

KIDS and SOCIAL MEDIA

(during the Covid-19 pandemic)

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7 PM Wed May 6 TBT Zoom Event



**TOP TIPS FOR A
DIGITALLY-BALANCED
FAMILY**

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- 1. CREATE SCREEN-FREE TIMES AND ZONES.**
- 2. USE DEVICE AND APP PARENTAL CONTROLS.**
- 3. GET KIDS TO BUY INTO CLEAR FAMILY RULES.**
- 4. CHOOSE WHAT THEY SEE WISELY.**
- 5. WAIT ON SOCIAL APPS AND GAMES UNTIL 13.**
- 6. MODEL GOOD BEHAVIOR.**





ADELE'S TOP TIPS FOR A DIGITALLY-BALANCED FAMILY



GET KIDS TO BUY INTO CLEAR FAMILY RULES.

Decide *together* what kind of media and tech is OK - and when it's OK to use it. When kids understand the reasoning behind rules, they are much more apt to go along with them. Try this interactive family media plan builder from the American Academy of Pediatrics: HealthyChildren.org/MediaUsePlan

CREATE SCREEN-FREE TIMES AND ZONES.

Help kids take breaks from tech by limiting screen time in bedrooms, during study time or at the dinner table. Then it's less about arbitrary screen time limits and more about these important places and times.

CHOOSE WHAT THEY SEE WISELY.

Not all screentime is created equal. Guide your kids to choose quality, age-appropriate media - including apps and games. www.common sense media.org is a great place to find reviews and age guidelines. Bonus points for watching together! Teach kids to listen to their gut as well - if something they see doesn't make them feel good, is scary, contains bullying, etc., they should tell you.

TRY PARENTAL CONTROLS.

Alongside conversations about healthy media habits, use features such as content filtering, privacy settings and time limits to help manage access and exposure to not-for-kids media. Most apps, websites, games and both Apple iOS and Android have free tools for parents.

WAIT ON SOCIAL APPS AND GAMES UNTIL 13.

Nearly all social media has a minimum age limit of 13. Let's teach our kids we are truthful and respect rules from the beginning of their online journey. (Plus, then you don't have to be the bad guy!) Young brains are NOT equipped to handle much of the content and social pressures that come along with popular apps like TikTok, Instagram and Snapchat.

MODEL GOOD BEHAVIOR.

Monkey see monkey do! You've got to walk the talk if you want your kids to take agreements seriously and listen to your concerns around the impacts of tech. Make a commitment to shift some of your own habits. You probably won't say, "I wish I spent more time on Facebook!" on your deathbed, right?

For more tips and advice, visit www.DigitallyBalancedFamilies.com

No-SCREEN zones

BEDROOMS

Charge and use devices outside of bedrooms. Some of the worst stuff on social media happens at night and the lure of all that entertainment can really affect sleep (which is vital for young brains!) Put devices to bed one hour before bedtime to settle the mind and detox from the sleep-disrupting blue light screens give off. Get a retro alarm clock if that's your excuse!

MEALTIMES

Meals are a critical time to connect, create healthy eating habits, learn cooking skills, manners and more. Sorry, this includes little ones out at restaurants! However painful it may be to start, they need to learn how to sit patiently, order for themselves and be a part of the conversation.

DURING HOMEWORK

What may take them an hour to accomplish, will take two! Time and again research has shown that kids can't focus with their devices even just sitting next to them. Turn off notifications and all access to messaging, games and social media if a digital device is needed for homework.

IN THE CAR (UNLESS ON LONG TRIPS)

Short car rides are such a great time to really check in with your kids. There's something about not looking you directly in the eye, that can get kids to talk more freely about sensitive subjects. Besides, you aren't their Uber driver! It's just plain rude for them to ignore you as you shuttle them around.

GATHERING TIMES

Parties, visits from grandparents and friends, family outings or any other special time should be for creating memories and engaging offline. Stay strong through the most annoying whining and loudest chants of "I'm bored!" so kids can learn to deal with dull and uncomfortable situations without the crutch of a screen. Let's *a//* show that the people in front of us are the most important.

IT'S NEVER TOO LATE!

Changing a few habits can lead to a more balanced relationship with technology for **everyone** in your family. Kids thrive in a world of boundaries and just may thank you for these forced breaks!

For more tips and advice, visit www.DigitallyBalancedFamilies.com



DIGITAL CITIZENSHIP PLEDGE

I pledge to...

- Be respectful and kind when communicating online and only use words I would say face to face.
- Never reveal my family's home address.
- Only post photos or videos of someone if I have their permission.
- Never post group photos of an event understanding some may feel left out.
- Only communicate with people I know.
- Never participate in online bullying and report it to a trusted adult when I see it happening.
- Be aware that what I do online is permanent and public.
- Never copy someone else's words and say I wrote them.
- Only use apps and websites that are safe and approved for my age.
- Balance my time online and offline.

Signed: _____