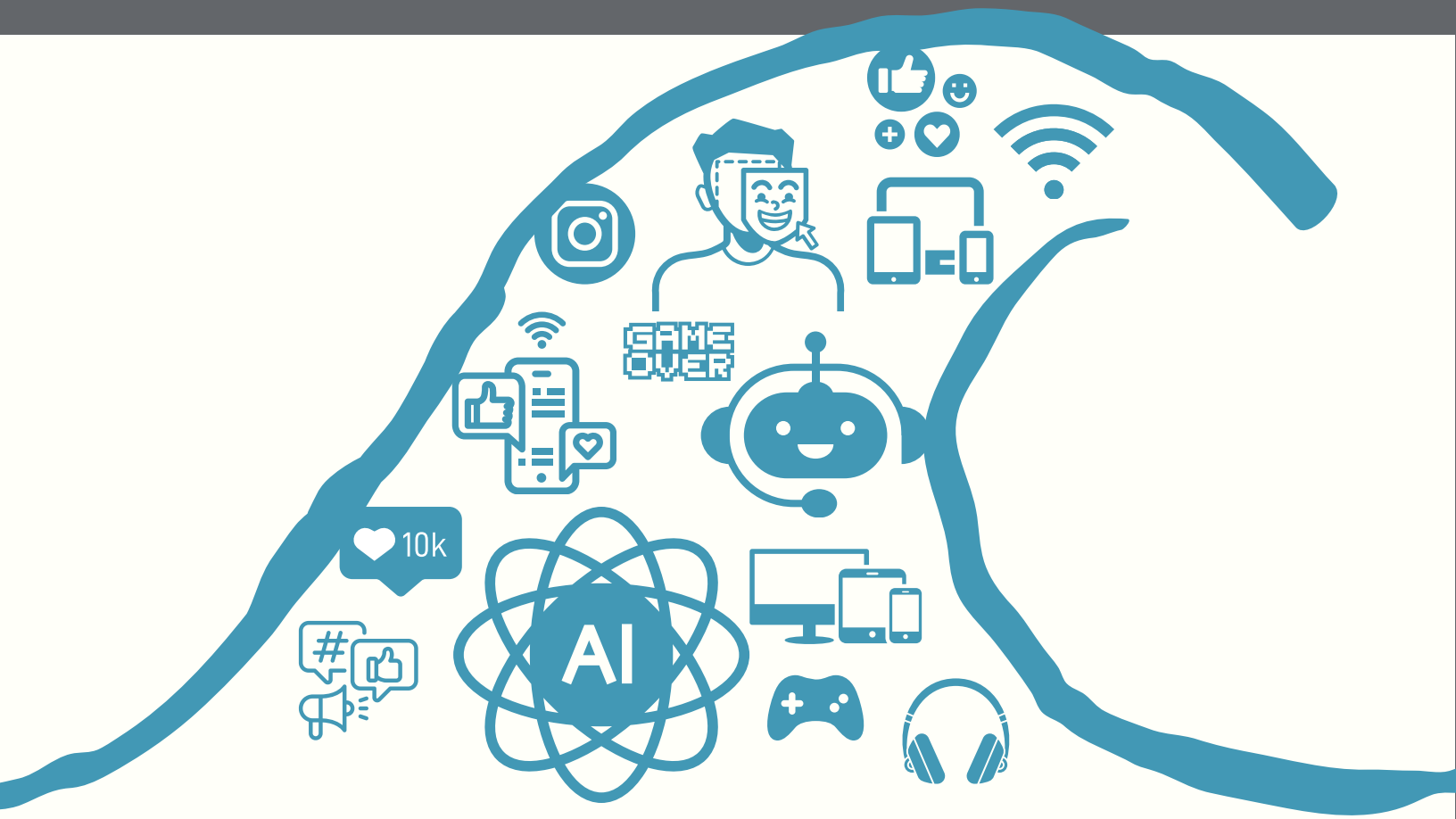


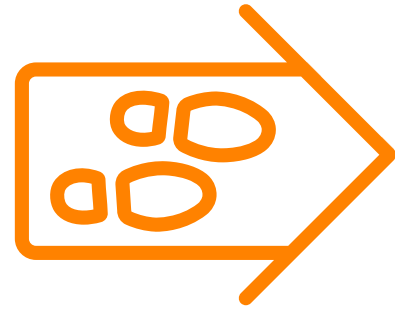
Navigating all this tech in our kids' lives, as a community!

A **virtual** live education presentation
for parents and caregivers of **K-12th graders**



Parent Packet

Next steps...



1

WATCH THE RECORDING IF YOU MISSED IT

Or co-watch it with a group of friends who couldn't attend, or share it with your school's principal or grade level teacher!

2

FIND A BUDDY!

Whatever parenting phase you are in, it helps to talk about the struggles and triumphs! Who is one person you can start talking to about parenting tech? Find humor, solutions, and accountability together! *E.g., a co-parent, friend from your child's class, relative, co-worker, neighbor.*

3

ADOPT THE KIDS IRL FAMILY GUIDELINES

Adopt the Kids IRL K-8 Family Guidelines to keep tech in check at home and as part of a community solution. Go to: <https://www.screensense.org/kids-irl-family-guidelines>

4

JOIN THE KIDS IRL PHONE PACT

For K-8 parents: Let's delay app-filled smartphones until high school - change is possible if we do this together. Changing local smartphone norms as a community in Marin reduces pressure on both parents and kids. Go to: <https://www.screensense.org/kids-irl>

5

MOBILIZE YOUR SCHOOL COMMUNITY

Sign up to be a Kids IRL School Ambassador! Email us if you'd like to get involved: kidsirl@screensense.org

LINKS FROM PRESENTATION

ZOOM RECORDING of the Parent Ed - 11/13/24

<https://us02web.zoom.us/rec/share/vF8S4P-UhLuKONB7-aVc7hdKTz3FilBenRMzIwsHKPZIfM8KEhOzmjMvMklhOkO.oMEXTKK8Fy27y6Om>

Passcode: **zsMvZP4**.

[make sure to include the period as part of the passcode!]

<https://www.anxiousgeneration.com>

We highly recommend reading Jonathan Haidt's 2024 book, *The Anxious Generation* - on your own or with a group of fellow parents. It's a great way to start meaningful dialogue and inspire collective action.

<https://www.screensense.org/subscribe>

Sign up here to receive our free monthly newsletter, "One Step"

<https://www.screensense.org/about-kids-irl>

First place to go to learn all about Kids IRL in Marin!

You will find the Phone Pact, Family Guidelines, our Explore & Grow IRL section, plus a list of upcoming events!

<https://www.waituntil8th.org/family-guides>

Wait Until 8th Conversation Guides are great resources to help start conversations about tech with your kids and teens. We specifically like the "Let's Talk about Texting" and "Social Media"

[Phone Free Schools Movement](#) & [AB3216](#) & [Away for the Day](#)

Looking for more information about phone-free schools? We especially recommend the [responses to common pushbacks](#) from Away for the Day (by the makers of the Screenagers documentaries)

TO CO-WATCH WITH TEENS

TO FACILITATE MEANINGFUL CONVERSATIONS AND CRITICAL THINKING ABOUT TECH USE

The Teen Brain (10 min)

Directed by local Emmy-nominated director Tiffany Shlain, this new 10-minute short film, that speaks directly to teens and parents, explores what's happening in the teenage brain. Use [these discussion questions](#) to facilitate conversation after watching.

Childhood 2.0 (1.5 hours)

Documentary about the changing face of childhood in this digital age

Social Studies (5 episodes, new in 2024)

A groundbreaking, character-driven documentary series that delves into the lives of the first generation of digital natives.

The Social Dilemma (1.5 hours)

This documentary-drama hybrid explores the dangerous human impact of social networking, with tech experts sounding the alarm on their own creations.

Dino Ambrosi's Ted Talk (11 min)

Dino Ambrosi, the founder of Project Reboot, is a 25-year-old genius, guiding teens and young adults to relationships with technology that empower them.

Accountable by Dashka Slater

Dashka Slater tells the gripping true story of a social media account that changed everything for a group of San Francisco Bay Area high school students. Recommended reading for teens.

Kids IRL Family Guidelines (TK-8)



Together let's prioritize the in-real-life (IRL) experiences and activities that cultivate a healthy childhood - like a good night's sleep, meaningful in-person activities with friends and family, chores and responsibilities, undistracted learning time, getting outdoors, and moving our bodies everyday. So screen time does not displace our IRL priorities, let's roll out tech slowly with clear boundaries. And let's do this *together* - as a community - by committing to these shared tech norms as best we can:

	TK-2nd	3rd-4th	5th-6th	7th-8th
PHONES & SMARTWATCHES	Delay access to app-loaded smartphones and watches until high school. To make this easier, join the Kids IRL Phone Pact with other parents in Marin!		If your child needs a device before high school, go slowly and roll out a simple solution that focuses on basic communication only. Find basic options here .	
SOCIAL MEDIA APPS	No personal social media accounts (Instagram, TikTok, Snapchat, Discord) before high school.			
GROUP GAMING (in-person or via FaceTime from family or personal device)	No group gaming at this age; prioritize IRL play instead.	No group gaming after 8pm	No group gaming after 9pm	
TEXTING: 1-to-1 & GROUP (from family or personal device)	No messaging at this age; model/narrate texting etiquette via a parent’s phone.	No messaging after 8pm	No messaging after 9pm	
OVERNIGHT STORAGE (All screens)	Portable device(s) stored in family charging space, at least one hour before bedtime. Suggested tech bedtimes are: 7pm for K-4th 8pm for 5th-6th 9pm for 7th-8th No devices in bedrooms overnight. Consider a separate alarm clock .			
DEVICE FREE ZONES & TIMES (To keep tech in check!)	If kids have phones or other personal devices, let’s all make these boundaries the norm: <ol style="list-style-type: none">1. Make mealtimes together phone-free as a family (parents, too!).2. Remove or disable digital distractions during homework/study time.3. Collect phones and devices during social gatherings like playdates, parties, and particularly sleepovers. Preserve these times for IRL (in real life) socialization and experiences. A shared movie on the big screen, however, is an exception!4. Collect phones/devices during car rides and carpools - including school outings.5. Model good smartphone habits! No one is perfect but be mindful not to check your phone needlessly when spending time with your child. If you need to use your phone, narrate what you’re doing. Set tech boundaries and find times to stow your phone (e.g., from dinner time to kids’ bedtime) so your child sees you without it.			

Phone Pact

I agree to delay smartphones until high school.
Which means...

✓
I will keep mobile
phones simple until
high school!

OK

- Talk
- Text
- Video calls
- Location services
- Basic tools like weather, calculator, calendar



NOT YET

- Social media like Instagram, Snapchat, TikTok, & Discord
- YouTube
- Internet browser
- Video games



If I am ready to give my child a phone before high school,
I agree to choose a **basic phone** limited to talk, text
location services and basic tools.

Before high school, on my child's phone I agree to **delay access to**:
an Internet browser (e.g., Safari), YouTube,
video games, and social media apps
(like Snapchat, TikTok, Instagram, & Discord)

Alternatives to an app-filled smartphone!



**Keep phones
(and watches)
simple until
high school!**

If your child needs a phone before then, roll out a simple solution with talk and text only.

More apps (especially social media) means more parenting + distraction + risk.

Reduce pressure on kids & parents and support an IRL childhood:

Join the Marin-wide [Kids IRL Phone Pact](#)

Get support:

kidsirl@screensense.org

powered by



	Home phone	Flip phone	Smartwatch for kids	Limited Access Phone	Apple Watch	Smartphone designed for kids	iPhone set up for talk & text ONLY
Features	 Ooma A wide variety of options. More info: dumbwireless		 Gabb Gizmo Garmin Cosmo	 Pinwheel Gabb Light Phone Wisephone	 Apple Watch Parent must have an iPhone. Remove App Store, web browser, and distracting apps. Set up School Mode.	 Bark Monitored social media available Troomi Social media unavailable	 Remove App Store, web browser, and distracting apps. Watch video tutorial
Talk	✓	✓	✓	✓	✓	✓	✓
Text		✓	✓	✓	✓	✓	✓
GPS Tracking		Available on some brands	☒	☒	☒	☒	☒
App Store				Proprietary App Collection	☐	☐	☐
Music				☐	☐	☐	☐
Video Games					☐	☐	☐
Web Browser					☐	☐	☐
Social Media					☐	☐	☐

Looking for more?

Get up to speed with our favorite resources
for why we need to collectively slow down tech for kids in TK-8

Jonathan Haidt

[Watch](#) Jonathan Haidt's presentation at the National Summit on Education in Nov 2023. He summarizes key research findings and the collective action strategy detailed in his book. (First 40 minutes)

[Watch](#) Haidt's short but compelling summary of the 4 new norms (3 min)

[Listen](#) to Haidt's 52-min conversation with Dr. Becky (March 2024)

[Read](#) his Atlantic article (March 2024)

[Read](#) "The Main Idea" - a 9-pager that summarizes Haidt's book

[Read](#) + Subscribe to Jonathan Haidt's blog *After Babel*

Catherine Price

[Watch](#) health and science journalist Catherine Price's presentation to parents at her child's K-8 school (June 2024). She summarizes all the most recent research and news on this topic that directly relates to parenting in today's digital age. She also embodies the approach of having someone from within one's own community invite other community members to join in collective action. (1 hour + 13 min)

The U.S. Surgeon General - Dr. Vivek Murthy

His role is to provide Americans with the best scientific information available on how to improve our health and reduce the risk of illness. He has called out social media as a public health concern for youth:

[Read](#) Op-ed by Vivek Murthy in NYT (June 2024) calling for a warning label on social media platforms.

[Read](#) Surgeon General's advisory on social media and youth mental health (2023). This report summarizes research showing how important it is to get our young people beyond the exciting yet vulnerable phase of early adolescence before introducing social media.

[Read](#) Surgeon General argues 16 should be minimum age for social media (Jan 2023)



ScreenSense helps families, schools and
communities keep tech in check.
Contact us to learn more about our work.



info@screensense.org



screensense.org



[@_screensense](https://www.instagram.com/_screensense)



[youtube/_screensense](https://www.youtube.com/_screensense)