ÉCS PAC PRESENTS

Screen Smart Parenting: Guiding Kids in a Digital World

Presented by

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March 1, 2023 | 6:30pm-7:30pm

École Charleswood School Band Room

CHARLESWOOD CELTICS

YOU WATCHED WHAT?????

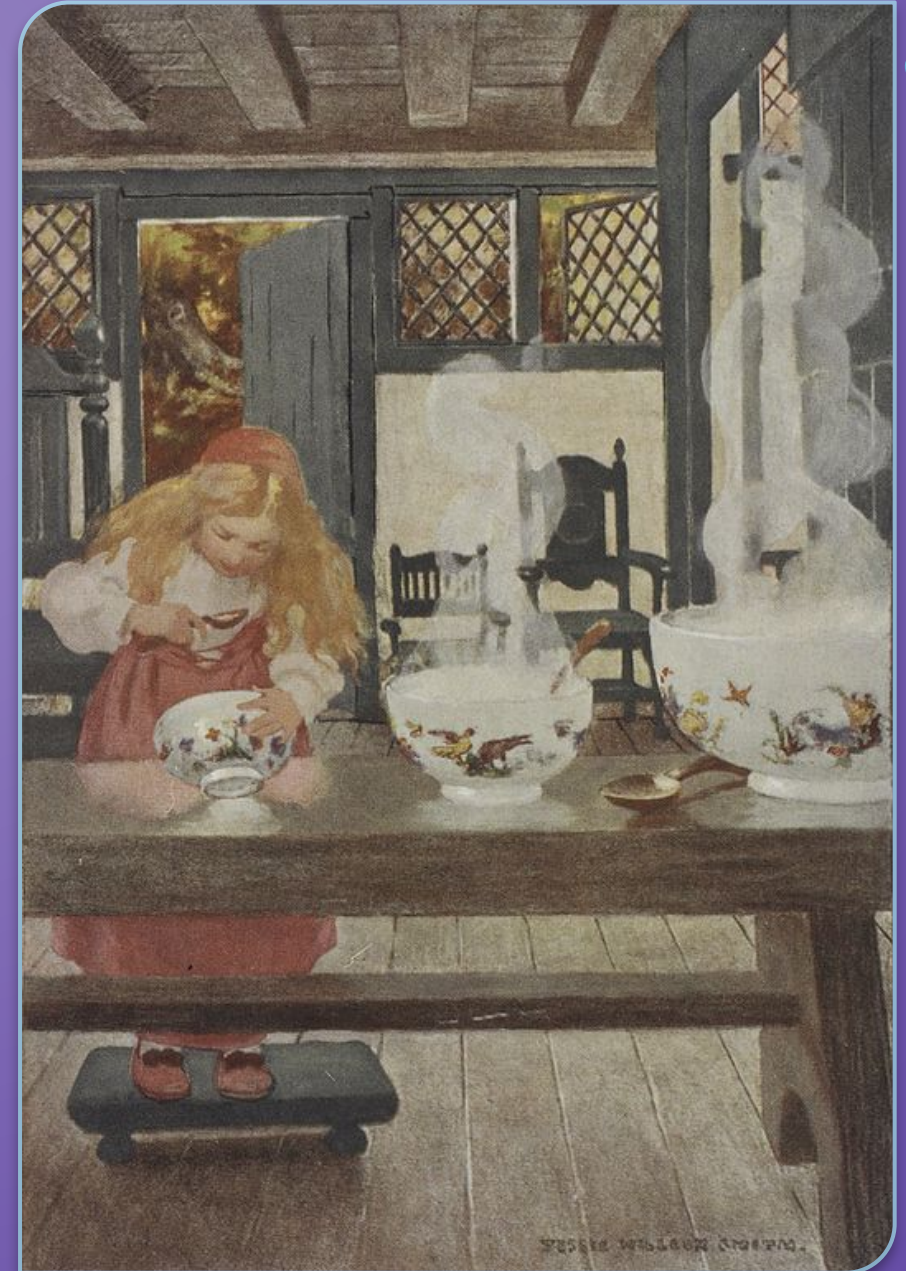https://youtu.be/P3grZkMee2A

THERE ARE POSITIVE ASPECTS OF TECH USE

- Enhances social connections – both online AND offline

- Enhances collaboration

- Moderate use has a positive impact on mental well-being

- Allows young people to find themselves reflected in online safe spaces

- Allows young people to learn about their health and seek help as a result

- Development of digital skills that can protect against online harm

- Gaming encourages problem solving, determination, collaboration

- Can be a creative outlet

- Allows for constant access to learning

Kardefelt-Winther, D. (2017, December). *How does the time children spend using digital technology impact their mental well-being, social relationships and physical activity?* Retrieved January 11, 2022, from https://www.unicef-irc.org/publications/pdf/Children-digital-technology-wellbeing.pdf

THE GOLDILOCKS EFFECT

Is there a "just right"
amount of technology use?

Przybylski, A. K., & Weinstein, N. (2017). A large-scale test of the Goldilocks hypothesis. *Psychological Science*, 28(2), 204–215. https://doi.org/10.1177/0956797616678438

The image and information shown here are provided by Science Photo Library

WHAT SHOULD WE WORRY ABOUT?

- Overstimulation / exhaustion

- Disruptions of healthy sleeping and eating patterns

- Excessive use (but what does this really mean?)

- Over consumption of bad news stories / fake news

- Inaccurate or harmful content / exploitation or extortion (sextortion)

- Unsafe online behavior / oversharing / causing harm to others

- Digital identity that interferes with true sense of self or becomes too idealized

- Ad targeting (data mining)

ONLINE MEANNESS AND CRUELTY: MEDIA SMARTS REPORT

32% of youth have personally experienced meanness and cruelty online

Where do they experience it?

41% Online gaming

37% Text or private message

26% Posts and comments on social media

Young Canadians in a wireless world, phase IV: Online meanness and cruelty. MediaSmarts. (2023, February 22). Retrieved February 27, 2023, from https://mediasmarts.ca/research-reports/young-canadians-wireless-world/young-canadians-wireless-world-phase-iv/young-canadians-wireless-world-phase-iv-online-meanness-cruelty

WHAT CAN YOU DO?

"Recognizing that there is no 'silver bullet' of protection when it comes to mitigating online harm, our findings point to the value of adult involvement and engagement, specifically in the context of online meanness and cruelty. For example, household rules are related to higher levels of help-seeking on the part of youth, which is essential for building collective resilience. Similarly, many of the social, environmental, and technological factors that impact experiences of and engagement in online meanness and cruelty are also considered to be positive activities, such as community engagement and online activism or engaging in creative media making and sharing" (Media Smarts, 2023, p. 38).

Young Canadians in a wireless world, phase IV: Online meanness and cruelty. MediaSmarts. (2023, February 22). Retrieved February 27, 2023, from https://mediasmarts.ca/research-reports/young-canadians-wireless-world/young-canadians-wireless-world-phase-iv/young-canadians-wireless-world-phase-iv-online-meanness-cruelty

WHAT CAN YOU DO?

- Plan and strategize – "what if?"

- Encourage them to pick a safe adult to talk to

- Educate about image manipulation / fake news / negative news (co-view)

- Talk about privacy and security (location, passwords+)

- Talk about consent

- Help kids recognize emotions (anger/fear)

- Offer alternatives (don't just limit)

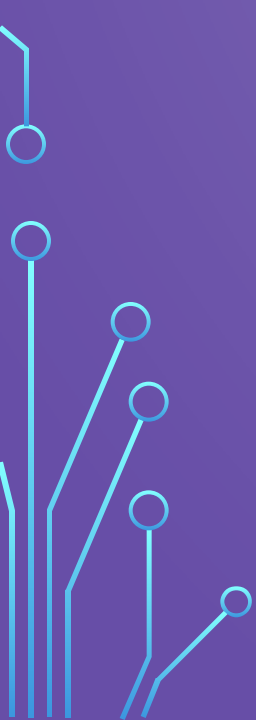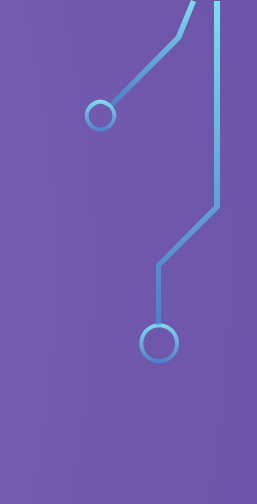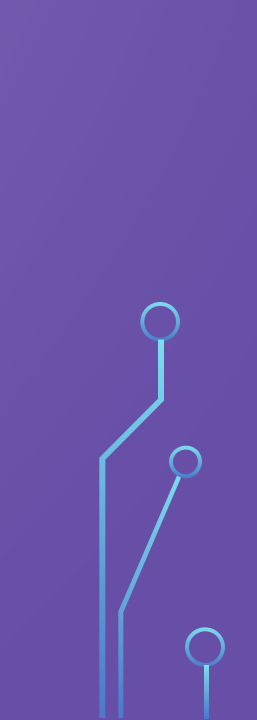# INSTEAD OF FOCUSING ON THE DEVICE, FOCUS ON

- Good quality, regular sleep

- Quality time spent with family and friends

- Regular physical activity

- Modelling positive and respectful media use habits

- Helping them set limits on consumption – negotiate rules

- Device free areas or times (communal charging station)

- Demonstrating creative and positive uses

ONE SIZE DOES NOT FIT ALL

- No "right" or "wrong" amount of screen time

- Family and core values conversation – how do they apply to online activity and behavior?

- Education and modelling are key

- Proportionate and reasoned reactions to breaking of negotiated rules

EXPERTS SAY

- Over restriction is the least effective path

- Education, modeling, conversation, and guidance are the best avenues to helping teens grow into adults with balanced online behavior and digital skills
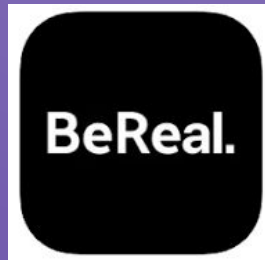
CURRENT SOCIAL MEDIA / APPS BEING USED

There are more!!!!

https://youtu.be/sAoIJ4Oz47M

SOURCES OF INFORMATION

- Media Smarts: https://mediasmarts.ca/ (Canadian)

- Impact: How to Make a Difference When You Witness Online Bullying: https://www.youtube.com/watch?v=E_jkRi_Zg3Q

- How Do I Protect My Chlid from Cyberbullying? https://www.commonsensemedia.org/articles/how-do-i-protect-my-young-child-from-cyberbullying

- 4 Conversations to Have with Older Kids and Teens About Their Screen Time Habits: : https://www.commonsensemedia.org/articles/4-conversations-to-have-with-older-kids-and-teens-about-their-screen-time-habits

- Cyber Tip https://www.cybertip.ca/app/en/ (Canadian)

- At Your Wits' End With A Screen-Obsessed Kid? Read This

- What do we know about children and technology? OECD https://www.oecd.org/education/ceri/Booklet-21st-century-children.pdf

- How does the time children spend using digital technology impact their mental well-being, social relationships and physical activity? UNICEF https://www.unicef-irc.org/publications/pdf/Children-digital-technology-wellbeing.pdf