PRESENTED BY ERIN KIEFERT

MEDIA AND OUR CHILDREN

SANFORD Children's

Children's Miracle Network Hospitals

SAFE KIDS FARGO–MOORHEAD

TOPICS

- Popular Media
- Positives and Negatives
- Controls and Conversations
- Tools and Resources

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MEDIA OF THE PAST

MEDIA OF THE PRESENT

DEFINITIONS

Social Media:
“Platform with user-generated content, where people can interact.”

Kids:
10 – 18 year-olds

WHAT DO KIDS DO ON THEIR TECHNOLOGY DEVICES?

WHAT ARE KIDS DOING ON THEIR DEVICES?

- Playing computer, mobile, or video games
- Watching television (Netflix)
- Watching online videos (YouTube)
- Creating art or music
- Creative writing
- Reading (books, print, online blogs)
- Listening to podcast
- Social media
- Using Virtual Reality

KIDS AND TECHNOLOGY

13 - 17- year-olds

- 92% Smartphones
- 95% Use Social Media
- 72% Instagram
- 69% Snapchat
- 1/3 Constantly on Social Media

Under 10

- 40% have their own Social Media account

CHILDREN'S ONLINE PRIVACY AND PROTECTION ACT (COPPA)

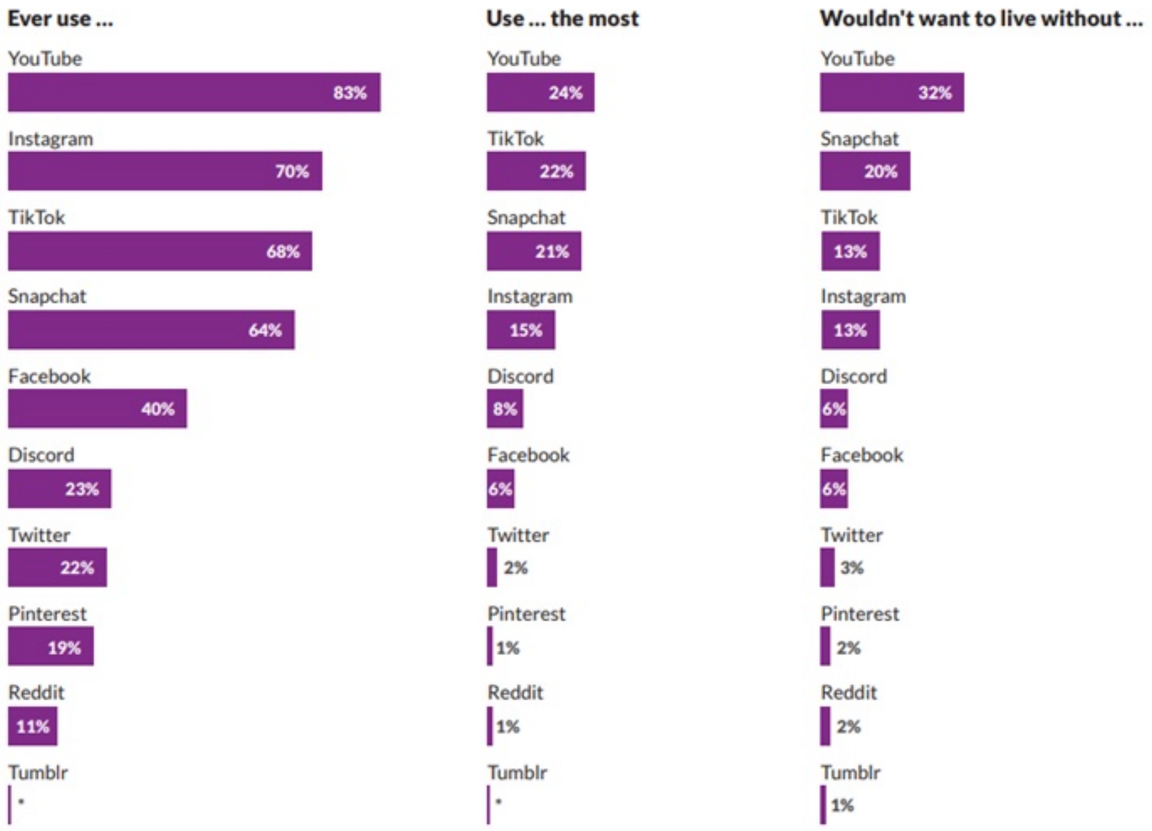
FEDERAL TRADE COMMISSION
PROTECTING AMERICA'S CONSUMERS

"Prohibits unfair or deceptive acts or practices in connection with the collection, use, and/or disclosure of personal information from and about children on the internet."

CAN’T LIVE WITHOUT!

TOP VIDEO AND SOCIAL

FIGURE 5. Top video and social media sites, 2021
Among the 79% of 13- to 18-year-olds who are regular users of social media and online videos (at least once a week), percent who ...



* Indicates more than zero, but less than one-half percent.

https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf

AVERAGE DAILY SCREEN USE

8 - 12 Year Olds

Notes: *Lower* income is <$35,000; *middle* is $35,000 to 99,999; and *higher* is $100,000 or more. Items with different superscripts (*a*, *b*, *c*) differ significantly ($p < .05$).

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SCREEN USE RECOMENDATIONS

0 - 2

- Very limited
- Only high quality programming
- Never alone

5 - 10

- 2 hours a day
- Make sure media use isn't taking away from other activities
- Check up on media use

2 - 5

- 1 hour a day
- Interactive, nonviolent, educational and pro-social
- co-view or co-play

Tweens & Teens

- 2 - 4 hours a day
- Talk to tweens and teens about media use

CHANGES

CHILDHOOD IS CHANGING

ANXIETY IS THE NEW NORM

In 1985, 18 percent of teens said they suffered from overwhelming anxiety. By 2016 that number had surged to 41 percent.

CYBERBULLYING HAS EXPLODED

Cyberbullying has almost doubled over the last 10 years. 59% of US teens have received intimidating, threatening or nasty messages online.

PORNOGRAPHY & SEXTING

Children get exposed to porn as early as 5 years old. Add a smartphone into the mix, and sexting isn't far behind.

ADDICTED TO TECHNOLOGY

Over half of US teens say they are addicted to the internet, saying they cannot function on a daily basis without it.

TEENS DRIVING DISTRACTED

Cell phone use is involved in 78% of all distracted driving and 64% of all accidents in the US— a massive increase over previous years.

LACK OF EMPATHY

70% of youth lack emotional intelligence because they're talking to devices instead of other people. Studies show that prolonged screen time directly reduces a teen's emotional intelligence.

http://www.DFiNow.org

MEDIA USE AND THE BRAIN

Ages 10 - 12

- Brain development (Amygdala, & Prefrontal Cortex)
- Risk-taking at its highest
- Fluctuating well-being
- Identity and sense of self-worth forming
- Susceptible to peer pressures

COMMON CONNECTIONS

- Time
- Content
- Activities and Interactions
- Disruption of Life
- Affected Differently

POSSIBLE BENEFITS

- Community & Connection
- Self-Expression
- Friends
- Diverse Peer Group
- Social Support
- A Protective Layer
- Peer Connection
- Identity Development
- Social Support
- Creative Outlet
- Gateway to Mental Health Care
- Access to information

VIEWPOINT

- 70% - Identity-Affirming Content
- 58% - More Accepted
- 67% - Support
- 71% - Show Creativity
- 80% - Connected

SOCIAL MEDIA AND MENTAL HEALTH

Risk Factors

- Time > 3 hours doubled the risk
- Increases depression in college students
- Predictor for other things
- Affects girls more than boys

Reduces Risks

- Limiting social media helps
- Deactivation helps

POSSIBLE HARMS

- Extreme, Inappropriate, and Harmful Content Exposure
- Suicide or Self-Harm
- Negative Behaviors
- Body Image Concerns
- Disordered Eating Behaviors
- Social Comparison
- Low Self-esteem
- Cyberbullying
- Sexting/ Pornographic Material
- Predatory Harm

POINT OF VIEW

- 46% Feel Worse
- 64% Hate-Based Content
- 1/3 exposed to racist content
- Addiction = Poor Sleep
- Attention Problems
- FOMO (Fear of Missing Out)
- Depression
- Anxiety

LIMITS AND EXPECTATIONS

TIPS

Create a Family Media Plan

DFi

DIGITAL FUTURES INITIATIVE

PARENT/CHILD DEVICE AGREEMENT:

Digital Futures Initiative encourages parents and children to develop an understanding among the family regarding device usage.

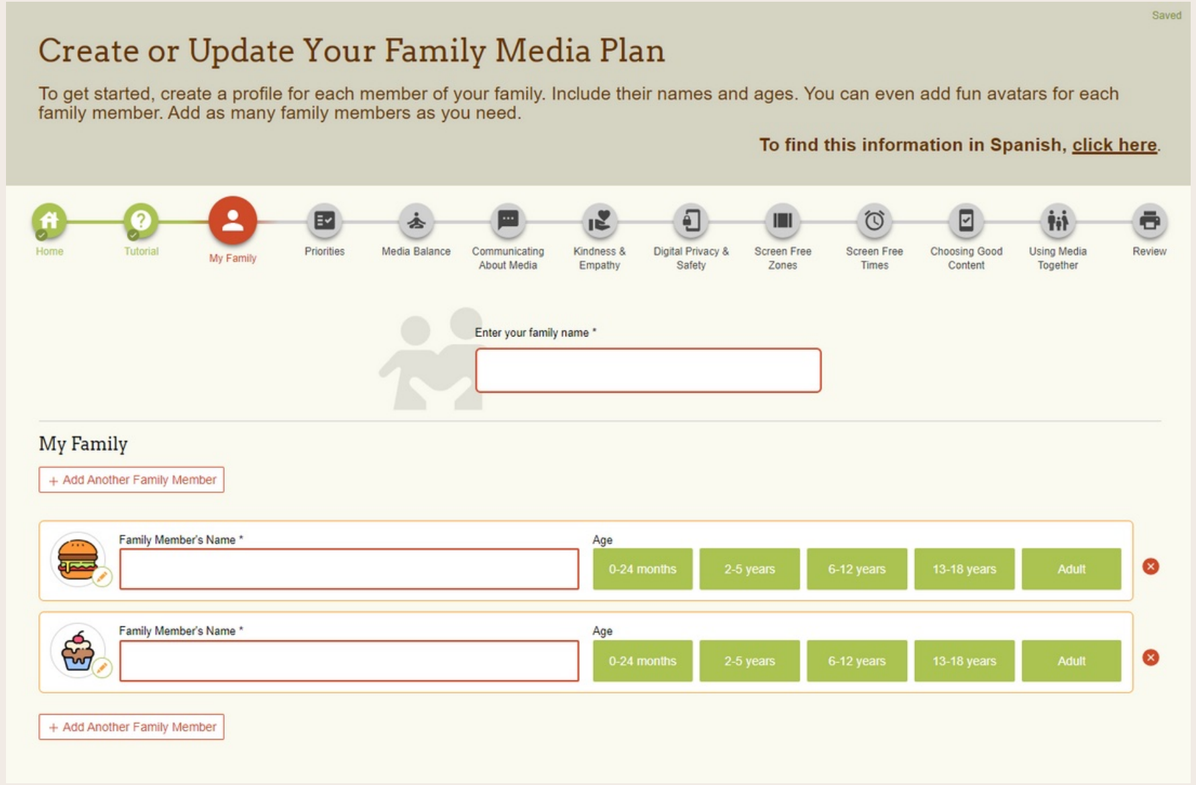
I, _____, will adhere to the following device agreement between my parent(s) or guardian(s):

- I will 'Share with Care' when I am on Social Media, Apps, Texting, Internet or using my cell phone. I will always use appropriate words, pictures or videos to avoid problems, issues or misunderstandings. I will always be neighborly with those I interact with on my devices. *(Devices include: phones, Ipads/tablets, computers, gaming systems or any other electronic means of engaging with others).*
- I will educate myself on Apps or Sites before asking my parents to download or use them.
- I will allow my parents access to my devices at any time. I will also allow them to place parental controls or other monitoring software on my device. I will be able to ask to by-pass these features with their permission.
- I will use my devices in school only as the school administration or teachers permit them to be used while I am in school.
- I will not be a distracted driver and refrain from using my device when I am a driver.
- I will keep my passwords to myself and provide my parents with any passwords or changes to them on my Social Media Accounts, Apps, Clouds and Devices.
- I will keep location features activated on my device so my parents can locate me, but will deactivate or not activate services that might put me in danger.
- I will not let devices dictate 'who I am', I will refrain from allowing a device to interfere with my face-to-face time with people. I will turn them off or put them on silent mode when I am interacting with others.
- I will not call, write to, or meet someone in person who I have met online unless my parents say "OK" and come with me.
- I know how much my device(s) cost and know if they break or become disabled due to my negligence I will have to pay to replace them. The device(s) are my responsibility to care for and not my parents.

I understand the responsibility of owning devices, being on social media, using Apps and texting. I know my future is a direct reflection of the things I do on these platforms. I will be a positive person on these platforms and strive to be influential and not influenced by others. I understand if I violate any of the above understandings with my parents that there will be consequences for the violation(s). If I receive content (text, pictures or video) in violation of our understandings or deemed inappropriate I will report it to my parents immediately. We have discussed, understand and agree to these device rules.

Effective on this Date: _____

Child: _____ Parent:_____



TIPS

Create Screen Free Zones

- While eating
- Bedrooms
- Set do-not-disturb on phones
- After a certain time
- Predictable routine

TIPS

Talk with your kids

- Have open conversations
- What they are doing, seeing, enjoying, not liking
- If anything made them feel uncomfortable
- Fun discoveries
- Teach them social media manners
- Tell them what you do on your technology

TIPS

Be a good role model

- Follow the guidelines set in the family media plan
- Let them know what you are doing on your technology
- Give them your full attention
- Watch the time you spend
- Find offline activities to do together

TIPS

Keep tabs and set restrictions

- Ask to see your kids technology
- Monitor what they are doing
- Help set up your younger kids social accounts and set the privacy restrictions
- Know what social media sites your older kids are using and talk about what to post and not post

TIPS

Educate Yourself

- Find out what kids are using and doing
- Learn about apps, sites, and parental controls

TIPS

Choose Quality Content

- Request apps
- Set Privacy settings
- Discuss Safety rules

VAULTS & GHOST APPS

My Utilities

Photo Locker

Jailbreak or Rooting

Hide it Pro

Private Photo Vault

Gallery Lock

Snapchat

Hidden Apps

My Calc

Smart Hide Calculator

Calculator %

https://www.dfinow.org/wp-content/uploads/Vaults-Hidden-Content-Containers.pdf

SCREEN TIME VS. LEAN TIME

HTTPS://WWW.CDC.GOV/NCCDPHP/DNPAO/MULTIMEDIA/INFOGRAPHICS/GETMOVING.HTML

15 APPS PARENTS SHOULD KNOW ABOUT

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Courtesy of San Jose Police Department's Silicon Valley Internet Crimes Against Children Task Force Dedicated to Making the Internet a Safer Place

SNAPCHAT

SNAPCHAT is a photo & video sharing app that promieses users their photo or video will disappear even though it doesn't. Snapchat stories allow users to view content for up to 24 hours and share their location

TIK TOK

TIK TOK is an app popular with kids used for creating and sharing short videos. With very limited privacy controls, users are vulnerable to cyber bullying and explicit content.

OMEGLE

OMEGLE is an app with the slogan: "Talk to Strangers!" It allows users to socialize with others without the need to register. The service randomly pairs users in one-on-one chat sessions where they chat anonymously using the names "You" and "Stranger"

WHISPER

WHISPER is a form of anonymous social media, allowing users to post and share photo and video messages anonymously with strangers. It also reveals a user's location so people can meet up.

ASK.FM

ASK.FM allows anyone to post anonymous commnts and questions to aperson's profile and is increasingly being used as a means to communicate abusive, bullying, and sexualised content.

MEETME

MEETME is a dating social media app that allows users to connect with people based on geographic proximity. The app encourages users to meet each other in person.

WHATSAPP

WHATSAPP is a popular messaging app that allows users to send texts, photos, voicemails, and make calls and video chats. It does not require cell service & uses an internet connection on phones & computers.

CALCULATOR%

CALCULATOR% is one of several "vault" style or secret apps that appears to be a harmless app, but is used to hide photos, videos, files, and browser history.

DISCORD

DISCORD is a voice and text chat tool that allows gamers to communicate in real time while playing video games. This app discusses content geared towards adults, but allows users as young as 13.

TUMBLR

TUMBLR is a blogging app & website allowing users as young as 13 to create an account. A range of content including inappropriate images, depictions of drug use, and offensive language are showcased. Pornography is easy to find and posts are often copied and shared.

YOUTUBE KIDS

YOUTUBE KIDS is an alternative to Youtube with kid-targeted videos aimed at preschoolers to tweens. The app has some controversy with some inappropriate ads squeezing their way in, but is better at parental control than regular Youtube. Still requires parental oversight!

KIK MESSENGER

KIK MESSENGER is an app used for communicating with friends in group chats or direct messages. But also allows you to chat with strangers by accessing public chats to talk abou interests or by using the search function.

LIVEME

LIVEME is a tool for broadcasting live-streaming videos and watching others' videos. Terms of use specify that users be at least 18 or have parental permission, but young teens are often found broadcasting.

YUBO (formerly YELLOW)

YUBO is often called the "Tinder for teens" because users swipe right or left to accept or reject the profiles of other users. If two people swipe right on each other, they can chat and hook up via Snapchat or Instagram

AUDIO MANAGER

AUDIO MANAGER is another app designed as a "vault" style or secret app. It has nothing to do with managing music and is designed to hide messages, photos, videos, or other apps.

WWW.SVICAC.ORG

RESOURCES

1. common sense media

2. DFi DIGITAL FUTURES INITIATIVE

3. healthychildren.org
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

4. American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

PARENTAL CONTOLS

Here are a few ways to add parental controls on your child's media devices.

1. Apple Parental Locks
https://support.apple.com/en-us/HT201304

2. Google Family Link
https://families.google/familylink/

3. Samsung Parental Control
https://www.samsung.com/us/support/answer/ANS00086102/

4. Verizon Smart Family
https://www.verizon.com/support/content-filters-to-protect-kids/
Fees involved

5. AT&T Secure Family
https://www.att.com/shop/wireless/smartlimits.htm\
Fees involved

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