Devices & Screen-time

Melanie Grzesik-Duffy, K-5th Grade School Counselor

Vanessa Follmar, 8th Grade Counselor

Student Services

Oak Lawn-Hometown School District 123

DID YOU KNOW...?

Pre-Covid Pandemic (2019):

8-12 year olds in the US used screens for **entertainment** an average of 4 hours, 44 minutes per day

13-18 year olds in the US were on screens for an average of 7 hours, 22 minutes each day

SOURCE: The Common Sense Census: Media Use by Tweens and Teens, 2019

https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens-2019

Did you know…?

Covid Pandemic (2021):

8-12 year olds in the US use screens for **entertainment** an average of 5 hours, 33 minutes per day

13-18 year olds in the US are on screens for an average of 8 hours, 39 minutes each day

SOURCE: The Common Sense Census: Media Use by Tweens and Teens, 2021

https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens-2021

The Common Sense Census: Media Use by Tweens and Teens, 2021

Use of screen media is up 17% for tweens and teens since the start of the pandemic.
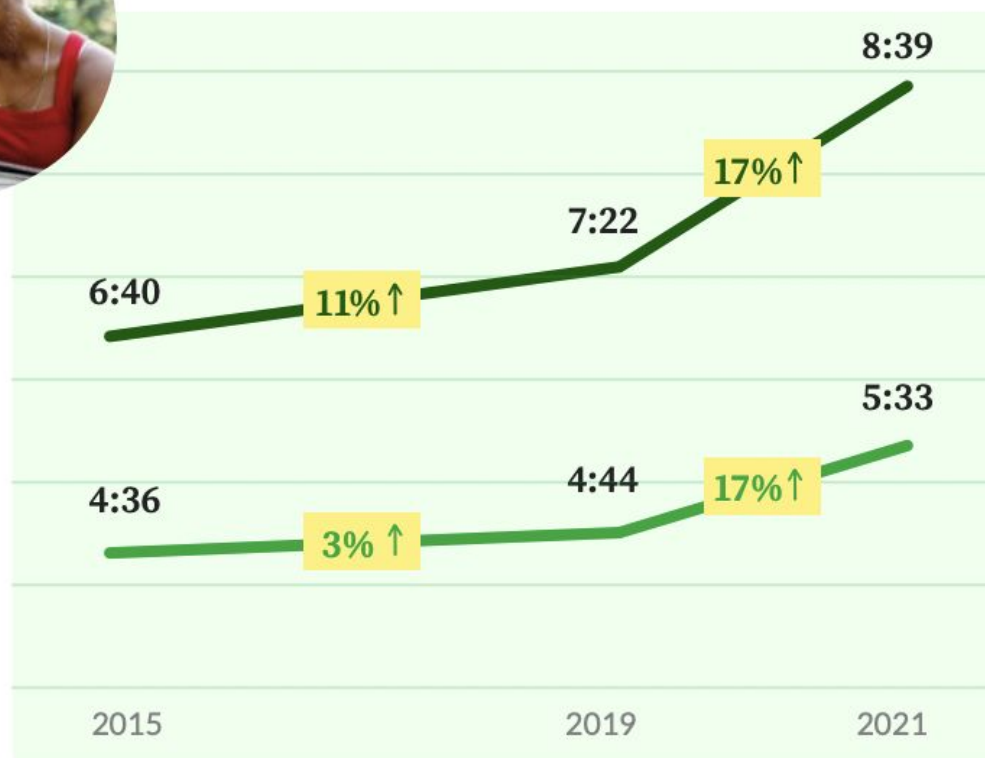
Media use grew faster in the last two years than it did in the four years prior to the pandemic.

Overall, boys use more screen media than girls.

Black and Hispanic/Latino children use screens more than White children.

And children in higher-income households use screens for entertainment less than children in middle- and lower-income households.

Average daily entertainment screen use, 2021

Total entertainment screen use per day (average)

8:39

17% ↑

7:22

6:40

11% ↑

5:33

4:44

17% ↑

4:36

3% ↑

2015   2019   2021

■ Tweens   ■ Teens

Viewing screen time on devices
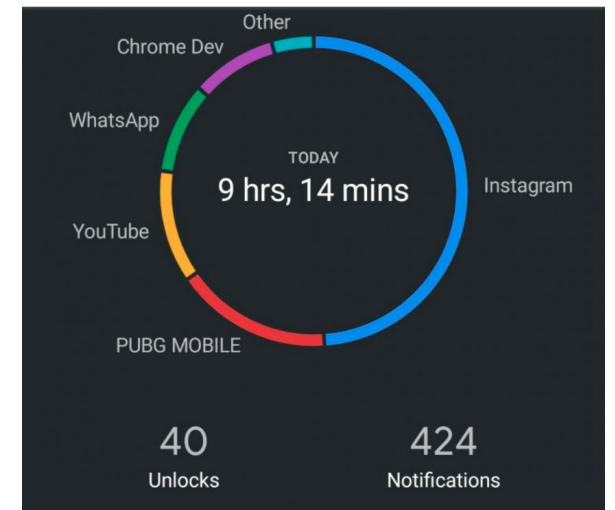
I-Phone:

Settings - Screen Time

OR

Swipe Right and a screen shows this

Android:

Settings - Digital Wellbeing

PARENTAL CONTROLS

iPhone/Apple Store
Android phone provider
Verizon: Smart Family App
Xfinity: Xfinity App
AT&T: AT&T Secure Family App

As a general rule, please refer to your internet or phone provider directly via their website or app to access parental controls for managing screen-time and limiting what children can access online.

Impact of increased screen time

While this is not true for everyone, high amounts of screen time could and often does have a negative effect in the following areas:

➤ Higher calorie intake/less-healthy diets (particularly TV watching)
➤ Low feelings of well-being and self-esteem
➤ Depressive symptoms
➤ Anxiety
➤ Sleep
➤ Creativity
➤ Behavioral issues
➤ Relationship issues
➤ Impulsivity

Check out this video...

Research shows kids benefit the most from:

- 1 hour of physical exercise activity each day
- Sleep 8-10 hours a day
- Use screens **recreationally** _less than 2 hours_ *a day*

https://www.apa.org/monitor/2020/04/cover-kids-screens

Tips for checking your devices less

1. Move your device elsewhere when you watch TV or read
2. Turn off notifications
3. Choose an end point for your browsing session
4. Stop checking your device when in line
5. Don't use your device in bed
6. Break the "checking" cycle
7. Charge your device in a location outside of your bedroom
8. Don't expect a quick fix

Nick Douglas, Lifehacker (9/11/17)

Not all screen time is bad for you….

Not all screen time is bad and sometimes its use is part of a required activity OR the only way to access something

(i.e. school/remote work, online articles/papers, television is watched on a screen or accessed online).

Doing your Part

- **Communication**: Talk to your children about their online experiences so they're more likely to share uncomfortable situations.
- **Private information**: Children may not understand the significance of sharing their personal information on the Internet. Help your children understand that some information (i.e., their address, phone number, school, etc.) is private and should not be shared on the Internet.
- **Family contract**: Avoid confusion and establish clear rules surrounding internet communication. A family contract is a useful tool to establish rules regarding information that cannot be shared online, the level of permission required before meeting someone in person, and other important information.
- **Location**: Keep the home computers located in a central area of the house and never in a private location (i.e., the child's room). The public presence of the computer and your close proximity will serve as a continual obstacle to strangers.

https://www.xfinity.com/support/articles/protect-your-children-while-online

Start here: Suggested home routine

Have a **conversation** with your scholar about finding a balance for screen time usage. Screen Free zones. Screen Free times.

Set limits **together** and enforce these limits you have agreed upon. **Compromise** to find a balance between recreational screen time and necessary screen time. Remember to also **model** appropriate screen time, when possible.

Designate a central location for computer usage to remove this from a private location. This will serve as your charging station for the device.

For more information

For More Online Security Tips, Visit the Websites Below:

- Project Online Safety
- GetNetWise
- FTC Consumer Security
- WiredKids.org
- Microsoft Online Safety
- Netsmartz
- Netsmartz411
- Common Sense Media
- Cloudwards
- American Academy of Pediatrics
- American Psychological Association
- Xfinity
- Verizon

Questions?

THANK YOU!

We appreciate you joining us tonight and for your time and attention!