

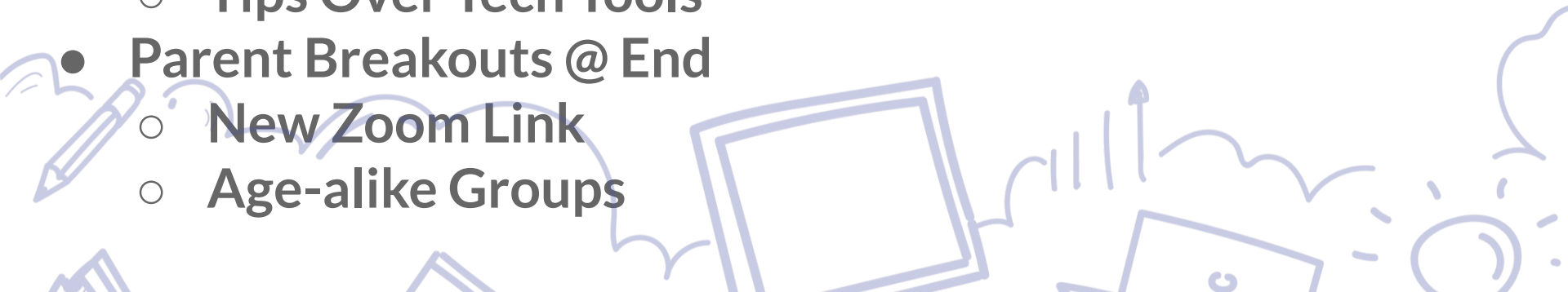
Summer-Time & Screen Time

Strategies to Help Parents to
Keep their Children Healthy and
Safe



Today's discussion items

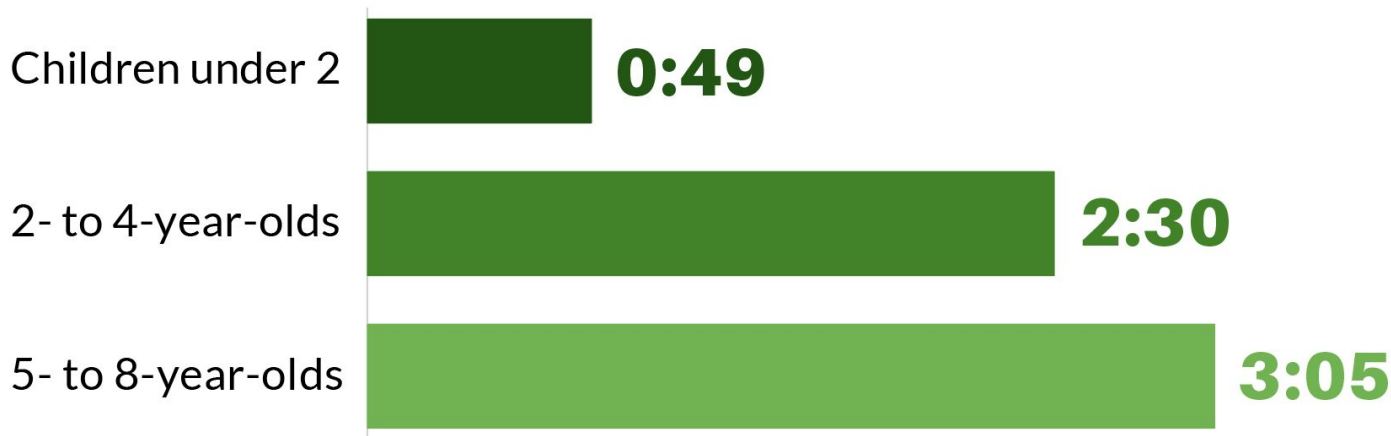
- Information Sharing
 - What is the research showing us?
 - How can we manage/balance our kids' media use
 - How can we find high quality media?
 - How can we keep the communication with our kids ongoing?
 - Tips Over Tech Tools
- Parent Breakouts @ End
 - New Zoom Link
 - Age-alike Groups

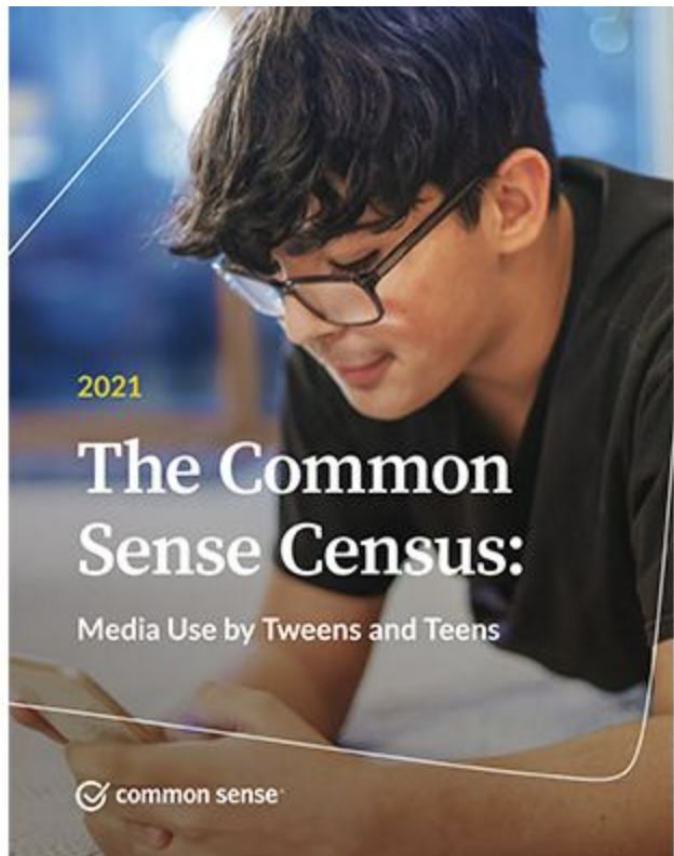


The Research



On average, children 8 and younger use about **two and a half hours (2:24) of screen media a day.**





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.

When forced to choose, more teens prefer YouTube over other popular platforms.*



If you had to pick one site you didn't want to live without, which would it be?**



YOUTUBE



SNAPCHAT



INSTAGRAM




TIKTOK



FACEBOOK

* Among the 79% of 13- to 18-year-olds who use social media and online videos at least once a week.

** Top 5 responses

The background is a solid blue color with a repeating pattern of white line-art icons. These icons include various educational and technological items: open books, closed books, laptops, desktop monitors, pencils, lightbulbs, and spiral-bound notebooks. The icons are scattered across the entire background, creating a textured, thematic backdrop for the text.

How do we use **media in balance** as
a family, find **quality content**, set
expectations around healthy use to
prevent conflict, and raise media savvy
consumers and creators?

Screen Time Planning: Modern Recommendations

- **Benefits & Risks**
- **NAEYC & Fred Rogers Center (2012) [Position Statement]**
 - Usage is *intentional* and *appropriate*
 - Limitations are important
 - Specific times are determined by the family
- **American Academy of Pediatrics (2016) [Policy Statement]**
 - “In this new era, evidence regarding healthy media use does not support a one-size-fits-all approach.”
 - “...children’s developmental stages to individualize an appropriate balance for media time and consistent rules about media use, to mentor their children, to set boundaries for accessing content and displaying personal information, and to implement open family communication about media.”

All About That Balance

Ask yourself — is my child:

- ✓ Physically healthy and sleeping enough?
- ✓ Connecting socially with family and friends (in any form)?
- ✓ Engaged with and achieving in school?
- ✓ Pursuing interests and hobbies (in any form)?
- ✓ Having fun and learning in their use of digital media?

Source: "New screen time rules from the American Academy of Pediatrics," Sonia Livingstone

Ideal **MEALS** of Media and Tech

Every family has a delicious recipe!



Healthy **MEALS** of media

M

Model



Set a good example!
Your kids will learn
from watching your
actions.

E

Engage



Have conversations
about the content they
watch. Use media to
make connections to
real life.

A

Adjust



Not all screen time
is the same.
Choose appropriate,
high-quality content.

L

Limit



Set healthy rules and
expectations for your
home.

S

Support

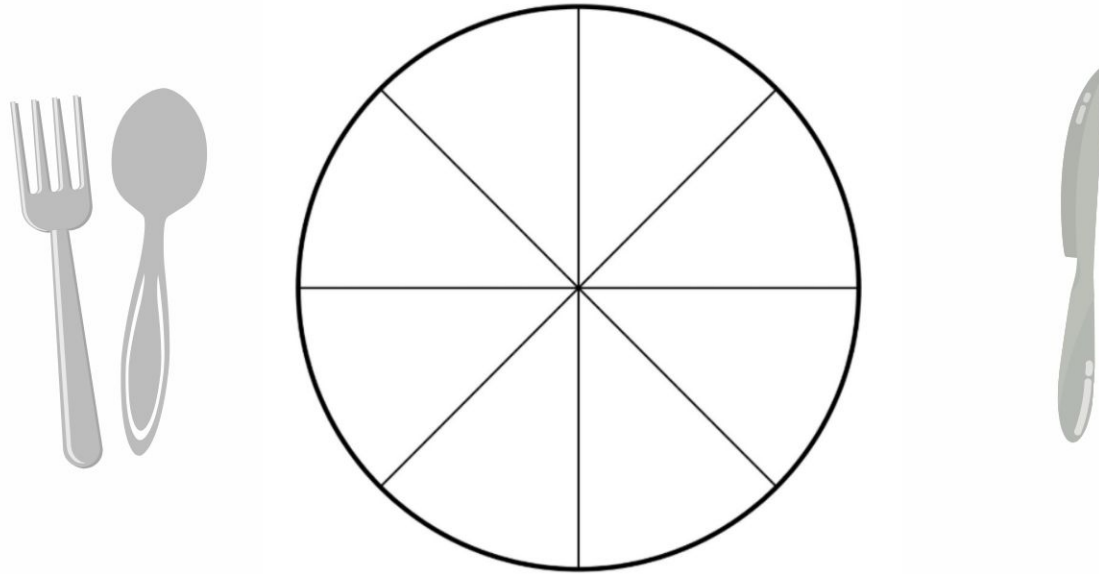


Support each other!
Be patient, even on
days when rules go
out the door!

What are the **various activities** you want your child to engage in every week?



Fill in with different colors
to create your Ideal **MEALS**





WATCH



To watch this video on the Common Sense Education site, click [here](#).

Family Media Agreement



Tech Tips & More

Tech Tips for Grown-Ups (check all that apply)

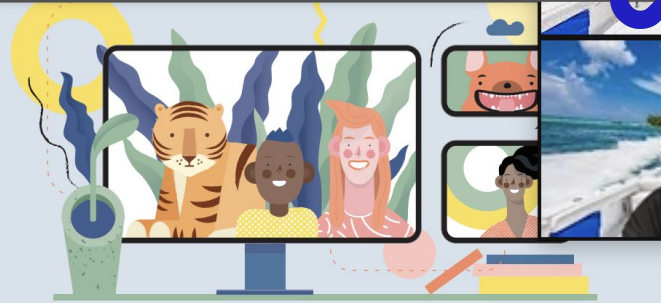
- ☐ Co-view and Co-play—talk with your child, watch, listen and play along
- ☐ Choose media that matches your child's interests, and is age-appropriate
- ☐ Be a role model by limiting your own media usage.
- ☐ Stick to our _____ Family Screen Time Plan!
- ☐ _____

Tech Tips for Kids (check all that apply)

- ☐ Ask your grown-up before using a new app, or visiting a new website.
- ☐ Use media to be creative!
- ☐ Don't download apps, movies or games without permission.
- ☐ Ask your grown-up for fun educational apps, games and shows.
- ☐ _____

We will turn off our screens when: (check all that apply)

- ☐ It's time to do something else—like eat dinner, or go to school.
- ☐ The timer goes off.
- ☐ It's screentime bedtime.
- ☐ Our grown-up need the device for something important.



FAMILY NAME

Family Screen Time Plan

GROWN-UP NAMES

KIDS NAMES AND AGES

Family Media Agreement



COMMON SENSE



Family Media Agreement: 6-8

I, _____, will:

... 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 — 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 will stop talking to that person and tell a friend or family member I trust about it.

... think first.

- ☐ I know that whatever I share online or with a phone can spread fast and far. I will not post anything online that could harm my reputation.

Tech Balance Program (Free)

Get free weekly tips on
healthy media habits.

Text the word "kids" (for
English) or "familia" (for
Spanish) to the phone
number **21555**

Message and data rates may apply. STOP to unsubscribe.

Tech Balance

For parents of 3-to-8-year-olds

Receive free text message tips and online learning resources to
practice healthy media habits at home with your family!

Watch video

Point your smartphone
camera to this QR code!



Or send a text message with the
word "kids" to 21555 from your
cellphone

Tech Balance*

Tips for Helping Kids with Focus and Self-Control



1. Avoid TV shows, videos, and apps with lots of sound effects, pop-ups, ads, or distracting features.
2. Choose media with characters who pay attention to (and manage) their thoughts, feelings, and impulses.



Tap the link for TV shows and movies that promote self-control

Your media choices can support little ones as they develop important skills in early childhood. Find high-quality shows and movies

<https://comsen.se/Fa23A>



- 1 Just text the word **kids** to this phone number

21555

- 2 Answer a brief survey.
- 3 And that's it! You'll receive weekly messages with tips and much more!



- 1 Envía la palabra **familia** en un mensaje de texto a este número

21555

- 2 Contesta una corta encuesta.
- 3 ¡Y eso es todo! Recibirás mensajes semanales con consejos y mucho más.



*Message and data rates may apply. Send "STOP" to unsubscribe. For more info on privacy, data, and conditions, [click here](#).

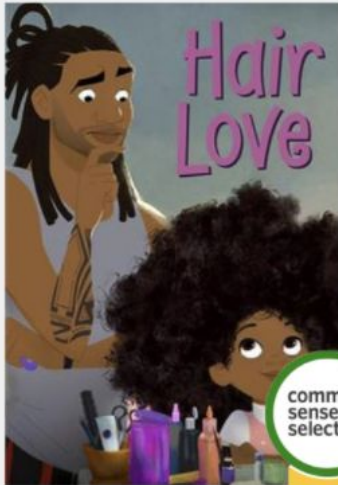
The background is a solid blue color with a repeating pattern of white line-art icons. These icons include various educational items: open books, closed books, laptops, desktop monitors, lightbulbs with radiating lines (representing ideas), pencils, and spiral-bound notebooks. The icons are scattered across the entire background.

Choosing High Quality Media

www.CommonSenseMedia.org

Ratings and reviews of children's content

Books



common
sense
selection

Book

✓ ages 3+ ★★★★★

FAMILIES

Apps



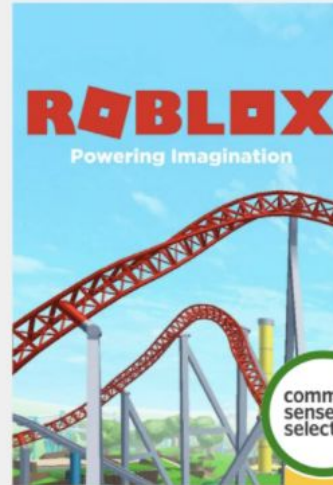
common
sense
selection

App

✓ ages 5+ ★★★★★

FAMILIES

Video Games



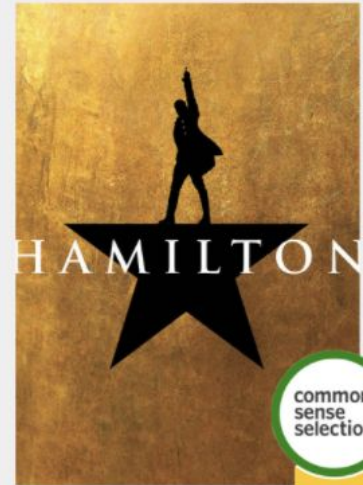
common
sense
selection

Video Game

✓ ages 10+ ★★★★★

FAMILIES

Movies



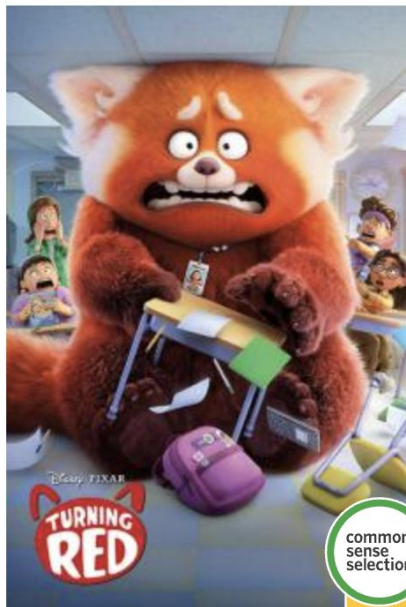
common
sense
selection

Movie

✓ ages 11+ ★★★★★

FAMILIES

Find great content



MOVIE

✓ age 10+



common
sense
selection

FAMILIES

A Lot or a Little?

The parents' guide to what's in this movie.

★ Stands out for diverse representations and positive messages.

Positive Messages



Positive Role Models



Diverse Representations



Violence



Sex



Language



Consumerism



Drugs



Diverse Representations

Main character Mei and her family (as well as writer-director Domee Shi) are of Canadian nationality and Chinese ethnicity are both prominently featured in the movie. Strong representation of a young woman going through puberty and her friendships are a major theme.

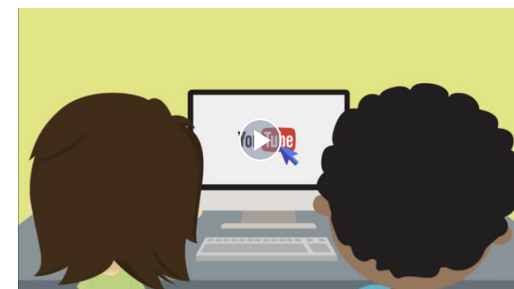
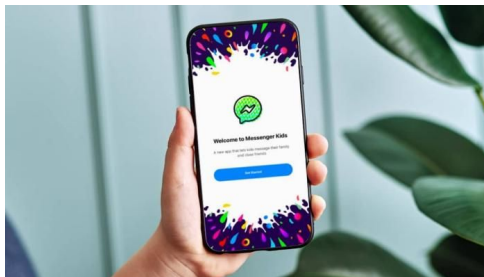
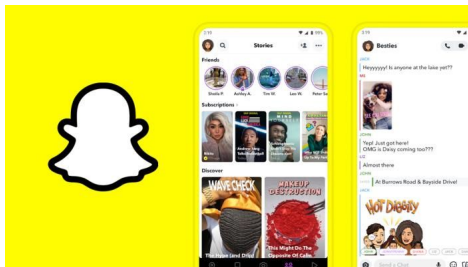
Find great content



Talk to Your Kids About ...

- Families can talk about the theme of adolescence in *Turning Red*. How is puberty/coming-of-age a major part of the story? Do you think that makes the movie more relevant to tweens and teens than to younger kids?
- Why do you think Mei always feels like she has to do what her parents, particularly her mother, wants? How does she learn to tell her parents the truth? Did you find the movie's family dynamics relatable?
- How do Mei and other characters display courage, curiosity, empathy, and teamwork? Why are those important character strengths?
- Did you relate to the movie's setting -- both the time (early 2000s) and the place (Canada)? Do you think that's necessary to appreciate the story's themes and messages?

Parents' Ultimate Guides

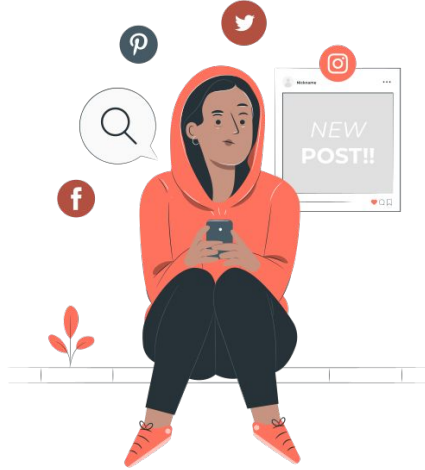


Navigating Digital Dilemmas

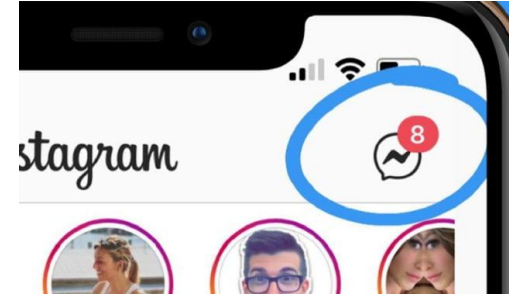
What is a digital dilemma?



Posting an embarrassing video of your friend without their consent or knowledge



Not being invited to participate in a social event with peers but experiencing their fun online



Chatting with peers who privately ask you to DM more "selfies"

What can families do?

1. **Talk about it.**
2. **Get them to think.**
3. **Acknowledge peer pressure.**

How can you address digital drama in the moment?

1. Identify who is involved.
2. Validate Feelings.
3. Envision Options.



Conversation Starters



GRADES 6–8 FAMILY CONVERSATIONS

SOCIAL AWARENESS IN DIGITAL LIFE



Talk About How Your Child Can Understand and Respond to Digital Drama

Your child is learning about emotional conflicts online (also called **digital drama**). Use these questions to talk with them about digital drama and strategies for de-escalating conflicts online.

Ask these three questions:

1. *I hear you were talking in class about digital drama. Do you see a lot of that online?*
2. *Why do you think these kinds of conflicts happen online?*
 - Listen for (or suggest):
 - *People feel more free to say things they wouldn't say face-to-face.*
 - *It's easy to misinterpret what someone says online when you can't see facial reactions or hear tone of voice.*
 - *People can be anonymous online, making it easier for them to say mean things.*
 - *People can feel more pressured to respond where others can see it.*
3. *Did you talk about ways to de-escalate the drama when you see it? What were some ideas?*
 - Listen for (or suggest):
 - *Respond with a positive comment or action.*
 - *Ignore the post.*
 - *Talk (offline) with the person involved to try to deescalate the situation.*

Learn more about how to be kind and courageous online at commonsense.org/cyberbullying-tips-for-families!

Family handout for grade 6 lesson *Digital Drama Unplugged*, or 6–8 classroom activity *Dealing with Digital Drama*

Conversation Starters



GRADES 6–8 FAMILY CONVERSATIONS

SELF-MANAGEMENT IN DIGITAL LIFE



Talk About How Your Child Can Manage Their Digital Habits

Your child is learning to identify and reflect on the habits they have with digital media and devices. Use these questions to talk with them about how to find a healthy balance with their online and offline lives.

Ask these three questions:

1. *I hear you were talking about **digital habits** and **media balance** in class.*

What do these terms mean?

- Listen for (or suggest if needed):

- **Digital habits** are things we do regularly with digital media and devices—like checking your phone when you wake up, listening to music on your way to school, or playing video games before bed.
- **Media balance** means using media in a way that feels healthy and in balance with other life activities.

2. *What are some of our family's digital habits?*
3. *Are there any you think we should try to change? Why, or why not?*

Learn more ways to find balance in your digital lives at commonsense.org/media-balance-tips-for-families!

Tips When it Comes to Social Media

1. Lead with empathy

- Show you understand, validate, and don't diminish.

2. Combat comparisons

- Remind your kid that social media feeds are full of illusion and don't reflect a person's real life or inner experience.

3. Break it down

- Get specific about how people curate and choose what to post. Use specific posts from you, your kid, or a celebrity as examples.
- Give clear expectations and be and stay informed of apps used

4. Encourage connection over curation

- Remind teens to focus on fun and friendship—on- and off-screen—instead of image and validation.

Get Ready for Summer

As a Family:

1. Create a MEALS plan
2. Complete Family Media Agreement
3. We invite you to register for Tech Balance program (free)
4. Keep the conversation going with conversation starters



Break Out Rooms

Breakout Rooms: Call to Action

1. What is one thing you hope to try in the coming days/weeks?
2. What is working in your home?





Thank You!