

What you need to know:

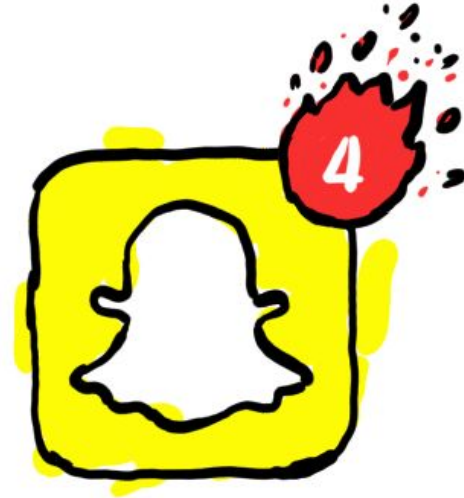
Concerns for Technology, What to do, Parental Controls & Restrictions



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Overview

- Concerns Regarding Technology
 - Screen Time, Addiction, Anonymity, Self-Image, Social Skills, Inappropriate Exposure
- What to do
- Restrictions
- iPhone
 - Downtime
 - App Limits
 - Always Allowed
 - Content & Privacy Restrictions
- Google Family Link App



Concerns Regarding Technology: Screen Time

Obesity: Too much time engaging in sedentary activity, such as watching TV and playing video games, can be a risk factor for becoming overweight.

Sleep problems: Although many parents use TV to wind down before bed, screen time before bed can backfire. The light emitted from screens interferes with the sleep cycle in the brain and can lead to insomnia.

Behavior problems: Elementary school-age children who watch TV or use a computer more than two hours per day are more likely to have emotional, social, and attention problems.

Educational problems: Elementary school-age children who have televisions in their bedrooms do worse on academic testing.

Violence: Exposure to violent TV shows, movies, music, and video games can cause children to become desensitized to it. Eventually, they may use violence to solve problems and may imitate what they see on TV, according to the American Academy of Child and Adolescent Psychiatry.



Technology Dependence on Social Skills

Undermines Self-awareness- More time on technology means less time with your own thoughts and feelings, the beating heart of mindfulness. As tech dependency increases, kids live in a state of self-alienation, estranged from their emotional selves, disabling self-awareness and self-reflection. Instead of thoughtful choices, they grow more reactive and less reflective.

Weakens Self-regulation- Research has proven tech dependence increases impulsivity and lowers frustration tolerance. Without developing the ability to self-regulate, kids remain emotionally immature in early childhood behaviors such as bullying, temper tantrums and angry outbursts.

Diminishes Social skills- Even when kids play games online with others, such faceless relationships rarely lead to true friendships. In this way, tech dependence tends to breed isolation and reclusiveness. The more tech dominates, the less community develops. This leaves kids with poor coping skills and limited tools for navigating relationships.



Technology Dependence on Social Skills

Undermines Empathy- When screen time replaces family or friend time, kids move through the world in trance-like states, self-absorbed and detached from others. Empathic and unsympathetic, they lack attunement and rapport. The basic building blocks of healthy compassion remain underdeveloped.

Stunts Motivation- Motivation toward achieving personal goals in life, which requires drive, sustained attention and high levels of frustration tolerance, declines rapidly. Like any addict, as kids become more dependent, they start to neglect themselves and their future. Watch what happens when tech addicted kids are suddenly forced to interact with the world. They quickly grow discontented and irritable. That's because, unlike technology, they can't control the real world or the people in it. As a result, when faced with difficult life choices, tech dependent kids are likely to suffer symptoms of anxiety or depression.



Concerns Regarding Technology: Addiction

- The average person spends nearly **2 hours a day** using social media, which amounts to **5 years and 4 months of his/her lifetime.**
- A 2018 study found that teens who spend **5 hours per day** using their phones were almost twice as likely to exhibit depressive symptoms than counterparts who dedicated only 1 hour on their phones.
- The relationship between excessive mobile use and depression appears to be strongly linked to gender, with **58% more females than males experiencing depressive symptoms.**
- 45% of people check social media instead of sleeping, and roughly 10% of teens check their phones more than 10 times per night.



Twenge, J. M., Joiner, T. E., Rogers, M. L., & Martin, G. N. (2018). Increases in depressive symptoms, suicide-related outcomes, and suicide rates among U.S. adolescents after 2010 and links to increased new media screen time. *Clinical Psychological Science*, 6, 3–17. doi:10.1177/2167702617723376

Concerns Regarding Social Media: Anonymity

- **Cyberbullying:** Under cover of anonymous apps, children can leave mean comments, spread gossip and share hurtful content about their peers. They also can become the victims of cyberbullying themselves.
- **Cyberstalking:** It is easier for the online predators to stalk teens through the social networks that offer anonymity, involve them into talking and possibly convince to meet in person.
- **Sexting:** Staying anonymous, teenagers may try to partake in risky sexually explicit conversations.
- **Adult content:** Children may come across adult content on the anonymous sites with no age verification.
- **No guarantees of anonymity:** As much as 47% of users save screenshots of private chats and “temporary” messages and may easily spread them later.
- **Apps reveal location:** Some apps claim to hide your identity, but at the same time, they show your location. Hence, predators and fraudsters may get to a child by using the apps’ GPS feature.
- **Bots:** Bots are designed to act like personalized and suggestive messages, to possibly involve a child into online schemes or adult content.

There’s a broad range of anonymous apps.

Most popular of them are

- **Snapchat**
- **Whisper**
- **KIK, YOLO**
- **YIK YAK**
- **Tinder Ask FM**
- **Line, Burn Note, and Omegle**

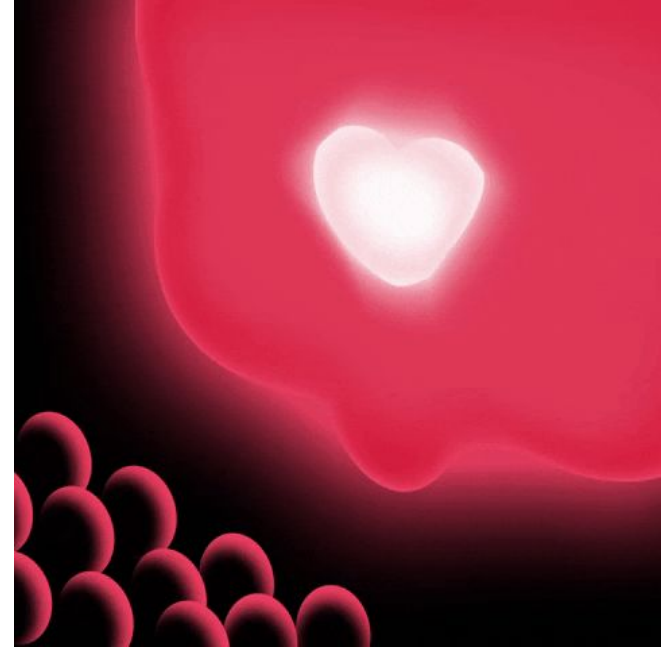


Social Media affects Mental Health and Social Comparison- Self-Image

Teenagers on social media spend much of their time observing the lives and images of their peers. Therefore, this leads to constant comparisons. And this can damage self-esteem and body image. Moreover, it can lead to depression. Online social comparison is associated with depressive symptoms among adolescents, particularly teen girls.

As with other types of social comparison, teens report lower self-esteem and self-evaluation when looking at peers on Facebook and other social media sites. For example, this includes looking at profiles on which peers post about their healthy habits, fun social events, or accomplishments. And teens felt better about themselves when they make so-called “downward comparisons”—looking at profiles of peers with fewer friends and achievements.

[J Abnorm Child Psychol. 2015 Nov; 43\(8\): 1427–1438.](#)



According to the most recent Pew Research Center report on the effect of social media on teenagers, 43 percent of teenagers say they feel pressure to only post content on social media that makes them look good to others. Furthermore, 26 percent of teens say these sites make them feel worse about their own life.



Media has both pros and cons. Just like everything else, technology has pros and cons. Kids can learn a lot from educational content, but they can also be exposed to inappropriate images, unhealthy advertisements, and violent content. Take steps to make your child's media use a positive experience.

Healthy role modeling is essential. Your child will likely mimic your media use so it's essential to be a good role model. Read books, engage in physical activity, and spend time outdoors. Set healthy limits on your own electronics use.

Kids need rules about technology. Establish rules about the sites your child visits, the games he plays, and the movies he watches. Don't allow your child to gain access to social media until he's mature enough to handle the responsibility.

Engage with your child's technology. Get involved in your child's digital world. Learn how to play the games your child enjoys and explore the Internet together. Look for positive activities you can do together with electronics.

Set aside time without technology. Turn off your electronics during certain times of the day or on specific days of the week. It's important for kids to have time to engage in activities that don't involve their digital devices. Even a short digital detox could improve your child's behavior and emotional well-being.

Establish reasonable limits on screen time. Most kids can't handle unlimited access to their electronics. To keep your child physically and mentally healthy, set limits on screen time. Don't let your child sit in front of the TV all day every Saturday and don't allow him to stay up all night playing video games.

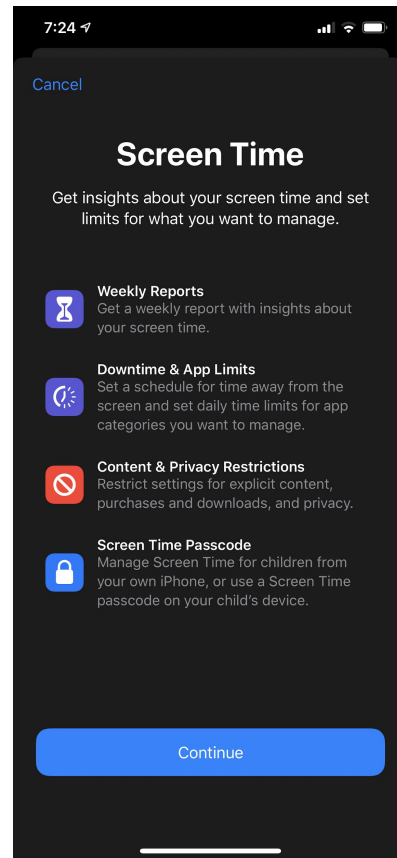
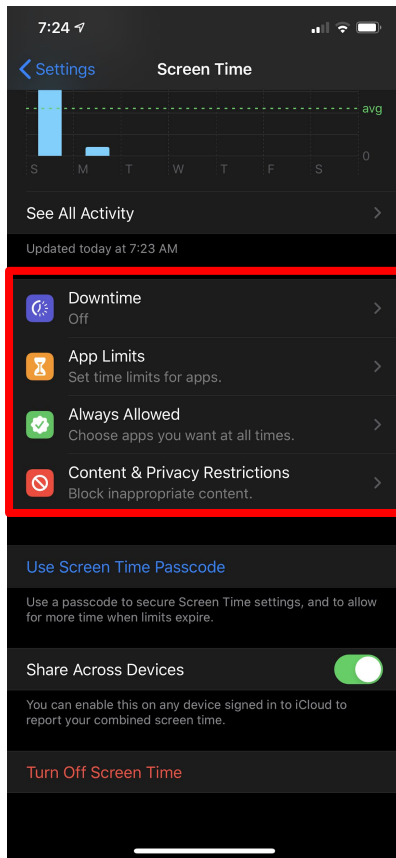
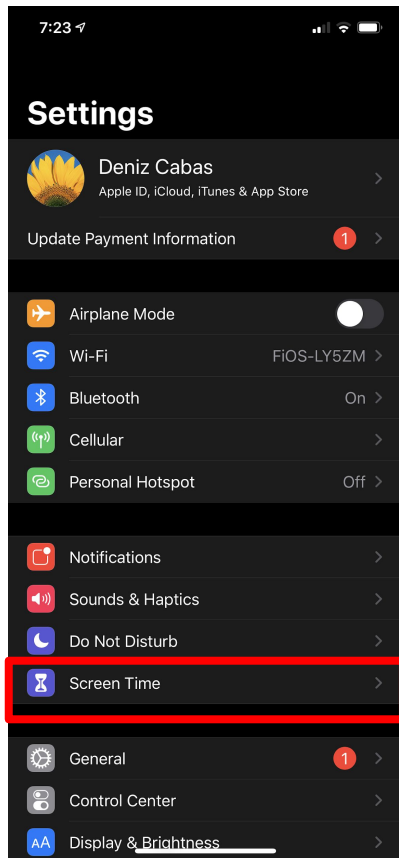
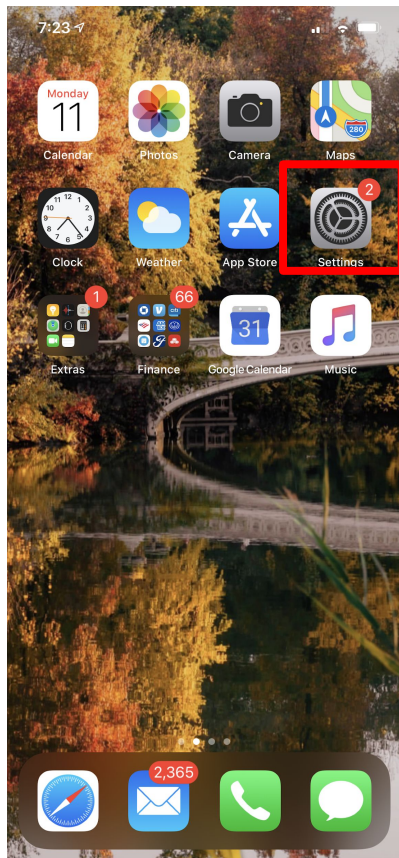
Turn media mistakes into teachable moments. Monitor your child's activity and be prepared for your child to make mistakes sometimes. Whether he logs onto an inappropriate website, or he goes over the data limit on his smartphone, turn those mistakes into teachable moments so your child can do better next time.



Different Types of Parental Controls

- iPhone - Youtube: **Get to know Screen Time for parents on iPhone, iPad, and iPod touch** — Apple Support
 - Downtime
 - App Limits
 - Always Allowed
 - Content & Privacy Restrictions
- Google Family Link App - Youtube: **Google Family Link Tutorial - Parental Controls for Android**
https://www.youtube.com/watch?v=JUwa9ajejPk&feature=emb_title

iPhone App Limits



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Is This iPhone for Yourself or Your Child?

Screen Time for a child's iPhone lets you set up additional parental controls.

[This is My iPhone](#)[This is My Child's iPhone](#)

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Downtime

Set a schedule for time away from the screen. Your permission will be required to allow more screen time. Calls, messages, and other apps you want to allow can still be used.

Start 10:00 PM

End 7:00 AM

[Set Downtime](#)[Not Now](#)

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App Limits

Set daily time limits for app categories you want to manage. After a limit has been reached, your permission will be required to allow more time.

☒ All Apps & Categories

☐ Social Networking

☐ Games

[Show All Categories](#)

Time Amount [Set](#)

[Set App Limit](#)[Not Now](#)

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App Limits

☐ Productivity

☐ Education

☐ Reading & Reference

☐ Health & Fitness

☐ ... Other

Time Amount 1 min

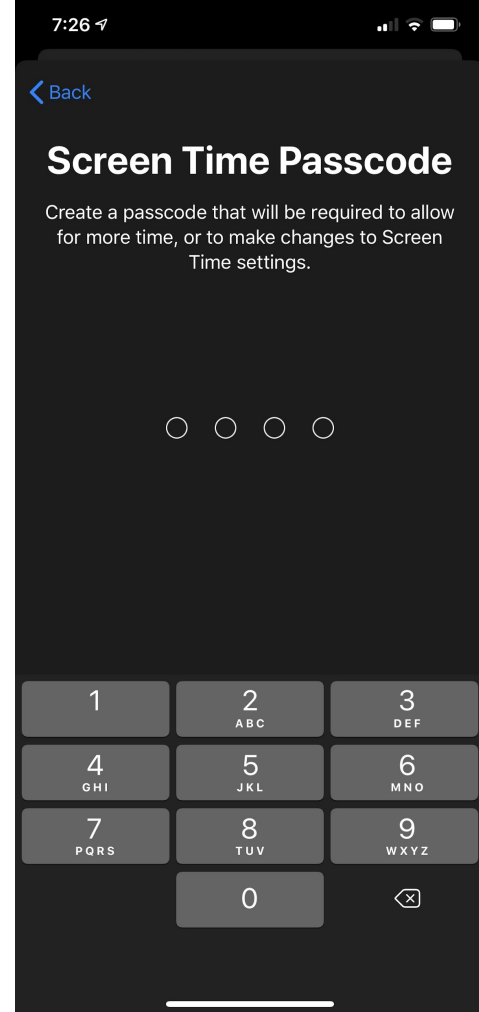
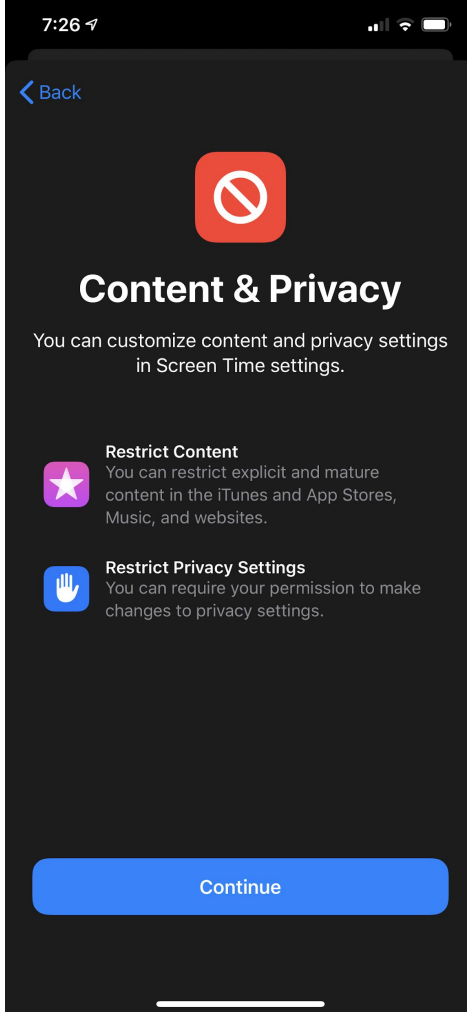
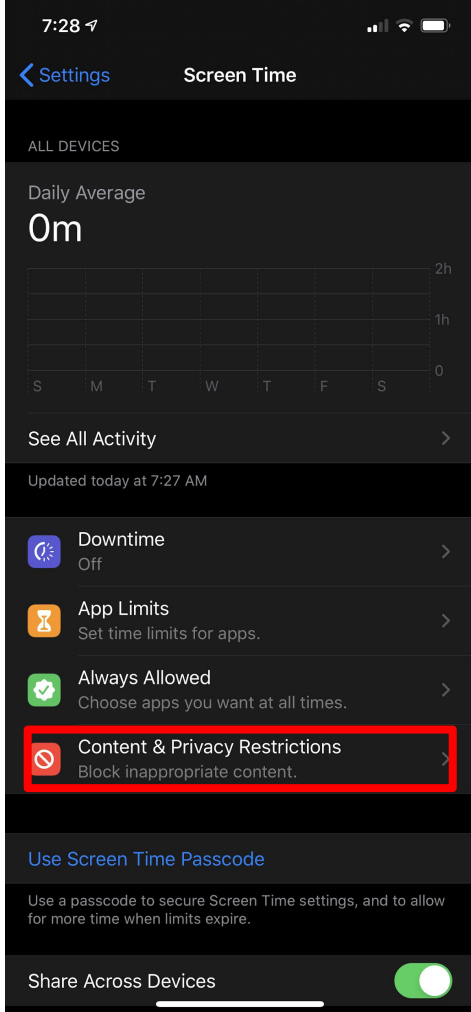
0 hours 1 min

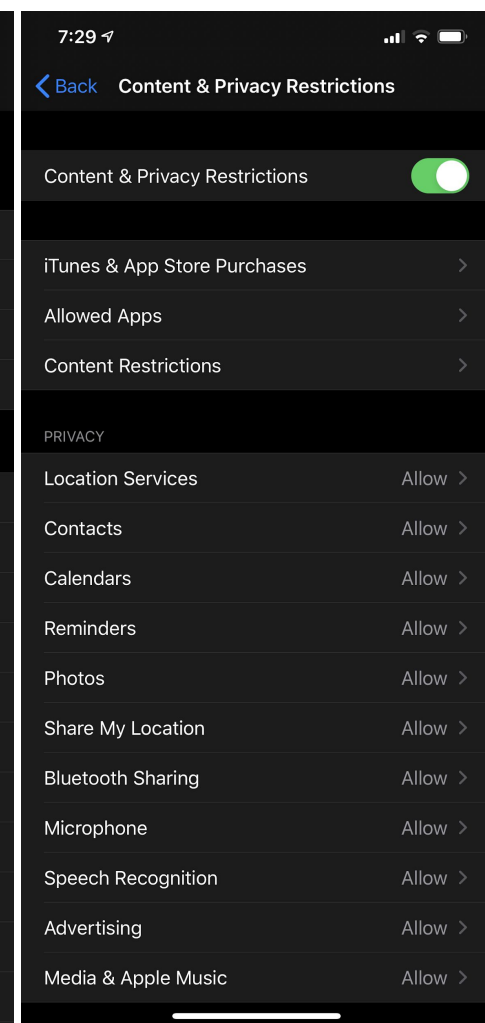
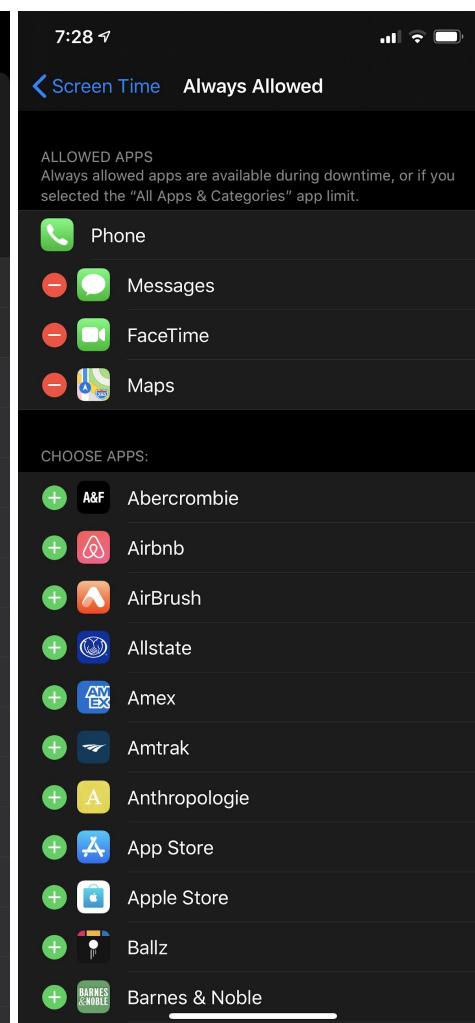
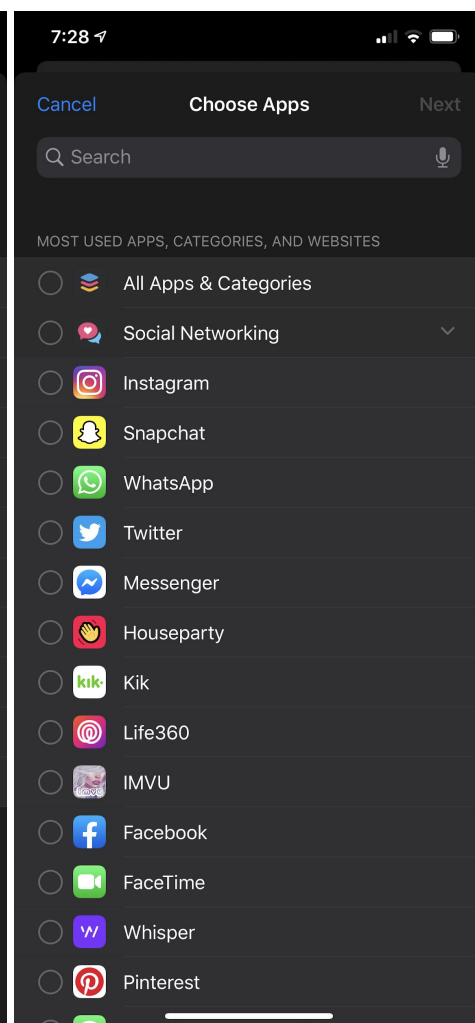
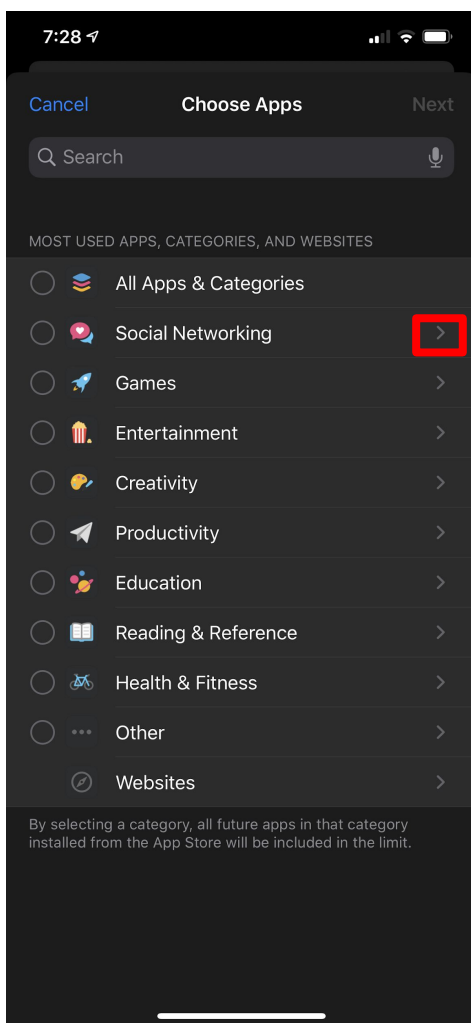
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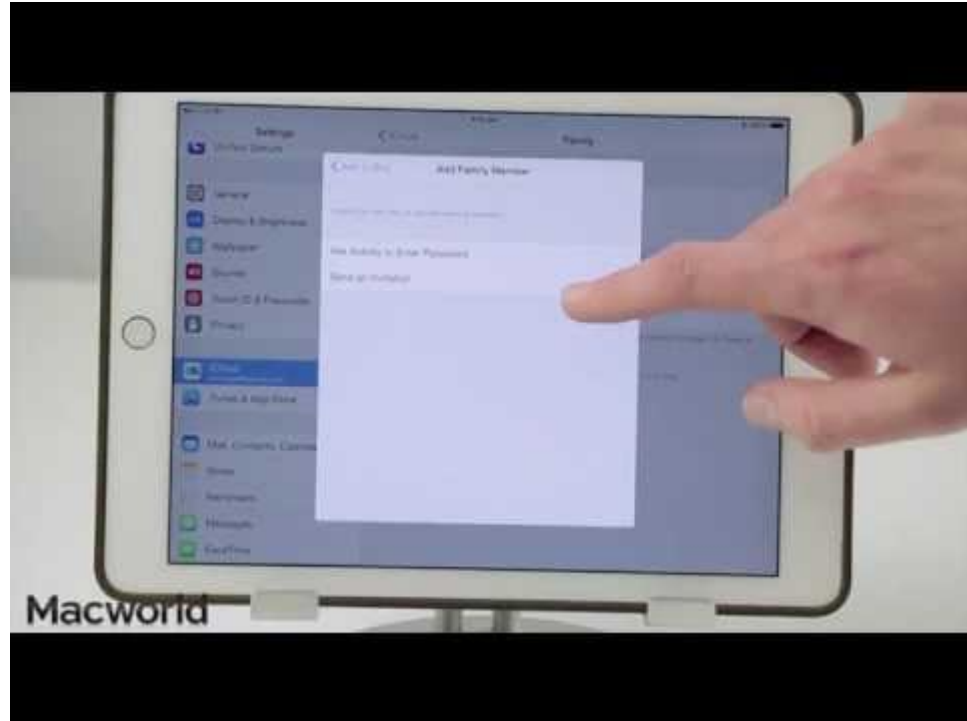
[Set App Limit](#)[Not Now](#)





Apple Family Sharing

<https://youtu.be/TIfQeT2reJM>



Apple Screen Time

<https://youtu.be/ZAXcyGw8Q2Y>



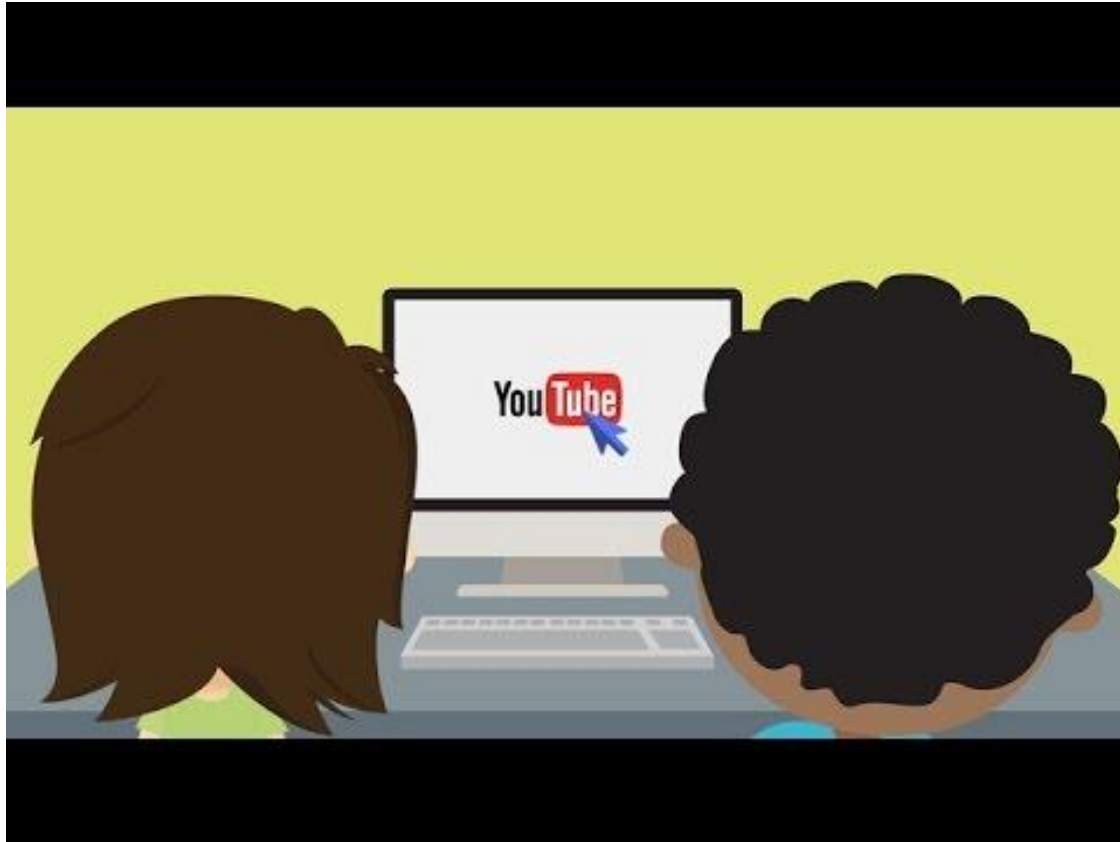
Google Family Link App

<https://youtu.be/JUwa9ajejPk>



Youtube- Safety Features

https://youtu.be/N8P_6aj8VbU



Resources

- Facebook Kids Messenger
- Youtube Kids
- Life 360

Websites & Control Apps

- FOSI.org - Family Online Safety Institute
- Net Nanny
- Youtube: Zift - Parent Portal
- Verizon Smart Family App
- Parental Control App
- Saferkid Text Monitoring App