Frameworks

Helping Your Child Navigate Social Media and Screen Time

St. Joseph Catholic School and Cristo Rey 3/30/23 Please sign in using the chat with your name, school, and email address!!

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Helping Your Child Navigate Social Media and Screen Time

St. Joseph Catholic School and Cristo Rey

3/30/23

Our Services

School & District
Consultation

Professional
Development

Teacher Coaching &
Mentor Support

Parent &
Community Engagement

Data & Evaluation

Session Goals

- Describe Emotional Intelligence and the five social & emotional learning competencies

- Understand how to help children navigate:

  - Screen time

  - Online safety

  - Online citizenship/cyberbullying

- Gain tips and tools for encouraging appropriate use of social media and screen time with your kids

Open Share

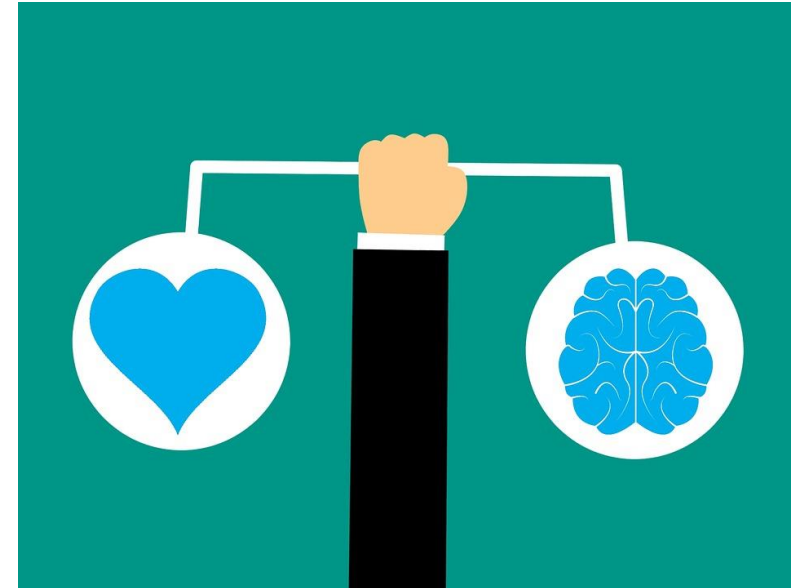*How would your childhood have been different if you had screen time or social media?*

Emotional Intelligence Toolbox

Social and emotional learning is the *process* of developing our *ability* to be more emotionally intelligent.

The five core competencies of social and emotional learning are the tools that we use to do this.

EQ Toolbox

- Self-Awareness
- Self-Management
- Social Awareness (Empathy)
- Relationship Skills
- Responsible Decision-Making

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Five Core Competencies

- Requires continuous learning and practice

- Skill development varies from person to person

- Different strengths and different areas for growth

- Important to be intentional and reinforce

Self-Awareness

Self-Management

Social and Emotional Learning

Responsible Decision-Making

Social Awareness (Empathy)

Relationship Skills

Collaborative for Academic, Social, and Emotional Learning (CASEL)

Statistics

"**iGen teens** (born 1995 & later) spend **less time interacting** with their peers face-to-face than any previous generation."

-Wired Magazine

Kids ages 8-18 spend an average of 7.5 hours per day looking at screens.

-Kaiser Family Foundation

What are Some Pros of Screen Time and Social Media?

- Access to information

- Learning and academic engagement

- Staying connected

- Creative development

- Business marketing and entrepreneurship
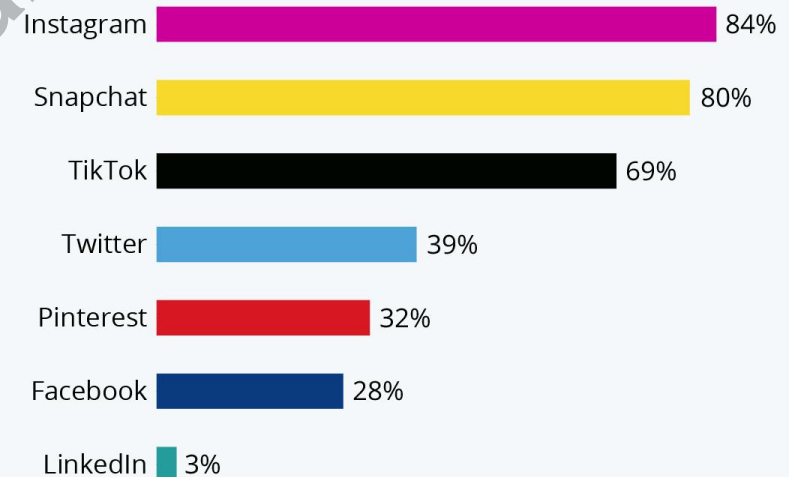
- Apps for health, food and exercise, sleep, etc.

Goal 2:

Understand how to help children navigate: screen time, online safety, and online citizenship/cyberbullying.
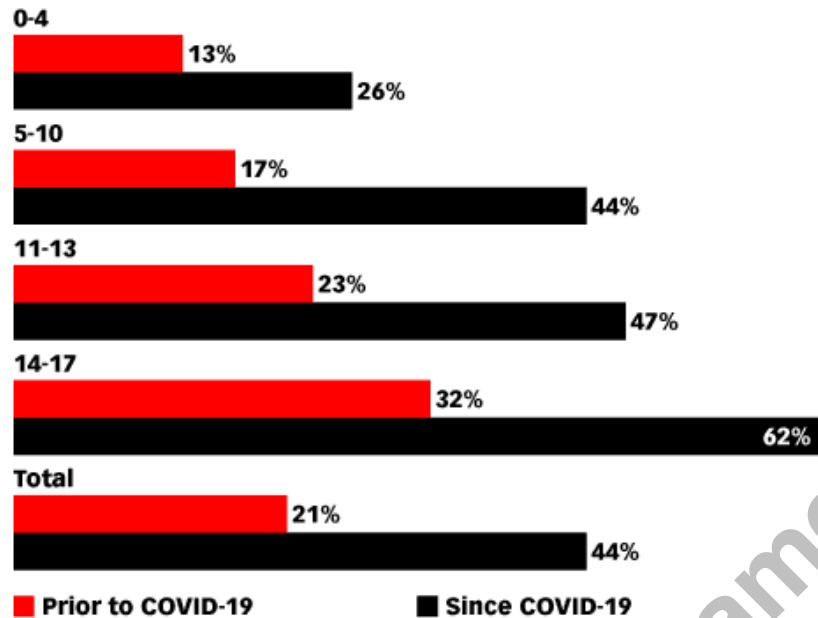
Screen Time

Screen Time in Numbers

US Children/Teens Who Have Spent More than Four Hours Daily Using Electronics Devices Before vs. During the Coronavirus Pandemic, by Age, June 2020
% of respondents in each group

- **0-4**
  - 13% (Prior to COVID-19)
  - 26% (Since COVID-19)
- **5-10**
  - 17% (Prior to COVID-19)
  - 44% (Since COVID-19)
- **11-13**
  - 23% (Prior to COVID-19)
  - 47% (Since COVID-19)
- **14-17**
  - 32% (Prior to COVID-19)
  - 62% (Since COVID-19)
- **Total**
  - 21% (Prior to COVID-19)
  - 44% (Since COVID-19)
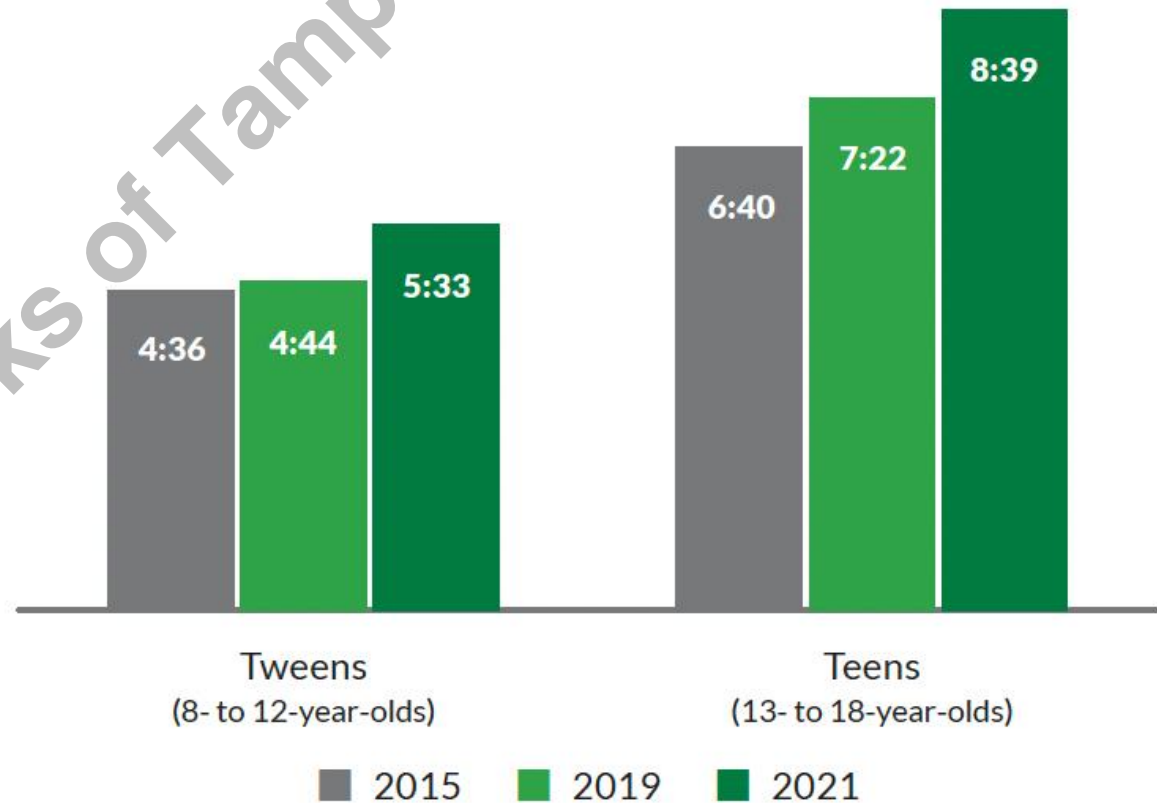
■ Prior to COVID-19   ■ Since COVID-19

Note: devices such as tablet, smartphones, etc.; according to their parents
Source: Ipsos and The Global Myopia Awareness Coalition (GMAC), July 8, 2020
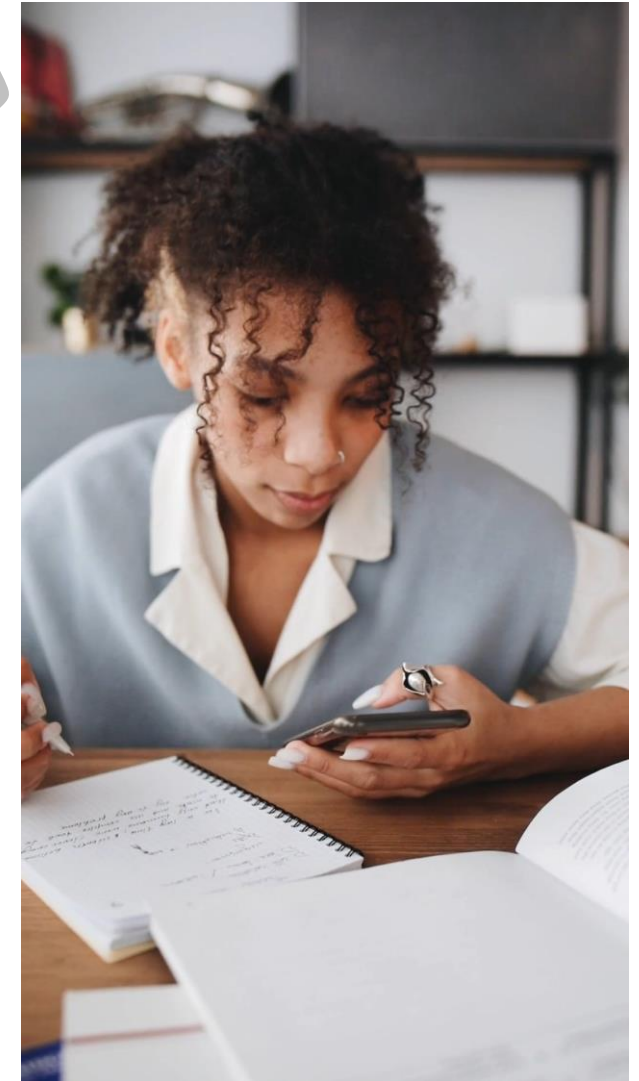259210   www.**eMarketer**.com

FIGURE 1. Total entertainment screen use among tweens and teens, per day, 2015 to 2021

Tweens (8- to 12-year-olds): 4:36 (2015), 4:44 (2019), 5:33 (2021)
Teens (13- to 18-year-olds): 6:40 (2015), 7:22 (2019), 8:39 (2021)

■ 2015   ■ 2019   ■ 2021

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Strategy Share

What is one strategy you currently use to regulate your children's screen time?

Recommendations from the American Academy of Pediatrics

- **Under 18 months** – no screens except video chats

- **2-5** – 1 hour per day or less (educational)

- **6+** – consistent limits with focus on sleep & exercise

- **All ages** –
  – Designate media-free times (e.g., dinner) & locations (e.g., bedrooms)
  – Have ongoing communication about online citizenship & safety
  – Create a screen time and/or media contract with each child

Screen Time vs. Time Better Spent

Screen Time and Social Media Modeling

Consider:

- What you post

- When and where you use your devices

- How you can model what you're asking of your kids
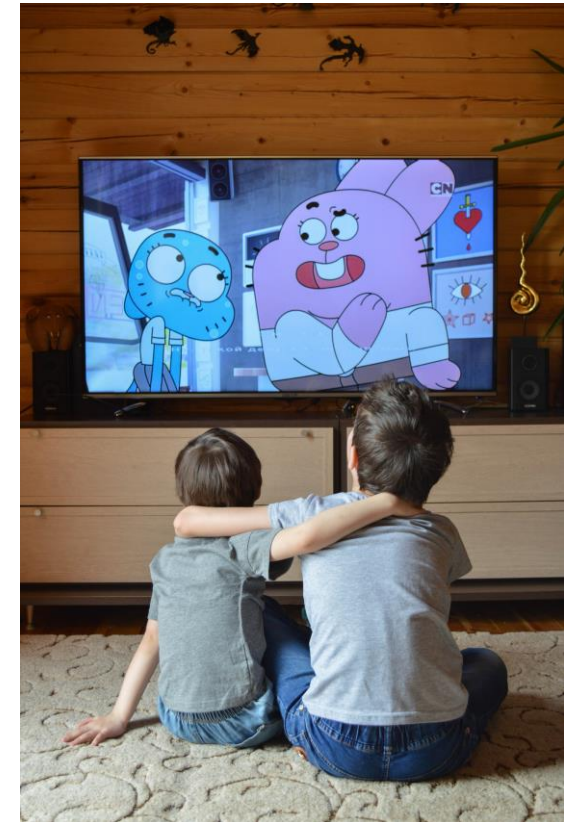
Communication: Face Time vs. Screen Time

Teens don't value face-to-face communication with friends as much as they used to.

Teens favorite way of communicating, 2012 vs. 2018

- IN PERSON
- TEXTING
- SOCIAL MEDIA
- VIDEO-CHATTING

49%
33%
7%
2%

35%
32%
16%
10%

2012   2018
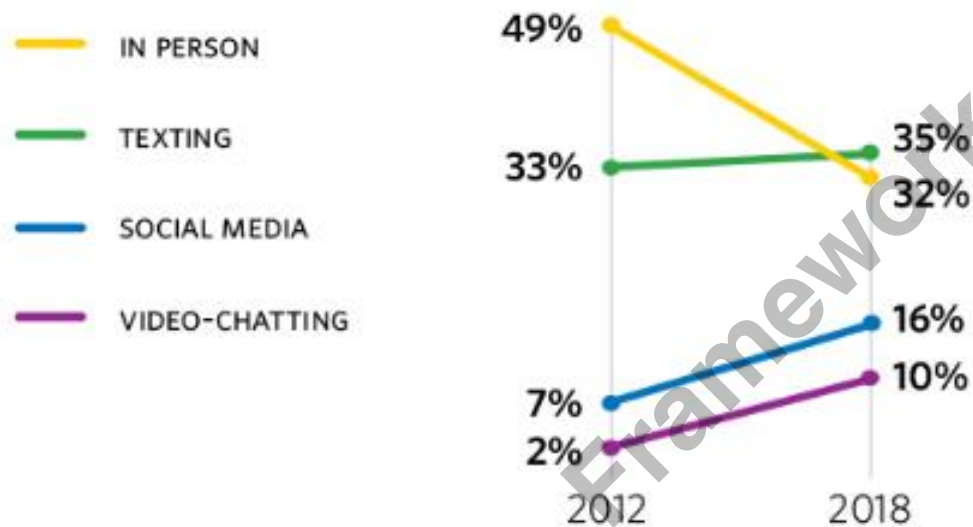
Common Sense Media

42% of teens agree that social media has taken away from time they could spend with friends in person, compared to 34% in 2012.

54% of teen social media users agree that it often distracts them when they should be paying attention to the people they're with, compared to 44% in 2012.

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Online Safety

Safety Tip #1: Monitor Activity

Most parents check what their teen does online and on social media...

Among parents of teens ages 13 to 17, the % who have ever ...

Checked which websites their teen visited	61%
Checked teen's social media profile	60
Looked through teen's phone calls/messages	48
Used parental controls for teen's online activities	39
Used parental controls to restrict cellphone use	16
Used monitoring tools to track teen's location with his/her cellphone	16

65%
Have taken away teen's cellphone or internet privileges as punishment

55%
Have limited the amount of time or times of day when teen can go online

-Pew Research Center

Self-Awareness
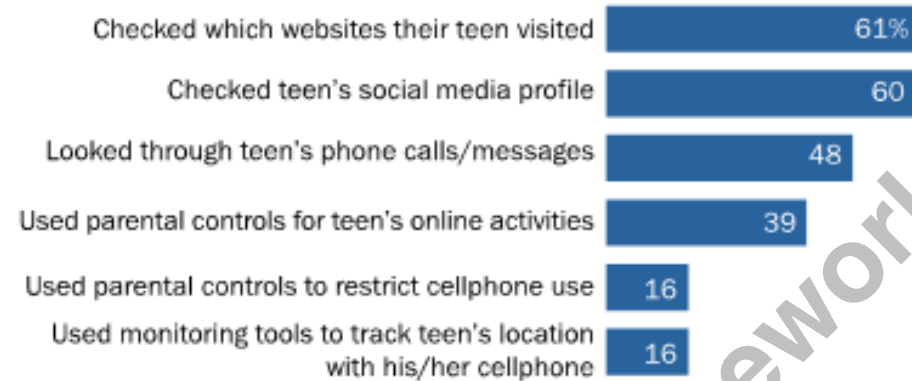Understanding one's emotions, thoughts, and values and how they influence behavior across contexts

Self-Management
Managing one's emotions, thoughts, and behaviors effectively in different situations and to achieve personal and collective goals

Social and Emotional Learning

Responsible Decision-Making
Making caring, constructive choices about personal behavior and social interactions across diverse situations

Social Awareness (Empathy)
Understanding and empathizing with others, including those from diverse backgrounds, cultures, and contexts

Relationship Skills
Establishing and maintaining healthy, supportive relationships and navigating settings with diverse individuals and groups

Modeling Responsible Decision-Making Skills

Safety Tip #1: Monitor Activity

What happens online stays online.

When asked to pick which comes closer to the truth, teens say:

54% If parents knew what actually happens on social media, they'd be a lot more worried about it.

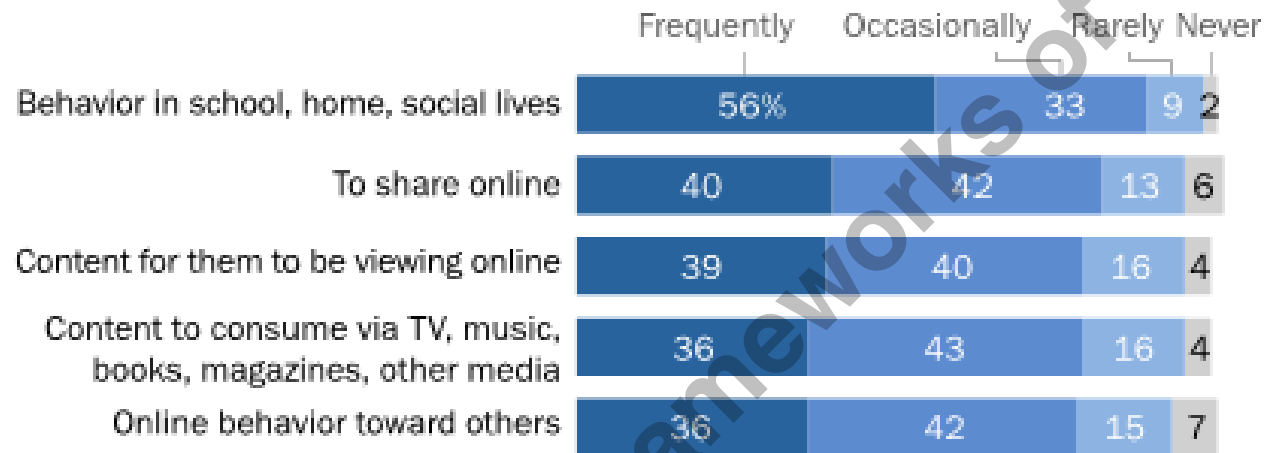**46%** Parents worry too much about teens' use of social media.

Common Sense Media

Self-Awareness

Self-Management

Social and Emotional Learning

Responsible Decision-Making

Social Awareness (Empathy)

Relationship Skills

Responsible Decision-Making Skills

Safety Tip #2: Talk With Your Kids

Among parents of teens ages 13 to 17, the % who say they frequently, occasionally, rarely or never talk with their teen about what is appropriate or inappropriate behavior in the following areas

	Frequently	Occasionally	Rarely	Never
Behavior in school, home, social lives	56%	33	9	2
To share online	40	42	13	6
Content for them to be viewing online	39	40	16	4
Content to consume via TV, music, books, magazines, other media	36	43	16	4
Online behavior toward others	36	42	15	7

Source: Surveys conducted Sept. 25-Oct. 9, 2014, and Feb. 10-March 16, 2015.

PEW RESEARCH CENTER

Self-Awareness

Self-Management

Responsible Decision-Making

Social and Emotional Learning
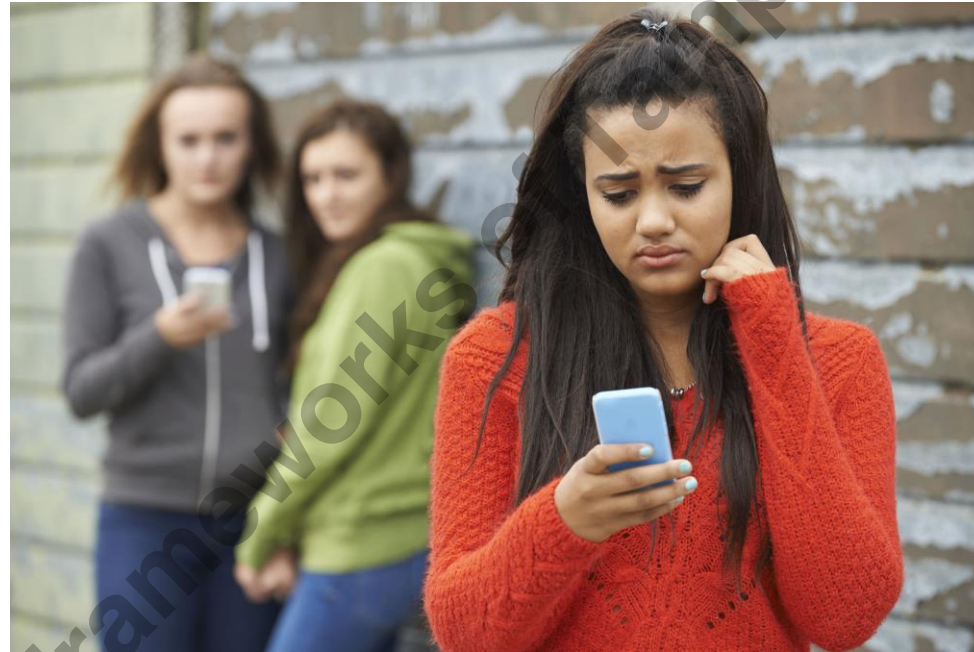
Social Awareness (Empathy)

Relationship Skills

Self-Management
Social Awareness
Relationship Skills

Conversation Advice

- Discuss the purpose of social media

- Discuss interactions with strangers

- Discuss private vs. public information

- Use door-opening questions- "Wh"

- Create a contract

Online Citizenship/Cyberbullying

What Screen Time & Social Media May Offer Kids

- Instant gratification

- Validation of physical attractiveness

- Popularity

- Opportunity for expression

What is Cyberbullying?

3 defining characteristics: R-I-P

1. **REPEATED** – a bully often targets the same victim again and again

2. **INTENTIONAL** – a bully's intention is to hurt someone

3. **POWER-IMBALANCED** – a bully chooses victims he or she perceives as vulnerable

Tip #1: Take It Seriously

- Bullying is serious

- Call it out when it happens

- Redefine norms
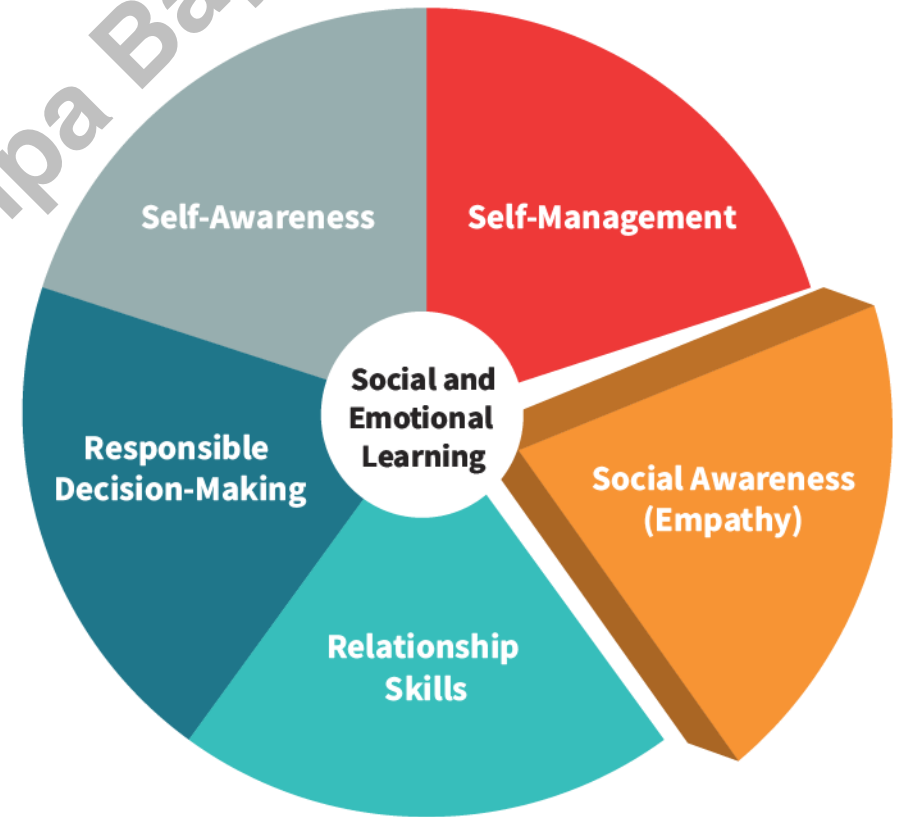
Social Awareness

Tip #2: Know the Signs

- Warning signs your child is being bullied:
  - Excuses about not attending school/other events
  - Damaged or missing items
  - Difficulty sleeping
  - Fears recreation activities
  - Always with adults
  - Drop in grades
  - Sudden outbursts of anger
  - Sudden change in friends

Tip #3: Save Evidence & Report

- Screenshot evidence of cyberbullying

- Report serious infractions to the social media platform

- Help your child block the bully to prevent future issues

- Know your school policies

# Tip #4: Discuss Permanence

Any post, photo, or video can be saved!

Responsible Decision-Making

# Tip #5: Continually Build SEL Skills & Reflect Together

Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

Percent of social media users who say they:

Sometimes feel left out or excluded when using social media
- 70%
- 29%
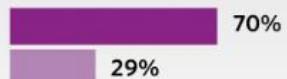
Have deleted social media posts because they got too few "likes"
- 43%
- 13%
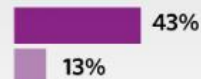
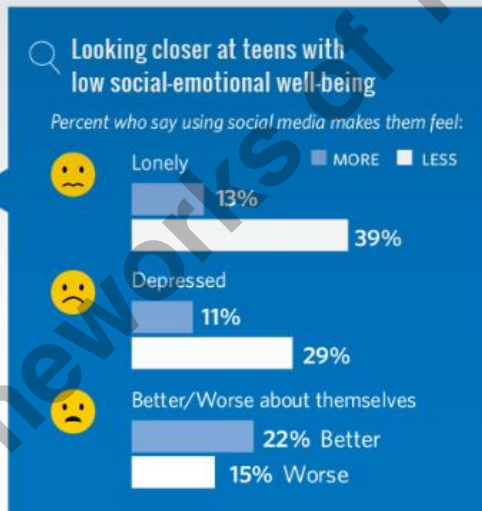Feel bad about themselves if no one comments on or likes their posts
- 43%
- 11%

Have ever been cyberbullied
- 35%
- 5%

■ LOW SOCIAL-EMOTIONAL WELL-BEING
■ HIGH SOCIAL-EMOTIONAL WELL-BEING

See Methodology section for definitions of the high, medium, and low SEWB groups.

Looking closer at teens with low social-emotional well-being

Percent who say using social media makes them feel:

■ MORE ☐ LESS

Lonely
- 13%
- 39%

Depressed
- 11%
- 29%

Better/Worse about themselves
- 22% Better
- 15% Worse

METHODOLOGY: This report is based on a nationally representative survey of 1,141 13- to 17-year-olds in the United States. The survey was administered online by the research group GfK using their KnowledgePanel© from March 22, 2018, through April 10, 2018. Participants were recruited using address-based sampling methods. The margin of error for the full sample at a 95 percent confidence level is +/-3.4 percent. The overall design effect for the survey is 1.4048.

Before you post on:

THINK

T = Is it true?
H = Is it helpful?
I = Is it inspiring?
N = Is it necessary?
K = Is it kind?

Common Sense Media, 2018

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