

# Growing Up Social: Managing Your Child's Screen Time

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# GROUP PRIVACY STATEMENT

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- This session is reserved for the sharing of less sensitive information, mainly, educational materials relating to today's presentation.
- Virtual sessions do have some inherent privacy and security risks that there is a chance your personal log-in information may be intercepted or unintentionally disclosed.
- It is possible that there could be a problem with the technology and your session could be cut short and/or interrupted.
- We will not be recording the session, and ask that you not record the session either.

# GROUP PROTOCOL

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- Keep your microphone muted unless you would like to share
- Your participation is encouraged!
  - Speak up when invited, to ask a question verbally
- Interactive Opportunities
  - Polls and questions – click and submit!
  - Chat box – type in your question and choose to send to “everyone” or direct it to the facilitator

# IN TODAY'S SESSION, WE WILL DISCUSS:

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- ❑ Generational differences between youth and adults
- ❑ Worries of Digital media use among youth
- ❑ Impacts on Development and Mental Health (Risks and Benefits)
- ❑ Strategies to manage use



# Key Definitions

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**Screen time** refers to time spent with any screen, including smart phones, tablets, television, video games, computers or wearable technology.



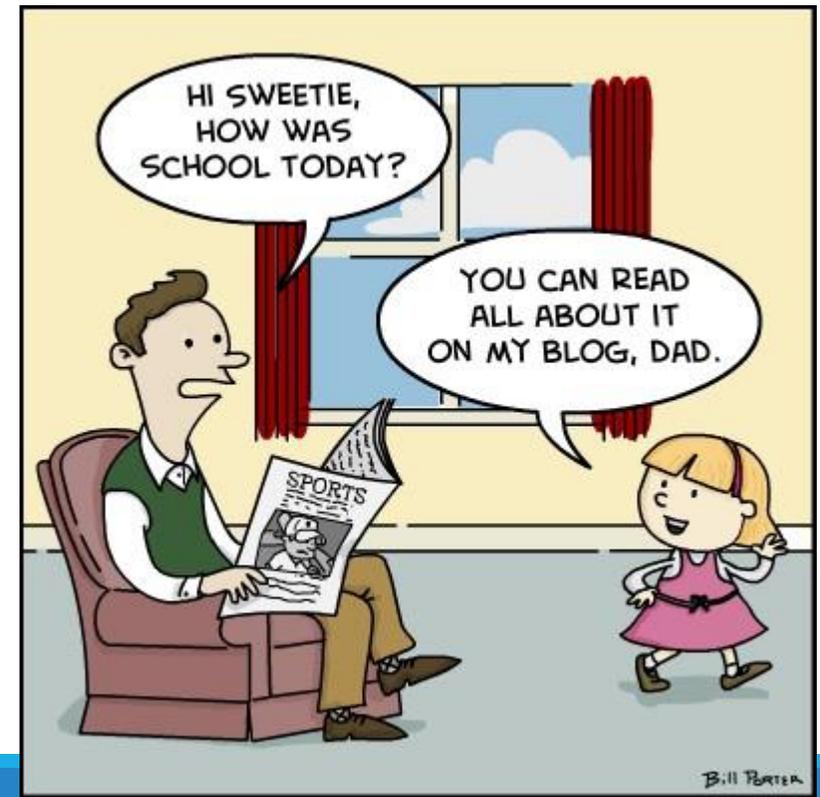
Canadian Paediatric Society (2019).

**Digital media** refers to content transmitted over the Internet or computer networks on all devices, unless particular ones are specified.



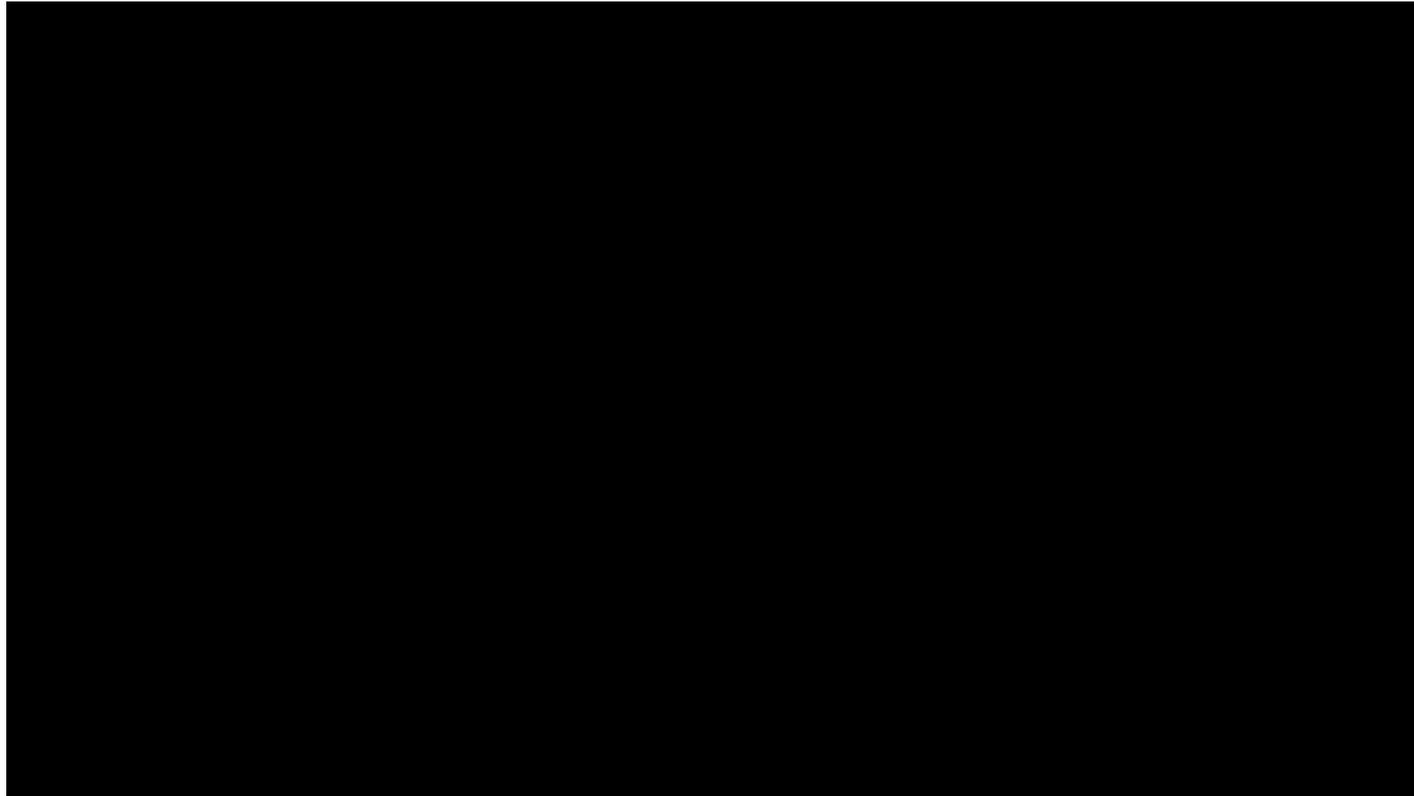
# Generational Gap

*“Those born after 2000 do not know a world without the Internet, social media, smart phones” (Common sense media, 2020).*



# Fears and Worries about Youth Digital Media Use

Childhood 2.0 (2020) on Youtube



<https://www.childhood2movie.com/>

# The Great Debate

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Is technology beneficial or detrimental to child development?

Does it offer opportunities for children to be happier, better educated and more connected to others?



Does screen time lead to increased distractibility, obesity and loneliness?

# Poll: What is your belief?



“Three-quarters of Canadian parents are concerned about how much time children spend using media, reporting that 36% of their 10- to 13-year-olds spent 3 hours or more per day using digital devices for reasons unrelated to school work.”

That’s at least 21 hours a week!



Canadian Paediatric Society (2019).

# Impacts on Development and Mental Health: School-Aged Children (5 to 12 years old)

## RISKS

- Exposure to inappropriate content
- Can increase:
  - Conduct problems
  - Hyperactivity
  - Depressive symptoms
- Can decrease:
  - Physical activity
  - Communication/ Social skills
  - Problem-solving skills

## BENEFITS

- Improves children's academic performance
- Helps develop positive relationships with peers
- Offers opportunities for identity, cognitive and social development
- Helps children make and maintain more diverse and gender-inclusive friendships

# Adolescents (13 -19 years old)

## RISKS

- Increases the risk of developing:
  - Anxiety or depressive disorders
  - Impulsivity
  - Conduct problems
  - Hyperactivity
  - Peer problems
- Exposure to harmful or violent content
- Decreased family connectedness

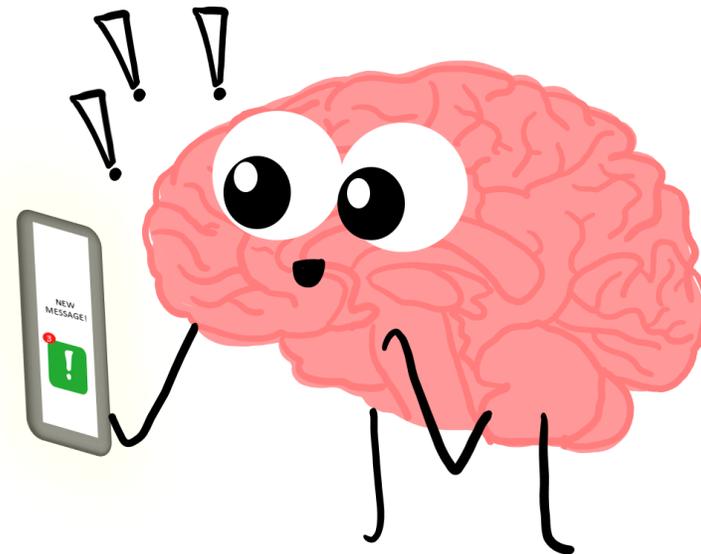
## BENEFITS

- Opportunities to connect
- Enhances feelings of social connectedness that can reduce depressive symptoms
- Decreases stigma and provides resources
- Enhances problem-solving skills, positive intergroup relations, and physical activity

# The Hard Truth

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- Very few studies have actually found a strong link between the amount of screen time and mental health & physical health, academic performance, and school belonging (George, et al., 2020).



# How Much Screen Time Is Right For My Kids?

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Poll: Other than the required school screen time; how many hours does your child(ren) spend looking at a screen each day?

# The Canadian Paediatric Society (CPS)

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**For children under 2 years old**, screen time is not recommended.

**For children 2 to 5 years old**, limit routine or regular screen time to less than 1 hour per day.

**So how much for those who are 5+ years?**

It is very dependent on your child and your individual children.

# What can you do?

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1. **MANAGE** Screen Use
2. Encourage **MEANINGFUL screen use**
3. **MODEL** healthy screen use
4. **MONITOR** for signs of problematic screen use

# 1. **MANAGE** Screen Use

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- Create a Family Media Plan.
- Be present and engaged when screens are used.
- Discourage media multitasking, especially during homework.
- Learn about parental controls and privacy settings.
- Speak proactively with children and teens

# SCREEN TIME AGREEMENTS

- **Bedtime:** Is there a time devices go off? Can devices be in the bedroom? Where do they go in the house if not in the bedroom?
- **Homework:** Can you have a phone out? Can you respond to texts, messages, Snapchats while doing homework?
- **Gaming:** Are there rules around amount of time and or type of gaming? How about where you can game?
- **Social Media:** Are there rules around time spent? Specific apps you can or can't use? Are there times you can't use social media?
- **Passwords:** Do the parents in the house have passwords to every device and every account?
- **Meals:** Can you have your device out at meals?

# Family Media Plan

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Visit [HealthyChildren.org/MediaUsePlan](https://www.HealthyChildren.org/MediaUsePlan) to create your personalized Family Media Use Plan that works within your family's values and busy lifestyles.



Create Your Personalized  
**FAMILY MEDIA USE PLAN**  
*Balance your children's online and off-line lives!*

**GET STARTED**

[www.HealthyChildren.org/MediaUsePlan](https://www.HealthyChildren.org/MediaUsePlan)

 **healthychildren.org**  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

# Video Gaming: How To Make Healthy Choices

- **Set Priorities** (i.e., homework, before gaming).
- **Turn off** computer/smartphone at a certain time each night.
- Take part in **offline activities** such as sports and in-person events with family and friends.
- **Limit** the number of hours you play video games.
- Keep tech devices in an **assigned area** in your home and away from your bedroom at night.
- Program your home wi-fi to only be on at **certain hours**.
- **Be aware** that things might trigger you (i.e., tell your friends not to discuss certain game play).
- **Don't eat in front** of your computer/device.
- Have **tech-free days** – challenge yourself to a 'media fast'.
- Set an alarm to go off after a **certain amount of time** online.
- Play games that have **less of an addictive quality** – such as ones with a distinct end.
- Pay attention to **how much time** you are spending and what you are doing online.
- **Listen to others** who may recognize the problem first and know when to ask for help.
- **Maintain a log** of daily video game play and note thoughts and emotions while playing versus not playing.

Adapted from *Soul Crush Story – A Resource to help Awareness of Healthy and Harmful Video Gaming Facilitators Manual*, CAMH, Problem Gambling Institute of Ontario

# THE ESRB RATING SYSTEM

## RATING CATEGORIES



# Entertainment Software Rating Board

## CONTENT DESCRIPTORS



## INTERACTIVE ELEMENTS

Shares Info

Shares Location

Users Interact

Digital Purchases

Unrestricted Internet

<https://www.esrb.org/ratings/>



E (Everyone)



<b>MATURE 17+</b> <b>M</b> CONTENT RATED BY <b>ESRB</b>	<b>Intense Violence</b> <b>Blood and Gore</b> <b>Nudity</b> <b>Mature Humor</b> <b>Strong Language</b> <b>Strong Sexual Content</b> <b>Use of Drugs and Alcohol</b>
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# Parental Controls

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# Tools to Monitor Digital Media Use



RespondASAP - 🕒 📧 messages impossible to miss

Nick Herbert Parenting

★★★★★ 222 👤

**E** Everyone

Offers in-app purchases

- [1. Qustodio](#)
- [2. OpenDNS FamilyShield](#)
- [3. KidLogger](#)
- [4. Spyrix Free Keylogger](#)
- [5. Kaspersky Safe Kids](#)



**FamilyTime Parental Controls** 4+

Dashboard App for Parents

Yumyapps

Designed for iPad

★★★★★ 2.6 • 572 Ratings

Free - Offers In-App Purchases

[Circle Home Plus \(2nd Gen\) - Smart Parental Controls for Internet and Mobile Devices](#)



# Qustodio



## 2. Encourage **MEANINGFUL** screen use

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- Prioritize daily routines.
- Prioritize screen activities that are educational, active, or social over those that are passive or unsocial.
- Choose developmentally appropriate content.
- Teach your children how to recognize problematic content or behaviours.
- Be a part of their children's media lives.

# The Digital Media Diet



### 3. MODEL healthy screen use:

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- Reflect on your own use.
- Encourage daily “screen-free” times
- Ask whether screens are “off” when not in use, including background TVs.
- Avoid screens at least 1 hour before bedtime and discourage recreational screen use in bedrooms.

## 4. MONITOR for signs of problematic screen use

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- Oppositional behaviour in response to screen time limits.
- Negative emotions following online interactions.
- Screen use that interferes with:
  - Sleep
  - School
  - Physical activities
  - Socializing face-to-face

# Setting Limits & Consequences

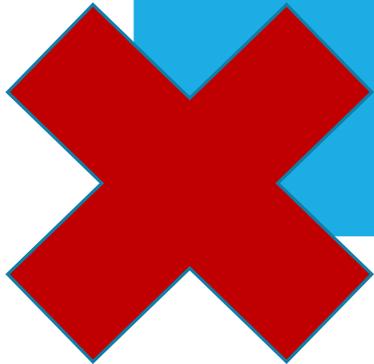
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*Ask what you are shutting out when you turn off your child's smartphone*

- Removal of phone or internet access should not be a consequence for a non phone or internet related issue.
- Be consistent with rules and consequences.
- Encourage your child to develop self discipline by keeping them in charge of managing use (e.g. Help them talk about FOMO - fear of missing out).

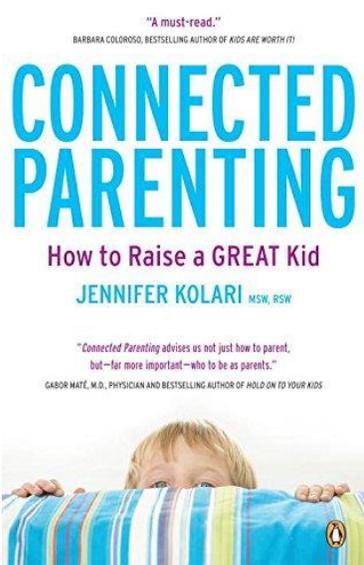
Your child doesn't do their homework because he/she was playing their video game on the computer instead

Take away T.V. privileges

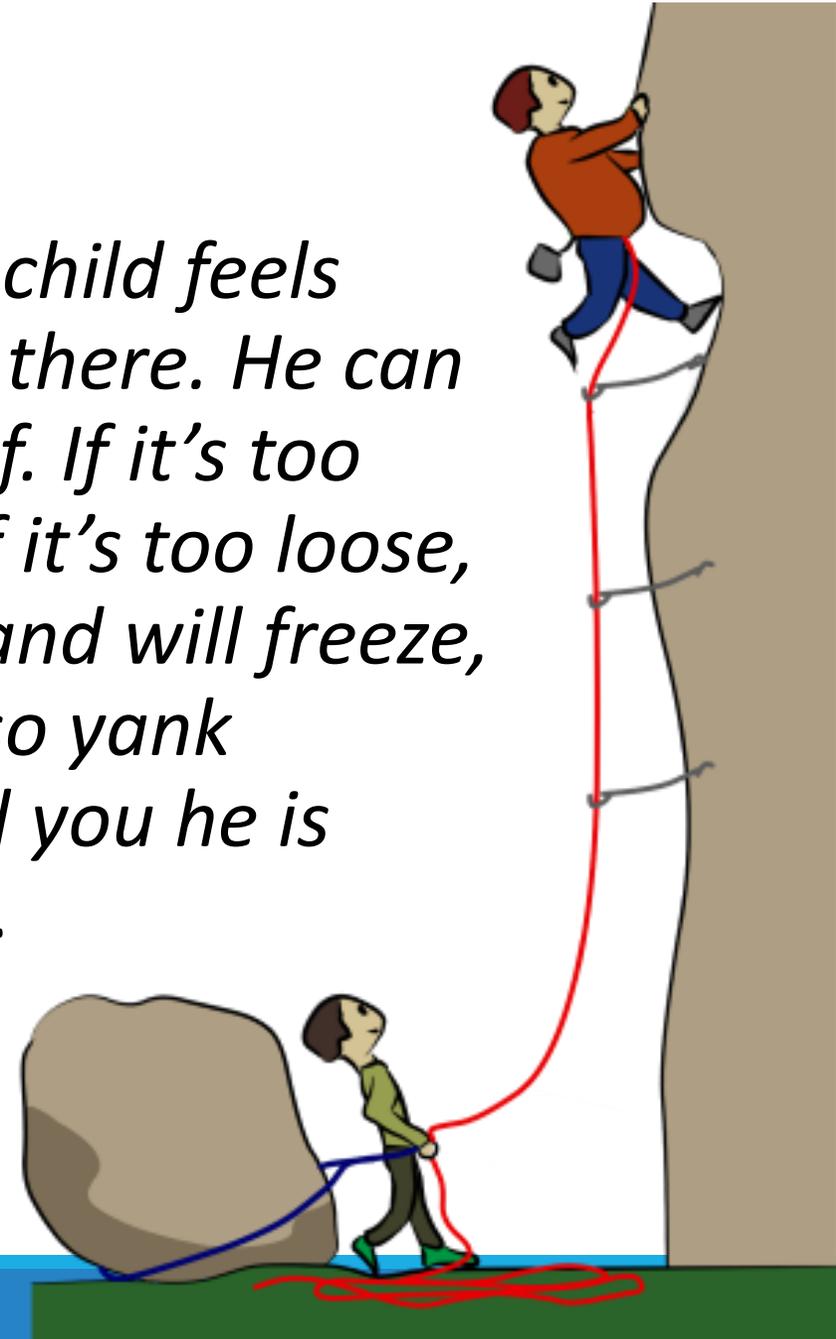


Take away video game privileges until homework is complete





*“When the tension is just right, the child feels safe because he knows you are still there. He can take risks, explore, and push himself. If it’s too tight, he can’t move, try, or learn. If it’s too loose, he will be afraid you are not there and will freeze, cling, and become rigid. He may also yank aggressively on that rope to remind you he is hanging on the wall” (Kolari, 2010).*



Risk is part of adolescent development regardless of context (online or offline)



# Recommended Webinars:

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Parenting for a Digital Future: How Hopes and Fears About Technology Shape Children's Lives

- [https://www.youtube.com/watch?v=3yuN1j1Dd\\_o](https://www.youtube.com/watch?v=3yuN1j1Dd_o)

Tweens, Teens, Tech and Mental Health: A Generation Coming of Age in Crisis

- <https://www.youtube.com/watch?v=fk06Tp9irc8>

Dr. Michelle Ponti (CPRI) - Canadian Paediatric Society's Screen Use Recommendations

- [https://www.youtube.com/watch?v=sg\\_rcujaPj8](https://www.youtube.com/watch?v=sg_rcujaPj8)

# Recommended Documentaries:

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Childhood 2.0

- <https://www.childhood2movie.com/>

The Social Dilemma

- <https://www.netflix.com/title/81254224>

# Online Tools for Mental Health Wellness

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- Be Safe App (All ages)
- Mind your Mind (14 to 29 years)
- Big White Wall (16+)
- Beanbag Chat (16 to 29 years)



# Digital Literacy Skills Resources

- **Common Sense Media (USA)** <https://www.commonsensemedia.org/>
  - Information on technology use as well as a media guide for recent movies and games.
- **Media smarts (Canadian)** <http://mediasmarts.ca/?gclid=CMa0sf2Lw9MCFQsbaQodaJ8E4A>
  - Canadian centre for digital and media literacy. Lots of material for parents, teachers and youth.
- **Internet Matters (UK)** <https://www.internetmatters.org/parental-controls/>
  - This link provides step by step instructions to using parental controls. The website provides lots of resources on internet safety.
- **Smart, Safe, Social:** <https://safesmartsocial.com/>
  - Professional with website full of resources and material

# Where to get help

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Talk with your children if you have concerns about their use of technology. This includes listening to what they have to say. If you are still concerned, seek help from a health care professional such as your family doctor.

**If your child is in crisis, take them to your local hospital.**

## **EveryMind**

**Peel Crisis Support (0-25 years)**

Call: 416-410-8615

Connect: <http://everymind.ca/>

## **Kids Help Phone**

1 800 668-6868

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

## **ROCK (Reach Out for Kids)**

**24 hr Crisis Line (Halton)**

Call: 905-878-9785

Connect: <https://rockonline.ca/crisis/>

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# QUESTIONS/COMMENTS

We want your feedback!

A quick survey will be sent to you after this presentation.

We appreciate any feedback for future sessions.



# References

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