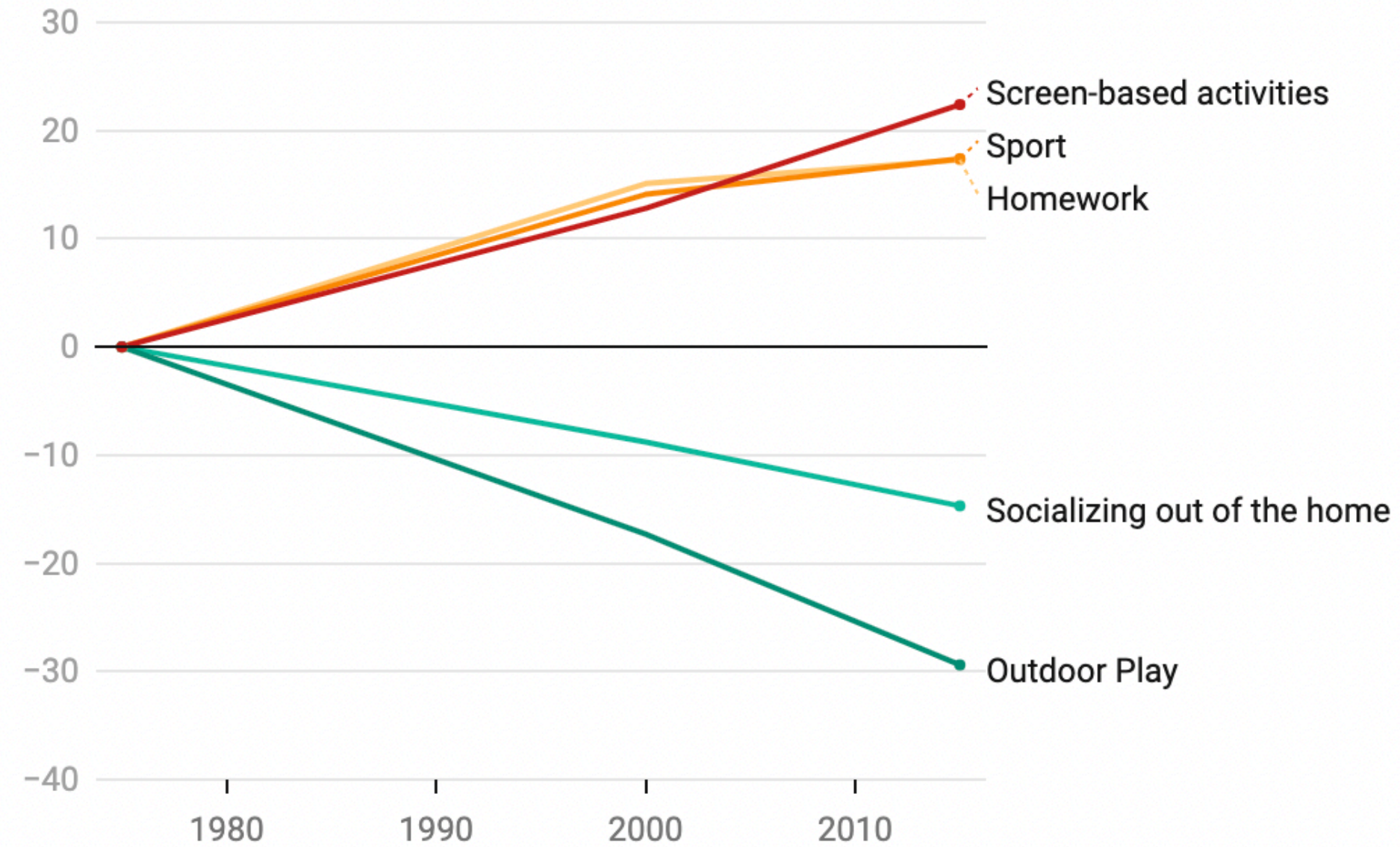


Chart: Zach Rausch • Source: [Mullan 2019](#) • [Get the data](#) • [Embed](#) • [Download image](#) • Created with [Datawrapper](#)

Graph: The Anxious Generation by Jonathon Haidt

It hits younger people more than older people, Gen Z harder than any other generation...

Percent U.S. Anxiety Prevalence

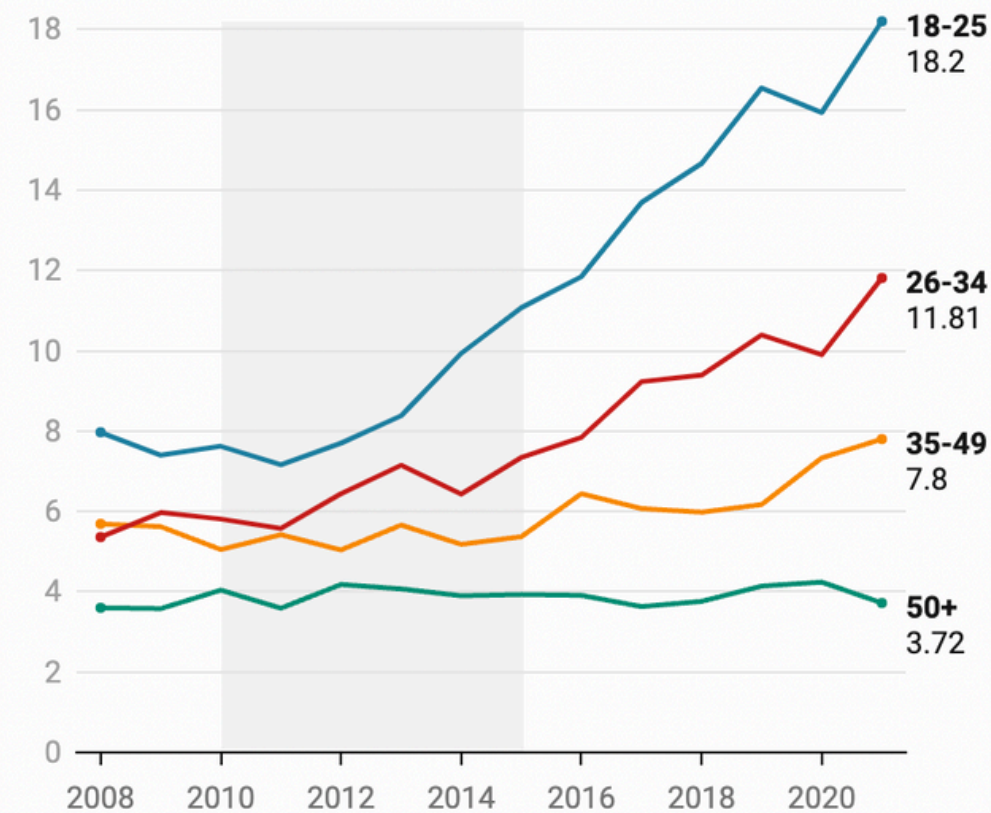


Chart: Zach Rausch • Source: [National Survey on Drug Use and Health](#) • [Get the data](#) • [Embed](#) • [Download image](#) • Created with [Datawrapper](#)

Figure 3. Percent of U.S. adults reporting high levels of anxiety. Source: U.S. National Survey on Drug Use and Health, re-graphed from [Goodwin, Weinberger, Kim, Wu, & Galea \(2020\)](#) and updated with 2019-2021 data. [[Zach's Spreadsheet](#)].

Graph: The Anxious Generation by Jonathon Haidt

FAMILY TECHNOLOGY AGREEMENT



WHAT IS A FAMILY TECHNOLOGY AGREEMENT?



- Safe technology **needs to be taught**.
- It's important to **set boundaries** and teach safe technology use.
- One way to do this is by creating a family media agreement or contract.
- Family media contracts help teach proper technology use and set expectations. They allow you to start an **open conversation** with your children and encourage them to be part of the decision making.

DEFINING YOUR FAMILIES GENERAL PRINCIPALS



- Start with a question: **What are the main reasons we want to have balance in our lives regarding screen time and other activities?**
- **Think about your “why”**—why do you care how much time your children spend on screens?
- One example is that you might want your children to have time to be exposed to many different situations offline so they can be more effective in three main areas: creativity, communication and competency.
- **Ask your children** about how they think screen time should fit into their lives? What are some of their personal goals around things such as family, friends and hobbies? At first they may just shrug hopefully it will spark some good discussion.
- Other topic ideas: Internet safety, privacy, time management, plagiarism, appropriate posts, online bullying and kindness.

DEFINE YOUR FAMILY'S RULES

- This is where you translate your principles into your “tech limits,” “agreements,” “rules,” however you want to label them. The main focus is determining times when screens should be put away.

Some examples include:

- Meal times — Are devices allowed at the table? Breakfast? Dinner?
- Night power-down — When to turn off screens/phones before bedtime
- Bedroom — Screens in the bedroom? If so, all the time? Are phones allowed in the bedroom?
- Cars — May non-drivers be on their phones?

Two main goals:

- have a limited number of rules/values
- have the children help create them in line with their maturity level.



ALLOW WIGGLE ROOM

- Real life requires wiggle room.
- Thinking about the times that may come up when someone needs to go on a screen despite the rule and how these situations should be handled is also important. This is a part of tech etiquette.
- For example, if you have a no-cell-phones-in-the car policy, but there are times when something important comes up and someone has to do a quick check. Children may know you appreciate it when they tell you why they are breaking the rule, so they might say, “I am telling Ben that we are late to pick him up.” You can also follow the same etiquette.



TIPS FOR A POSITIVE TECH SAVY SUMMER



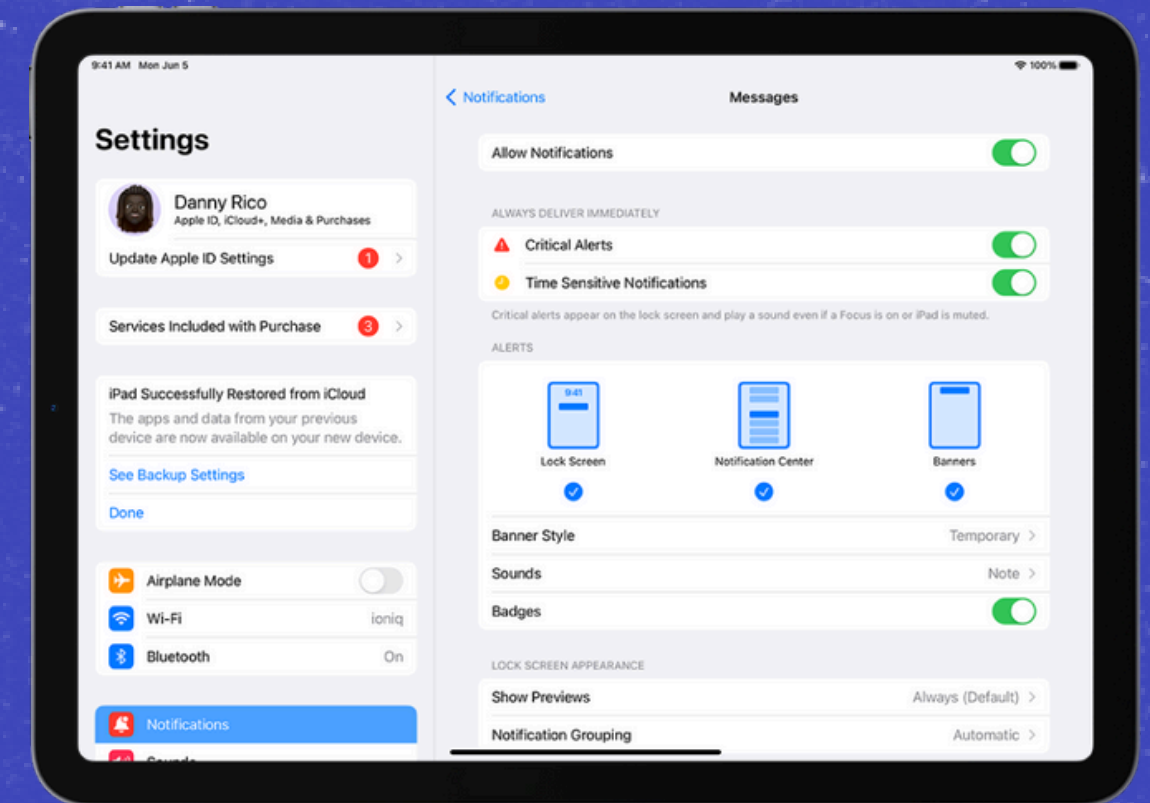
PLAY BASED CHILDHOOD

- Don't see limiting screen time as taking something away from your child, see it as giving them something better, a play based childhood.
- Peter Gray of Boston College defines “free play” as an activity freely chosen and directed by children and undertaken for its own sake, not consciously pursued to achieve ends distinct from the activity itself. Free play is not play directed by parents, teachers, or coaches, and is not the same as screen-based play.
- In free play, children acquire essential skills like communication, negotiation, conflict resolution, creativity, compromise, risk-taking, discovery, exploration, and more.
- Dr. Haidt states that we overprotect children in the real world and underprotect them in the digital world.



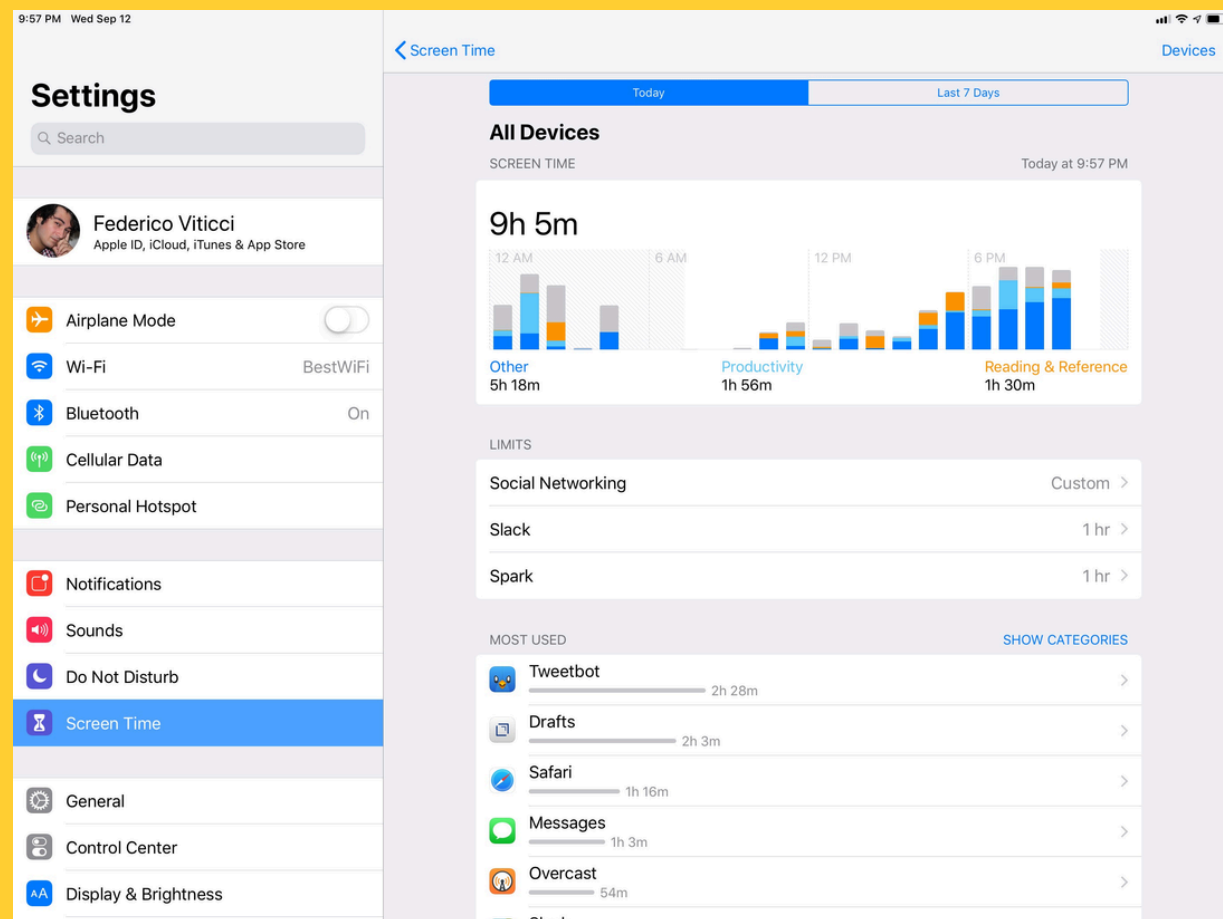
TURN OFF NOTIFICATIONS

- Applications are **designed to trigger the brain's reward system** in order to keep users on their platforms.
- Notifications, likes, and shares release dopamine, creating a **cycle of addiction**. This constant search for gratification can lead to habitual checking of devices, even in situations where it might be inappropriate or dangerous.
- **Tool vs Master**
- Turn off all push notifications (change notification settings)



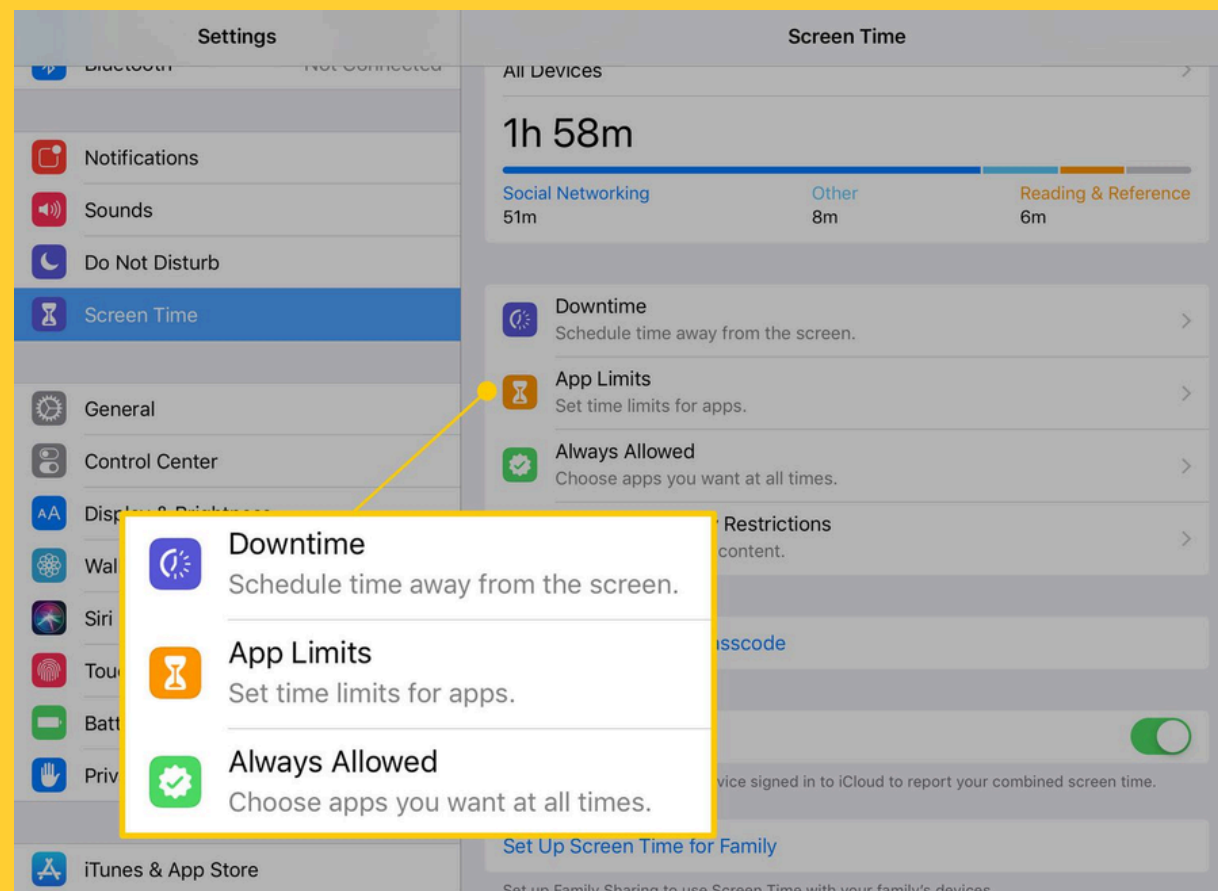
MONITOR SCREENTIME & APP USAGE

- Monitor device usage



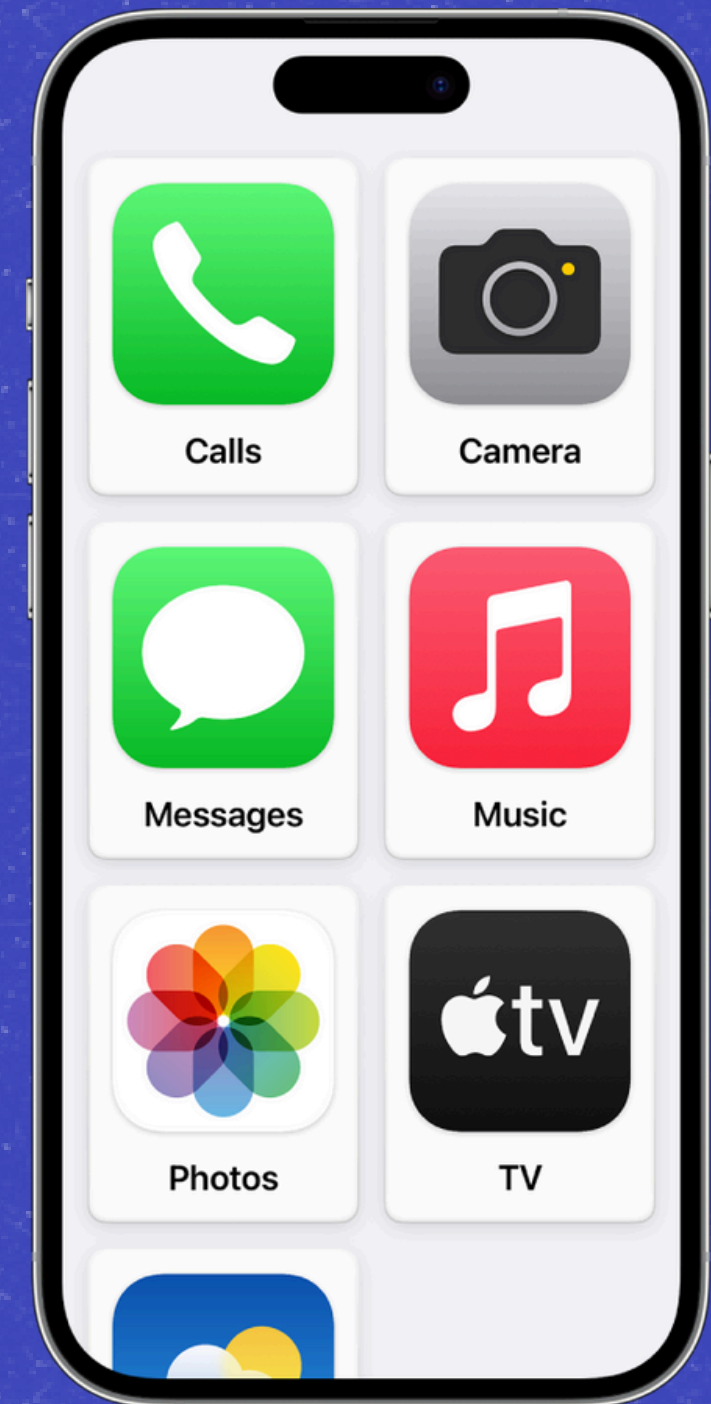
USE PARENTAL CONTROLS ON YOUR CHILD'S IPHONE AND IPAD

- Instructions for setting up parental controls



TURN PHONE INTO DUMB PHONE

- Tutorial - How to set up Assistive Access on your phone



FAMILY CODE WORD, PHRASE, OR EMOJI

- Create a family code word / phrase / emoji that can be used in settings to alert a parent that you are in need of help



SCREENAGERS PODCAST

Join Delaney Ruston, MD, a leading authority on parenting in the digital age and the filmmaker of the award-winning Screenagers movies, as she **explores strategies for raising screen-wise and tech-balanced youth.** Through interviews with researchers, thought leaders, and young people themselves, The Screenagers Podcast delivers the latest in science along with practical tips. Most episodes are geared for parents, kids and teens to listen to and thus spark common ground for inspired conversations.



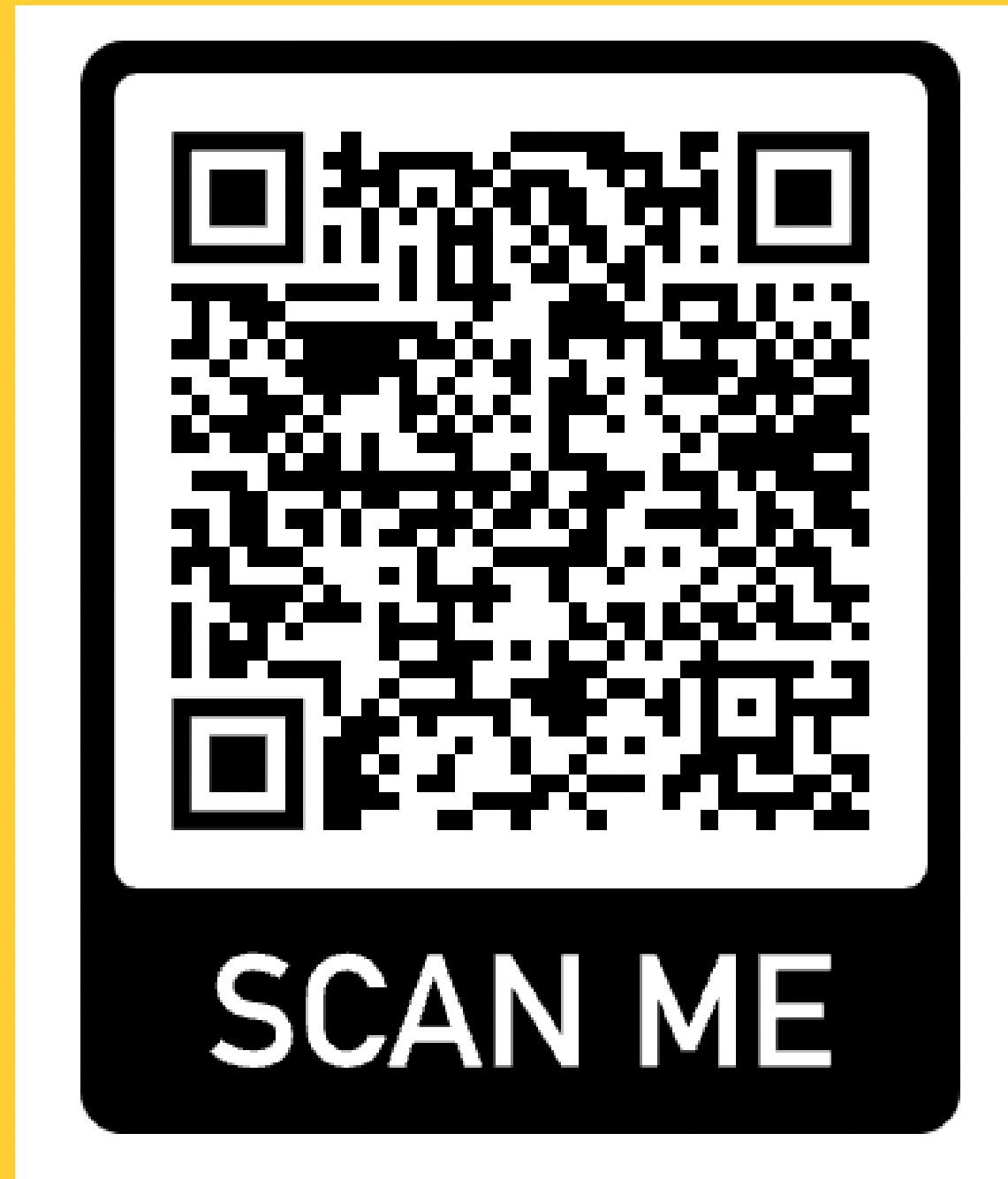
PADLET



Resources

- **Children**
- **Teens**
- **Parents**

SURVEY



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