

East Hall Middle School

Parent's Resource for
Powering Down
for the Summer



Healthy Media & Technology Balance

Fact: Reduced screen time for many kids results in *improved* sleep, school performance and positive social behavior.

As parents and educators we have to help our children achieve Media Balance. Media balance is using media or technology in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.).

- While adults may feel an internal motivation to limit screen time, kids are unlikely to self-regulate.
- **Therefore, it will take effort and strategies to help kids reduce their screen time (sometimes referred to as digital detox).**

The difference between “Creating” and “Consuming”

There are different types of screen time and technology:

- Creating with Technology is different than Consuming

Consuming means:

- watching a movie, searching for videos on YouTube, playing online/video games, social media (snapchat, instagram, Facebook)

Creating with Technology

Creating means:

- Coding your Own Video Game (code.org has free online resources that teaches students how to code)
- Making your own videos
- Researching a topic and creating a blog or slide show about the topic

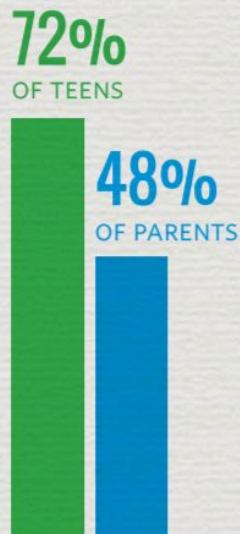
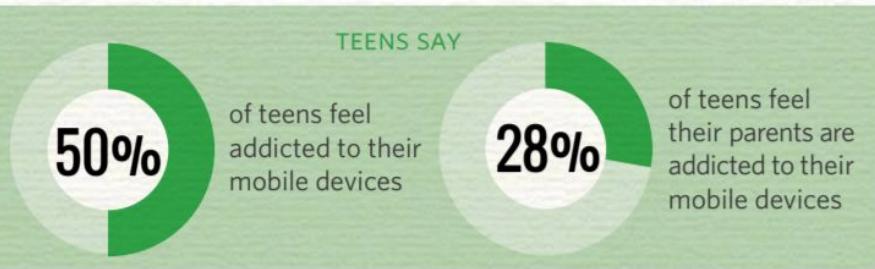
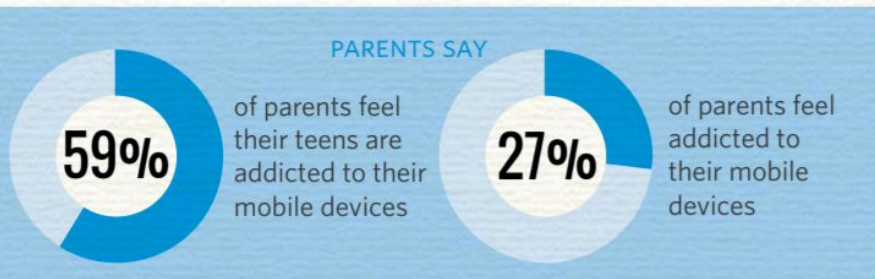
When looking at technology time, most school work/time is “**creating**” with technology which activates more parts of the brain and in moderation is beneficial for learning.

However, most home technology by students is “**consuming**” with technology. Great amounts of “consuming” screen time research has shown is detrimental to brain and child development.

- During the school year, your student uses a chromebook for “creating with technology” frequently. To achieve a good media balance, your family might decide to eliminate technology time on school days in the afternoons/evenings. This will allow your student to enjoy other life activities (family, friends, school, hobbies, etc.).

DEALING WITH DEVICES: The Parent-Teen Dynamic

Are We Addicted?



69% OF PARENTS | 78% OF TEENS
check their devices at least hourly

ABOUT
1/2 OF PARENTS | 1/3 OF TEENS

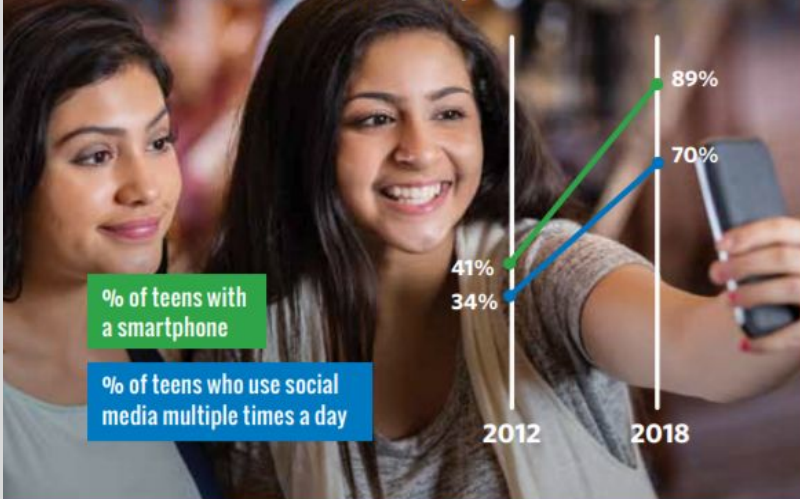
very often or occasionally try to cut down the amount of time they spend on devices

feel the need to immediately respond to texts, social-networking messages, and other notifications

Social Media, Social Life 2018

Among 13- to 17-year-olds
in the United States

Social media use among teens
has increased dramatically.



% of teens with
a smartphone

% of teens who use social
media multiple times a day

Teens overwhelmingly
choose Snapchat as their
main social media site.

Percent of teens who say they use each
social media site the most:



41%
Snapchat



22%
Instagram



15%
Facebook

They're being distracted from other important things and their friends.



57%

of all teens agree that using
social media often distracts
them when they should be
doing homework.



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.**



29%

of teen smartphone owners
say they've been woken up by
their phones during the night
by a call, text, or notification.

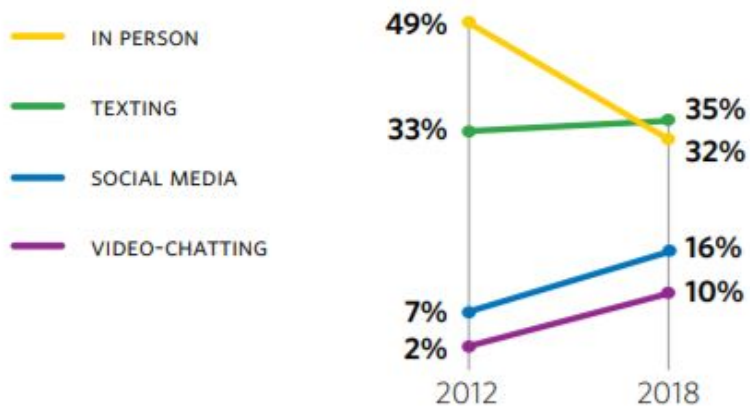


42%

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

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

Teens favorite way of communicating, 2012 vs. 2018



What happens online stays online.

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

54%

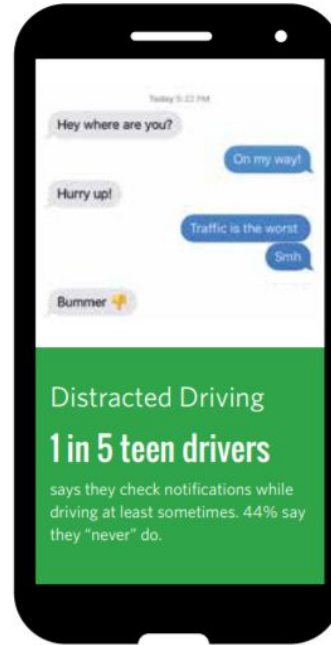
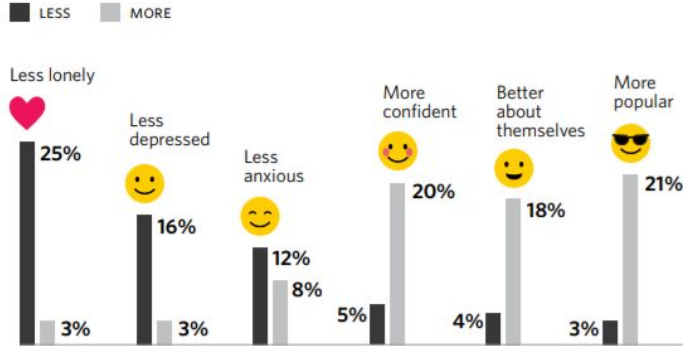
If parents knew what actually happens on social media, they'd be a lot more worried about it.

46%

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

Teens are much more likely to say social media has a positive rather than a negative effect on how they feel.

Social media users who say using social media makes them feel "more" or "less":



Teens think they're being manipulated.

72%

Of teens believe that tech companies manipulate users to spend more time on their devices.



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

Teens think they're being manipulated.

72%

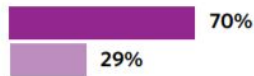
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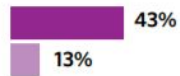
Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

Percent of social media users who say they:

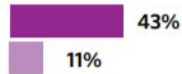
Sometimes feel left out or excluded when using social media



Have deleted social media posts because they got too few "likes"



Feel bad about themselves if no one comments on or likes their posts



Have ever been cyberbullied

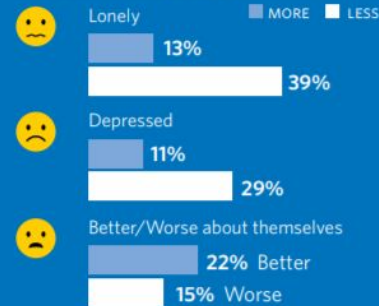


■ LOW SOCIAL-EMOTIONAL WELL-BEING
 ■ HIGH SOCIAL-EMOTIONAL WELL-BEING

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

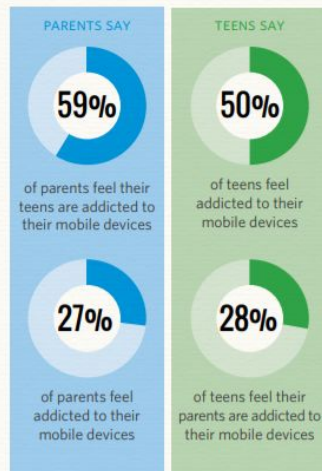
Looking closer at teens with low social-emotional well-being

Percent who say using social media makes them feel:



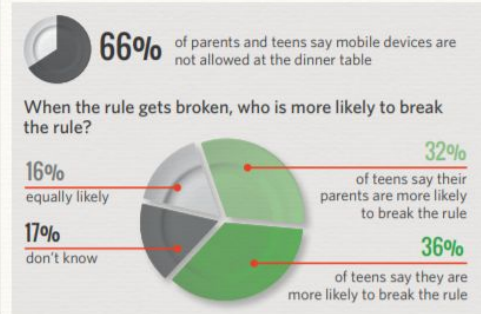
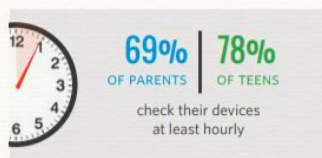
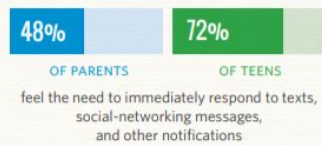
DEALING WITH DEVICES: The Parent-Teen Dynamic

Are We Addicted?



66% of parents feel their teens spend too much time on their mobile devices

52% of kids agree

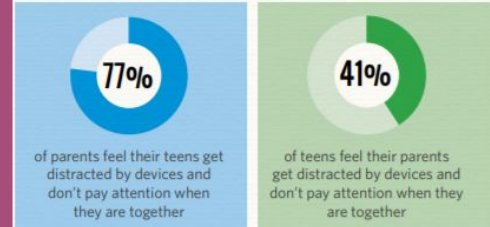


Is It Causing Family Conflicts?

Teens and parents say they argue about device use:



At least a few times every week ...



The vast majority of families say devices aren't hurting parent-teen relationships ...



METHODOLOGY: Lake Research Partners designed and administered a nationwide telephone survey from February 16 to March 14, 2016, conducting 1,240 interviews of parents (n=620) and their children (n=620) (between the ages of 12 and 18), both of whom used a mobile device. The data for the parents and children sample were weighted slightly by gender, region, age, and race to reflect attributes of the actual population. The margin of error for this sample is +/-4.0%.

Social Media (“Consuming type” of technology) and Mental Health

Research has repeatedly shown that the more time spent using social media can increase mental health symptoms.

In one study: Eighth-graders who spend 10 or more hours a week on social media were 56% more likely to report being unhappy than those who spend less time

We also see that higher emotional investment in social media is strongly correlated with higher levels of anxiety

The Reward Zone in the Brain

It's blatantly obvious that teenagers are obsessed with social media. Go anywhere in public and you're likely to see teens hunched over their phones tweeting, Instagramming, and "like"-ing away.

But now a new study shows why teens may be so addicted to social media: **the same areas of their brains that activate when they win money or see someone they love, also activate when they get a "like" on social media, [reports CNN](#).**

"Reward circuitry is thought to be particularly sensitive in adolescence," says the study's lead author Lauren Sherman. "It could be explaining, at least in part, why teens are such avid social media users."

Why Do a Digital Detox?

- Digital detox is an opportunity to reduce stress and focus more on interaction with others.
- Digital Detox can help prevent addiction to tech devices.
- Unplugging on a regular basis helps us maintain a healthy balance between IRL (“in real life”) activities and the digital world.
- Teens that have higher screen time have significantly higher scores in depression, anxiety, insomnia, and impulsive behavior.
- [Research](#) shows that frequent use of social media goes hand in hand with increased depression.
- [Gaming disorder](#) is similar to other addictions, such as a gambling addiction or substance abuse. According to the American Psychiatric Association, certain pathways in the brains of video gamers react in the same way that a drug addict’s brain reacts to a particular substance. Therefore, this disorder is characterized by the inability to control an obsession with video gaming.
- Teens who used digital media frequently were more than twice as likely to develop symptoms of ADHD.
- Teens who show no symptoms of ADHD, then after two years teens who used digital media frequently were far more likely to have symptoms of the disorder.
- Impulsivity is one of the primary symptoms of ADHD.
 - And impulse control is managed by the brain’s frontal cortex.
 - Brain-imaging research has shown that screen time, such as video games and social media, affect the frontal cortex in the same way that cocaine does. Hence, screen time causes **compulsive and erratic behaviors**. That’s a good reason to do a digital detox.
- More Digital Media = Less Exercise and Less Time Outdoors
 - Teens who spend hours a day on smartphones, tablets, or computers may be more likely to become obese
 - Screen time replaces other, healthier activities. (exercise, walking in nature, etc).
- Consuming digital media that other people have created keeps us from embarking on our own creative expression.
 - That’s a big downside for children and teens, because **exercising creativity** is an important part of **identity formation and brain development**.

Read [THIS ARTICLE](#) to learn more about WHY you would want to do a digital detox and strategies for starting a digital detox with your family.

**SOCIAL MEDIA CAN
INFLUENCE YOUR
CHILD'S SELF-IMAGE,
BOTH POSITIVELY
AND NEGATIVELY.**



Social Media and Self Image

People tend to show a more glamorous, positive, and envious lifestyle on their social media. In fact, over half of millennials admit they [portray their relationship as better than it really is](#).

This is a problem because your social media life can become like a negative feedback loop — wanting others to be jealous of your life, while constantly comparing yourself to those on your feed.

"If you spend most of your time scrolling through your newsfeed checking out other people's lives and compare them to your own, you become more at risk of developing (or having worsening) symptoms of depression or anxiety," psychologist [Allison Abrams told Business Insider](#). "This is especially so in those with low self esteem."

SCREEN TIME vs LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE
GROUP >

8-10

11-14

15-18

YOUTH AGES 11-14 SPEND NEARLY

9 hours a day

IN FRONT OF A SCREEN USING
ENTERTAINMENT MEDIA

NEARLY
5
OF THESE ARE
SPENT WATCHING
TELEVISION



INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog



and...

dance to their favorite songs



and...

skateboard



and...

ride their bike



**How can
parents help?**



1 Ensure kids have 1 hour of physical activity each day.

2 Limit kids' total screen time to no more than 1-2 hours per day.

3 Remove TV sets from your child's bedroom.

4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

Family Guidelines for Digital Detox

Screen free time will gradually result in more conversations in the home

- Screen Free Bedrooms (no televisions, phones, or computers/tablets in bedrooms)
- Screen Free Meals (no phones at the table for breakfast, lunch, dinner)
 - Some families like to have “prompts” for discussions at the table, like “Everyone has to say 3 positive things that happened that day” and everyone at the table says their 3. (This is different than “How’s your day?” and getting an answer of, “Good”, “Fine”, “Okay”.

Set Family Guidelines

- (Example) Everyone has to eat breakfast, make their bed, and brush their teeth before any one turns on a TV/phone/tablet/computer
- The phones or video games do not come first, all other activities or chores come first and the phones/games are earned after

Make Room for Healthy Media Choices



Designate bedrooms
"screen-free zones."



Use screens
sparingly with
kids 2 and under.



Choose age-
appropriate,
quality shows,
games, and apps.



Limit screen
time to one
to two hours
per day.



Stay involved in
your kids' media
habits through
co-viewing.



Create a plan with
firm but reasonable
rules about your
family's media use.

Make Room for Healthy Media Choices



Use screens sparingly with kids 2 and under.

- o No studies have demonstrated a benefit to early exposure to TV and movies.
- o Kids need direct contact with adults and other children for healthy brain growth and language development.
- o "Background TV" has been shown to limit parent-child interaction.
- o Reading out loud to children from birth will enhance their development.



Limit screen time to one to two hours per day.

- o Playtime helps build problem-solving skills, encourages creativity, and develops fine and gross motor skills. Plus it's fun!
- o To determine kids' maximum daily screen time, total up use from all screens (smartphones, tablets, TV, computer).



Choose age-appropriate, quality content.

- o Violent media has a serious impact on children. For example, media violence is one of many risk factors for increased aggressive behavior. Comic violence is particularly dangerous, because it associates positive feelings with hurting others.
- o Certain kinds of media can be beneficial for children. Thoughtfully designed apps and games offer learning potential for both academic subjects and life skills.



Designate bedrooms "screen-free zones."

- o Kids who have TVs and other electronic devices in their bedrooms have an increased risk of fatigue, lower test scores, weight gain, and substance use and abuse.



Stay involved in your kids' media habits through co-viewing.

- o Talk with your child and watch, listen, and play along with their shows and games.
- o Remember, you are your kids' media role model. Put your own screens away when spending time with kids.



Create a plan with firm but reasonable rules about your family's media use.

- o Make a family media agreement with input from your kids.
- o Enforce screen time limits and bedtime "curfews" on electronic devices.
- o Pledge not to text and drive.



- **Explain to kids how screen time and digital media affect their health and their brain.**
 - Don't underestimate their ability to process the pros and cons. Knowledge alone might not impact their behavior, as the pull of technology is strong. But they'll understand why digital detox is so important. Rather than a punishment, it is a protection and prevention strategy.
- **Teach children and teens healthy ways to self-soothe.**
 - **Kids turn to the distraction of screens when they're feeling unhappy or uncomfortable.** A digital detox can help them cultivate healthier self-care routines and ways to calm down. For example, a simple meditation or breathing practice, drawing or journaling about what they're feeling, or an offline hobby that plays to their strengths.

Example

Teen Ink

<https://www.teenink.com/>

Students can create art or writing and upload it to a digital magazine

Airplane Mode

Wi-Fi

Bluetooth

Notifications

Sounds

Do Not Disturb

Screen Time

General

Control Center

Display & Brightness

Wallpaper

Siri & Search

Cancel

Screen Time

Get insights about your screen time and set limits for what you want to manage.



Weekly Reports

Get a weekly report with insights about your screen time.



Downtime & App Limits

Set a schedule for time away from the screen and set daily time limits for app categories you want to manage.



Content & Privacy Restrictions

Restrict settings for explicit content, purchases and downloads, and privacy.



Screen Time Passcode

Manage Screen Time for children from your own iPhone, or use a Screen Time passcode on your child's device.

[Continue](#)

See how your family uses their devices.

With Family Sharing, you can share music, movies, apps, and more with family — and it now works with [Screen Time](#). You can view reports and adjust settings for children in your family any time, right from your device.

If you're already in a family group, go to Settings > Screen Time, and tap your child's name. If you need to create an Apple ID for your child, go to Settings > [your name] > Family Sharing > Screen Time.

Or if you're [new to Family Sharing](#), tap Set up Screen Time for Family and follow the instructions to add a child and set up your family. You can add family members any time from Family Sharing settings.

To use Screen Time with Family Sharing, you need to be the family organizer or parent/guardian in your family group, on iOS 12. Your child must be under age 18, in your family group with their own Apple ID, and on iOS 12.

Kids under 13 can have an account, too.

[Kids under 13 can have their own Apple IDs](#). As a parent or legal guardian, the organizer creates the child's Apple ID and adds the child to the family group. Ask to Buy is turned on

PARENTAL CONTROLS

macOS and iTunes.

Consider Signing a Family Media Agreement

Family Media Contract Agreements

- [English](#)
- [Spanish](#)

COMMON SENSE MEDIA

Family Media Agreement



I, _____, will:

... take care.

- I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.

... 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 of myself — 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 that person and will tell a family member or other trusted adult about it.

... think first.

- I will not bully, humiliate, or upset anyone online — whether through sharing photos, spreading rumors or gossip, or setting up fake profiles — and I will stand up to that person.
- I know that whatever I share online can spread fast and far. I will not post anything that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give credit to that person.
- I know that not everything I read, hear, or see online is true. I will consider whether it's reliable before I share it.

COMMON SENSE MEDIA

Acuerdo familiar sobre el uso de los medios



Yo, _____, me comprometo a:

... cuidar mis dispositivos.

- Me comprometo a cuidar el dispositivo que estoy usando y a avisarle a mi familia si se rompe, me lo roban o lo pierdo. Como familia, hemos acordado cuáles serán las consecuencias si pierdo o rompo un dispositivo, y entiendo esas consecuencias.
- A menos que haya pagado mi dispositivo con mi propio dinero o que me lo hayan regalado, entiendo que el dispositivo le pertenece al miembro de mi familia que lo compró.

... no correr riesgos.

- No abriré cuentas o daré información privada — por ejemplo, mi nombre completo, fecha de nacimiento, dirección, número de teléfono o fotos — sin el permiso de mi familia.
- No compartiré mis contraseñas con personas que no sean de mi familia. Si quiero configurar un dispositivo, una cuenta o un perfil, le pediré a mi familia que me ayude con las configuraciones de privacidad.
- Si alguien me presiona, me hace sentir incómodo o tiene comportamientos inadecuados hacia mí por Internet, dejaré de hablar con esa persona y se lo contaré a un familiar u otro adulto de confianza.

... pensar primero.

- No agrediré, humillaré o enfadaré a otros por Internet — ya sea compartiendo fotos, videos o impresiones de pantalla, haciendo correr rumores o chismes o creando perfiles falsos — y me enfrentaré a quienes lo hagan.
- Sé que todo lo que comparto por Internet se puede difundir rápidamente a todas partes. No publicaré nada por Internet que pueda dañar mi reputación.
- Cada vez que use, mencione o comparta el trabajo creativo de otra persona por Internet, daré al autor o al artista el reconocimiento que merece.
- Sé que no todo lo que leo, escucho o veo por Internet es cierto. Evaluaré si una fuente o autor es confiable.

Enroll Your Child in a local Summer Camp

https://ehms.hallco.org/web/summer-2019-camps/



EAST HALL MIDDLE SCHOOL

HOME OUR SCHOOL RESOURCES ACADEMICS CONNECTIONS LEARNING COMM

Summer 2019 Camps

Activity/Locations	Grades	Dates	Cost	Contact/Registration
EHHS Boys Basketball	Boys 4th-8th	June 24 – 27; 9:00 a.m. – 4:00 p.m. (lunch provided)	\$25 (for EH cluster students if register by June 1); \$50 (for EH cluster students after June 1)	<ul style="list-style-type: none">• seth.vining@hallco.org• Registration Form
EHHS Girls Basketball Camp	Girls K- 8th	June 10-12th; 9 am -12:30 pm	\$60	<ul style="list-style-type: none">• Justin.Wheeler@hallco.org
EHMS Girls Basketball Open Gym	Girls 6th- 8th	Every Tuesday and Thursday in June: 10:00- 11:30 am	FREE; open to any rising 6th-8th grade girl	<ul style="list-style-type: none">• hannah.clay@hallco.org• No registration required
Engineering for Kids (locations vary include	1st-8th	Various Dates	Cost varies	<ul style="list-style-type: none">• Registration links by Camp

View Screen Time as an “Extra” that only comes after “essentials and other positive screen-free activities” are complete each day.

- Essentials
 - sleep, eating and school/school-related work.
- Positive Screen-free Activities
 - family time, free play, nature and outdoor time, chores, scheduled activities, literacy and quiet time.
 - Check out [101 Screen Free Activities](#)

Limit Screen Time in the Summer with Outdoor/Sports Activities

- Thinking about buying your child a new cell phone, computer, or video game? Instead look into a new trampoline, bike, or summer camp.

Device Free TIPS

1. If you have
the *urge* to
instagram...

DRAW IT!

2. Instead
of Tweeting...
share with
someone

near you

3. Write
someone a
note
instead of
a text

4.  Like us
in person!