
Screen Time & Social Me

East Islip School District Parent Training
1/31/24

Overview/Objectives

- Your current plan
 - Types of Screen Time, Social Media & Quick Facts
 - The good
 - The bad
 - Mental Health outcomes
 - Red Flags of behavior
 - Recommendations
 - Identify different types of social networks.
 - Learn red-flag behaviors of screen-time
 - Identify strategies to limit the risk factors of screen time.
 - Develop a personal family media plan
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Consider.

- What devices does your child use for screen time?
 - What social media platforms does your child use?
 - Are there any screen time/social media rules in your home? If so what are they?
 - Are there any negative outcomes of your child's screen usage? If so, what are they?
 - Is there anything you would like to change about your child's screen usage?
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Screens

- Phone
 - Watches
 - Video Games
 - Chromebook
 - Computer/iPad
 - TV
 - Communication Devices
 - SmartBoards
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Types of Social Media

- Social Networks (Facebook, Instagram, Snapchat)
- Social News (Reddit)
- Media Sharing (You Tube)
- Microblogging (Twitter/X)
- Social Review Sites (Yelp)
- Gaming

Social media platforms are designed to maximize user engagement. To do so, they use:

- Push notifications
 - Autoplay
 - Infinite scroll
 - Displaying popularity (i.e., likes)
 - Algorithms
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Quick Facts

- 95% of youth ages 13-17 use social media
 - 33% say they use social media “almost constantly”
 - Average is 3.5 hours per day
 - Social media/Screen time becomes a habit, that ~33% say they feel addicted
 - 70% of parents say parenting is harder today than 20 years ago because of technology & social media
 - Research is still developing... we don't yet know all of the stats as this technology is new
 - U.S. Surgeon General (2023): Social Media and Youth Mental Health
 - American Psychological Association (2023): Health Advisory on Social Media Use in Adolescence
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The good

- **It lets you do good:** connect with others (GoFundMe, etc.)
 - **Strengthens friendships:** can help teens make & keep friends
 - **Offers a sense of belonging:** kids feel less lonely, especially for youth who experience adversity or isolation in offline environments
 - **Provides genuine support:** can validate someone who is marginalized; immediate access to support (i.e., online chats)
 - **Helps self-expression**
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The bad.

“There is so much emphasis on others having the perfectly fabulous life, it can create feelings of isolation and hopelessness.” - Dr. Petra Steinbuchel

- Social media use is predictive of decrease in life satisfaction for girls 11-13 and boys 14-15
 - 3+ hours/ day on social media doubles risk of depression/anxiety
 - Reduction to <30 minutes of social media/day saw 25-40% improvement in well-being
 - Girls (age 13-17) surveyed on effect of social media
 - 14% say it makes them feel better; 40% say no change on well being; 46% say it makes them feel worse
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Red Flags of Online Behavior

- Ads and in-app purchases
 - Age-inappropriate content
 - Anonymity
 - Location tracking and sharing
 - Public default settings
 - Random video chat
 - Real-time video Streaming
 - Secret chat rooms
 - Temporary pictures and videos
 - Toxic Culture
 - Fake accounts (Finsta, etc.)
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Recommendations: Limits

Ages 2-5: non-educational usage to 1 hour on the weekdays, no more than hours on weekend

Ages 6+: There is no specific set time: each person's needs will be unique based on balance of sleep, exercise, socialization, mood, etc. **Screen time should not interfere with sleep, physical activity, or daily living skills**

- Sleep
 - Children need ~10 hours of sleep; adolescents ~8
 - Screen time (especially social media) within 1 hour of bedtime disrupts sleep
 - Insufficient sleep is associated with disruptions to neurological development in emotional functioning
 - Exercise: physical activity is essential for both physical & psychological health
 - More than 1.5 hours a day of screen increases risk of obesity (excessive screen use & TV in bedroom.)
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Recommendations: What is Developmentally Appropriate

Think about what is **developmentally appropriate** for your child

Children should have adult supervision while using social media and on screen time.

Early adolescence (i.e., typically 10-14 years) need adult monitoring: ongoing review, discussion, and coaching around social media use/content

- Brain regions associated with desire for attention, feedback, and social reinforcement become extra sensitive during this time! AKA mental health challenges
 - Risk-taking behaviors increase; self-control does not fully develop until adulthood
 - Need to be explicitly and repeatedly told about their online behavior data is used, stored, and shared with others
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Recommendations: Supervising Online Behavior

What children see increases likelihood of what they do. To reduce risk of harm:

- Prohibit access to illegal/ maladaptive behaviors (i.e., self harm, harm to others, eating-disordered behavior)
 - Teach adolescents to recognize **cyberhate**: online discrimination, prejudice, hate, or bullying.
 - Monitoring your child's content and discussing it with them can reduce the effects of exposure to cyberhate
 - Teach adolescents to have social media **literacy**
 - Being able to question the accuracy of content, tactics used to spread misinformation, limiting overgeneralizations, signs of problematic social media use, how to solve conflicts on social media platforms
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Recommendations: Supervising Online Behavior

There are many apps which allow you to set limits and review your child's phone usage.

iPhone's screen time app allows for parental controls.

[Learn how.](#)

 Qustodio	 Bark	 Net Nanny
 Google Family Link	 Norton Family	 Kaspersky Safe Kids
 OurPact	 FamilyTime	 Screentime
 Apple parental controls	 Aura	 Canopy
 FamiSafe	 Mobicip	 mSpy
 AirDroid	 Qustodio parental contro...	 YouTube Kids
 Bark parental controls	 MamaBear	 Norton
 Boomerang	 Find my kids	 KidLogger

Recommendations: What children and adolescents

- Reach out for help
 - Create boundaries to help balance online and offline activities
 - Develop protective strategies and healthy practices
 - Tracking time spent online, blocking unwanted contacts & content, using privacy and safety settings
 - Be cautious about what you share
 - Protect yourself and others
 - Don't keep online harassment or abuse a secret
 - Don't take part in online harassment or abuse: don't forward or share messages. Report offensive content
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Recommendations: Modeling Behaviors

- Model the screen time/social media attitude & behavior you want for your child
 - For example, no use 1 hour before bed, Mealtimes device free to build socialization skills
 - Create tech-free zones in your house
 - Work with other parents to help establish shared norms and practices and to support policies around healthy media use
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Recommendations: Family Media Plan

Setting expectations for healthy technology boundaries at home, including social media use.

Promotes discussion and rules around:

- Balancing screen/online time
- Content boundaries
- Not disclosing personal information

Create one here:



<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>

Resources

Take it Down: get photos removed from internet

CyberTipLine: reporting child sexual exploitation

988: Suicide & Crisis Lifeline

Family Media Plan: <https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>
