

TWEENS AND TECH

PARENT SELF-CARE PARENT WORKSHOP SERIES

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February 2, 2023





TECH AGENDA

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DIGITAL WELLNESS

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GAMING

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YOUR CHILD'S FIRST
PHONE

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RESOURCES

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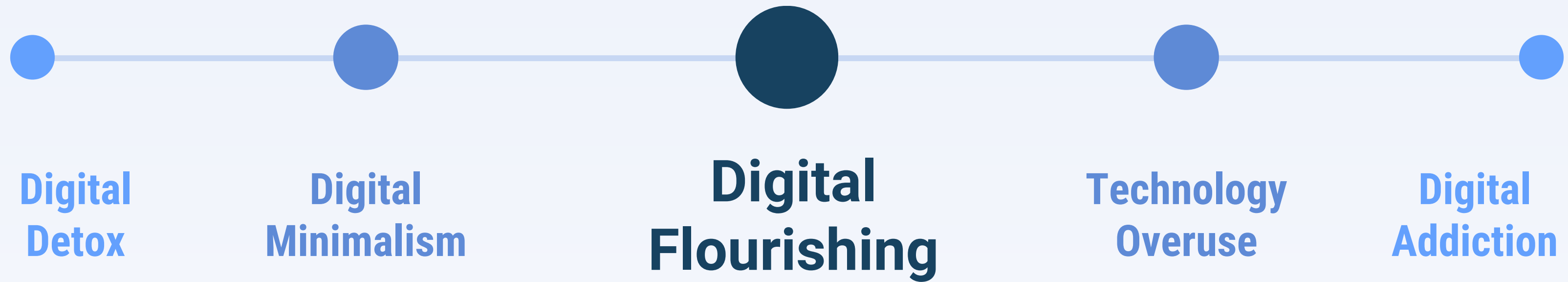
[Pinterest](#)

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THE SPECTRUM OF DIGITAL WELLNESS

DIGITAL WELLNESS INSTITUTE



Source: [How Technology Can Be Part of a Happy Life](#) by Amy Blankson (Greater Good Magazine)



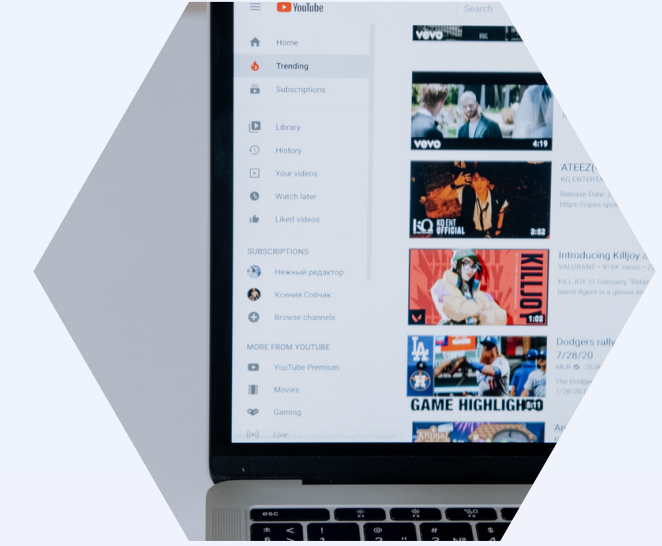
TECH ISN'T ALL BAD...



Stay connected to loved ones even when you can't physically be together



Helps build community



Easier to research and learn new skills



Share information across the world



Helps with social activism



Allows learning and socializing to continue during tough times

FAMILY BONDING

WITH TECHNOLOGY

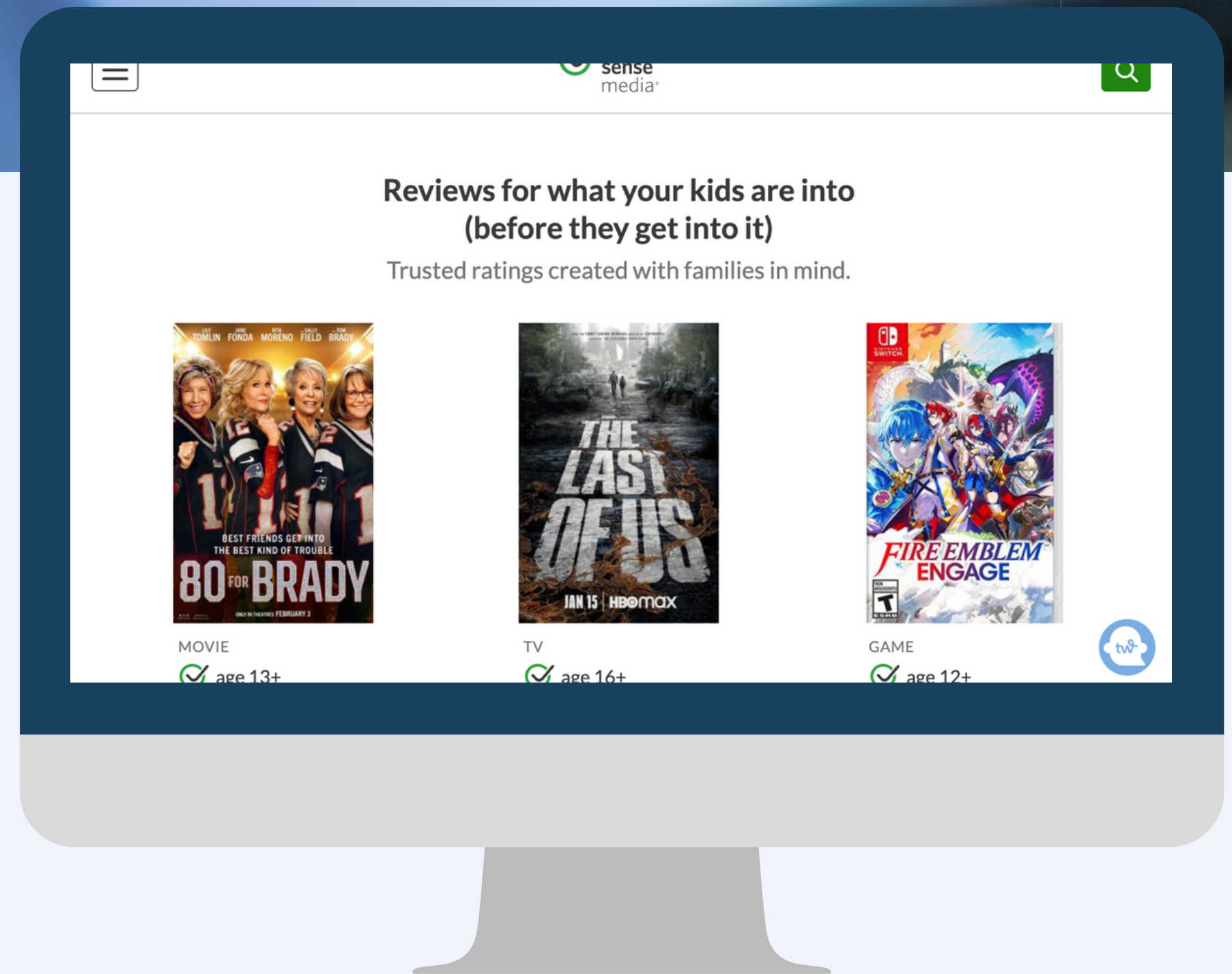
- Movie night with one screen
- Create a photo album
- Play a video game together
- Create virtual greeting cards or videos for loved ones
- Let your teen teach you a TikTok dance
- Find a cause you want to support together



COMMON SENSE MEDIA IS YOUR NEW BEST FRIEND

AGE RECOMMENDATIONS
FOR MOVIES, TV SHOWS,
VIDEO GAMES + APPS

Common Sense Media



FAMILY MEDIA AGREEMENT

Download your copy.

COMMON SENSE MEDIA



Family Media Agreement

I, _____, will:

... take care.

- I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- _____

... stay safe.

- I will not create accounts or give out any private information — such as my full name, date of birth, address, phone number, or photos of myself — without my family's permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.
- _____

... think first.

- I will not bully, humiliate, or upset anyone online — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will stand up to those who do.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.
- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- _____



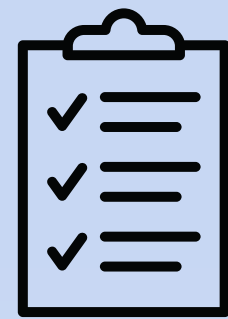


SETTING TECH BOUNDARIES



THINGS TO DO

- 60 min outside per day
- Regular + joyful movement
- Make "true fun" a priority



LIMITS TO CONSIDER

- Avoid screens 60 min before bed
- Use timers on apps, games, etc.



SAFETY

- Use TVs/ monitors in a main room
- Privacy settings, turn off wifi at night
- Monitor tech usage

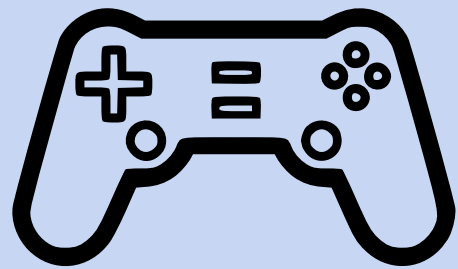


MODEL DIGITAL WELLNESS

- Proactive conversation about devices
- Device basket for meals
- Take tech breaks



VIDEO GAME STATS



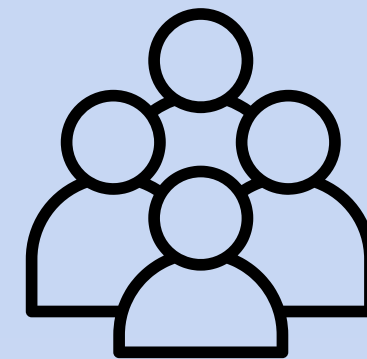
115 MILLION

Americans play video games



4 OUT OF 5

US households own a device to play video games



BOYS + GIRLS

55% of males play games and 44% of females play games



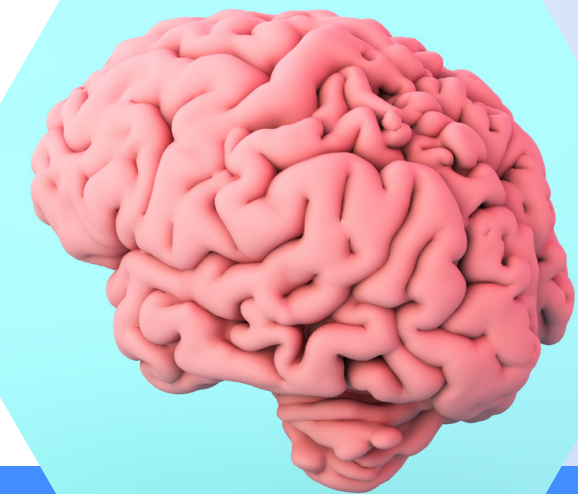
MYTHS ABOUT VIDEO GAMES



YOUR KIDS WILL
BECOME VIOLENT



MANY KIDS ARE
ADDICTED



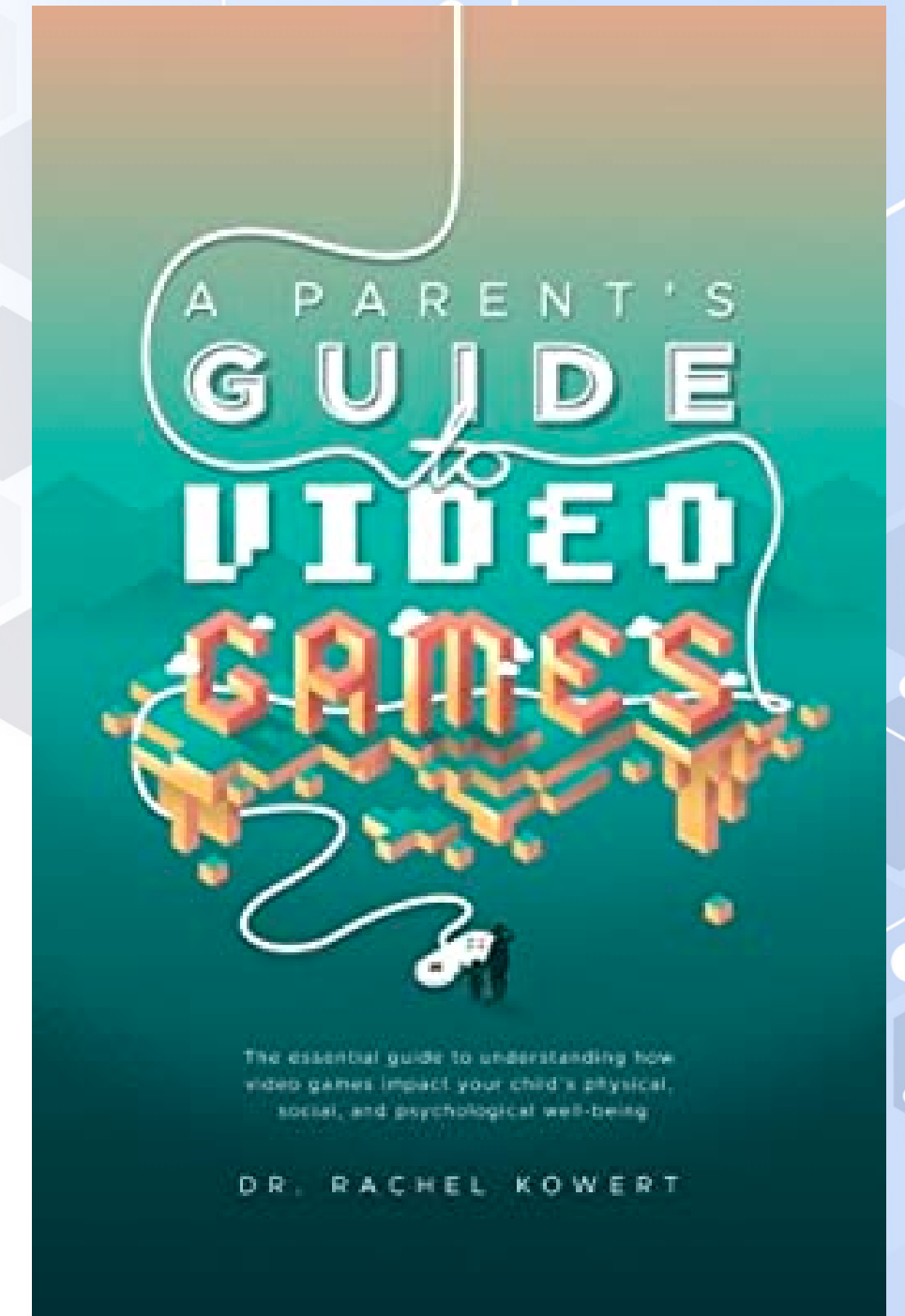
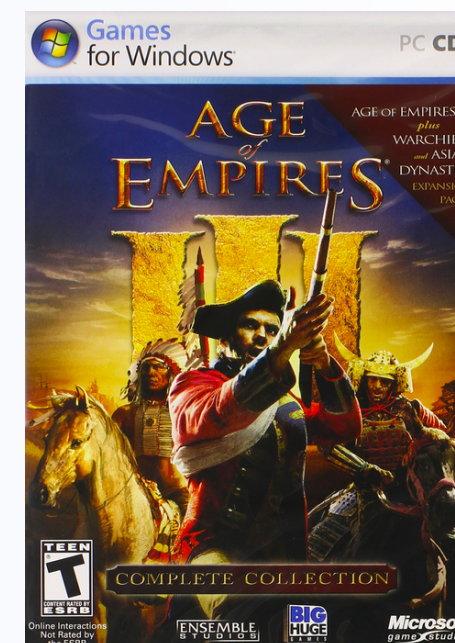
STUNTS BRAIN
DEVELOPMENT

UNINTENTIONAL LEARNING

A PARENT'S GUIDE TO VIDEO GAMES

By Rachel Kowert, PhD

- Learning to read
- Social skills
- Leadership skills
- Creative thinking and problem-solving skills
- New knowledge (e.g. learning about history from the *Age of Empires* series)



TIPS FOR PARENTS

A PARENT'S GUIDE TO VIDEO GAMES

By Rachel Kowert, PhD



- Pick games that encourage problem solving or teamwork
- Add some active games in there as well (e.g. Pokemon Go, Just Dance)
- Use video game interests for real life activities (e.g. NBA 2K17 > play basketball together)
- Think about more than just setting a timer when setting limits
- Talk to your kids about why they enjoy their games and play with them sometimes



SOCIAL MEDIA

WAIT UNTIL 8TH

"According to a New York Times piece, many technology executives wait until their child is 14 before they allow them to have a phone. While these teenagers can make calls and text, they are not given a data plan until 16." - [WaitUntil8th](#)

Smartphones Increase The Risk For:

- Cyberbullying
- Negative body image
- Viewing inappropriate content
- Symptoms of depression + anxiety
- Academic distraction
- Impaired sleep




The New York Times

DISRUPTIONS

Steve Jobs Was a Low-Tech Parent

Give this article | Share | Bookmark | 135



While some tech parents assign limits based on time, others are much stricter about what their children are allowed to do with screens. Jonathan Nackstrand/Agence France-Presse — Getty Images



SIGNS YOUR CHILD IS READY FOR A PHONE

01

WILLING TO TALK
ABOUT THE
GUIDELINES FOR
PHONE USEAGE

02

HISTORY OF GOOD
DECISION -MAKING AND
RESPONSIBLE
BEHAVIORS

03

IN AN EMOTIONALLY
HEALTHY PLACE

FIRST PHONE

A CHILD'S GUIDE TO DIGITAL RESPONSIBILITY, SAFETY, AND ETIQUETTE

By Catherine Pearlman, PhD

Book Covers:

- Phone etiquette (e.g. caps, content, emojis, assuming positive intent)
- Privacy - nothing is private, personal information, scams, gaming friends
- Social media - get consent before posting photos of friends, safety/blocking, location access, turning off notifications, social media vs. IRL
- When to Google (QWA: question, wait (at least 5 sec), answer)
- Sleep health



FIRST PHONE

A CHILD'S GUIDE TO DIGITAL RESPONSIBILITY,
SAFETY, AND ETIQUETTE

By Catherine Pearlman, PhD

Main Points for Parents:

- Kids need ongoing digital education
- Create a safe space for discussing digital concerns
- Keep calm and handle concerns with patience and understanding
- Model the behavior you want to see in your kids



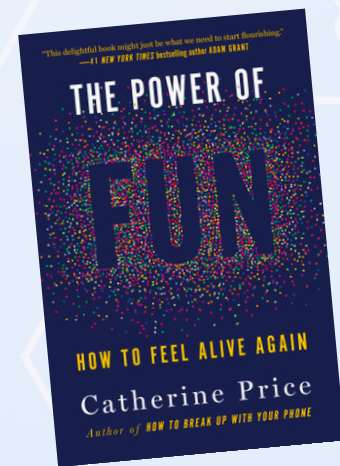
THE POWER OF FUN

"True Fun—which she defines as the magical confluence of playfulness, connection and flow—gives us the fulfillment we so desperately seek."

Catherine Price, TED Talk

True Fun Promotes:

- Productivity
- Energy
- Health
- Community
- Sense of purpose



CATHERINE PRICE
Author + Journalist

TRUE FUN Guide

Activities and objects that are marketed as fun

Activities, people and settings that bring out flow, playfulness and connection

Activities and settings that are meant to soothe and release tension

Feel as though you've wasted time

Often leaves you feeling numb

Leaves you feeling nourished

Leaves you feeling refreshed

Leaves you feeling calmer

Leaves you feeling restored



FAKE FUN

TRUE FUN

Relaxation

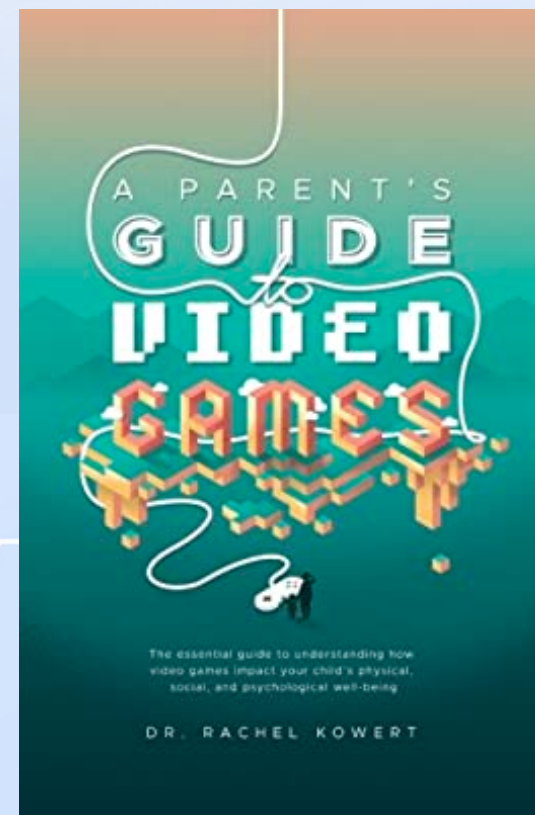
The Power of Fun: How to Feel Alive Again by Catherine Price

@PARENTSELFCARE

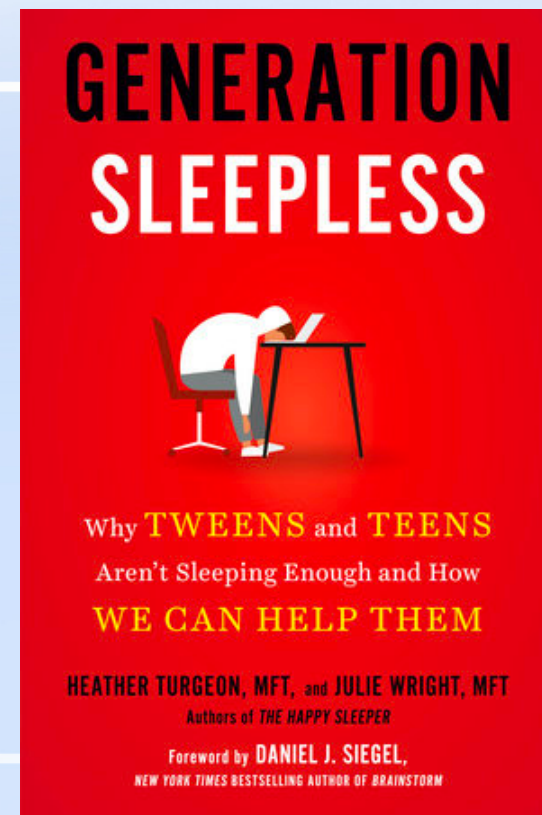
RESOURCES



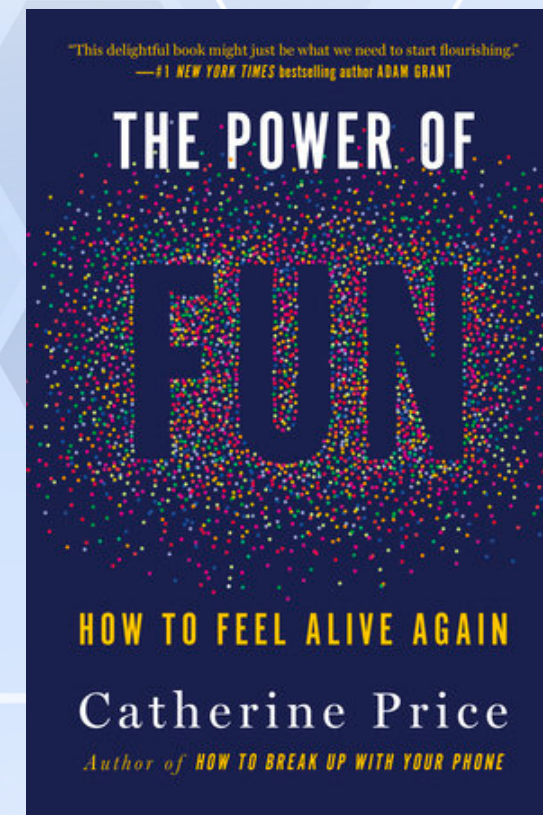
Catherine Pearlman, PhD



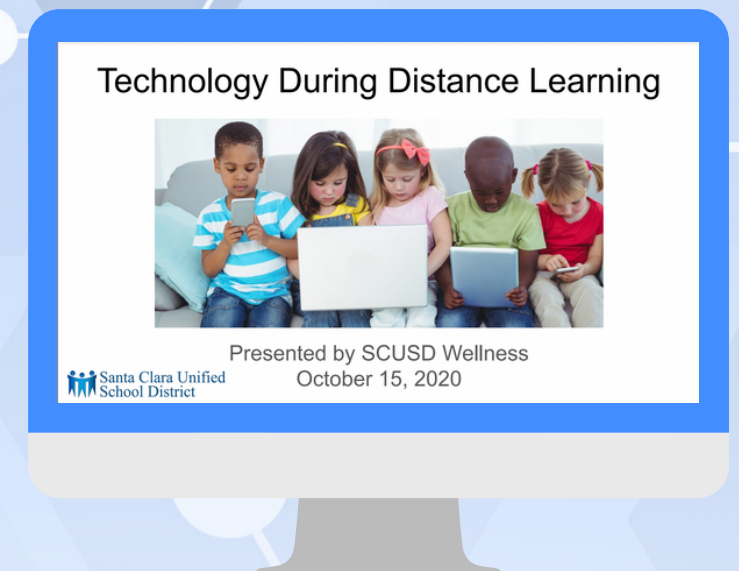
Rachel Kowert, PhD



Heather Turgeon, MFT
and Julie Wright, MFT



Catherine Price



Tech Safety
Presentation