Promoting Children's Digital Health

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Link to presentation
https://goo.gl/dmvn22

Screen Time (TV, movies, Internet, cell phones, video games)

Experts say kids already spend too much time staring at screens — [an average of seven hours a day, according to the American Academy of Pediatrics.](#)

By comparison, children spend 17 hours a week with their parents and 30 hours a week in school.

However-

A recent study suggests how parents **set rules** about digital screen time, and if they're actively engaged in exploring the digital world **together**, is more important than the raw screen time."

What digital experiences are appropriate? When?

Birth-2 Years: **Never... nowhere** **(except for video chatting)**

Screen time has the potential to impair development. (AAP)

Young children need to interact with people and their environment in order to develop:
- language and relationships
- attention span
- fine and gross motor skills
- the ability to navigate the physical world

3–6 Years: **Up to One Hour a Day**

● careful parental supervision is necessary
● be careful not to use as a sitter or reward
● oversee use in public areas of the home
● use controls to block video games & questionable sites

Suggestions:
1. May use an eReader for storytime.
2. Games involving shapes and finding hidden objects on mobile apps.
3. Electronic toys that educate and teach numbers, letters, sounds.
4. Make sure children still physically play, read books, and engage with other children.

7-9 Years: **Supervised Use- Up to 2 Hours per day**

Suggestions:

- Use the Internet WITH your child.
- Begin to allow use of the Internet under supervision- with parental controls in place.
- Create tech-free time in the day.
- Allow use of interactive games/apps.
- Keep children doing chores, active in school and outside activities.

10-12 Years: **Responsible Use**

Suggestions:

- Allow use of the Internet under supervision and with parental controls in place.
- Ask your child regularly what programs, games, apps s/he's played.
- Play a video game or explore a new app with your child.
- Discuss what you're watching and educate him or her about advertising and commercials.
- Begin to allow use of social media with strict time limitations, rules. Be involved and provide oversight.
- Limit media during homework, and no devices in bedrooms.
- Establish media-free zones such as the dinner table.
- Make sure children stay involved- chores, school activities and friends.

13-18 Years: **Growing Independent Use**

Suggestions:

- Use the concept of a digital diet /digital health
- Consider using apps that control the length of time a child can use a device.
- Set and enforce screen time limits (e.g. no exposure to devices or screens 1 hour before bedtime.)
- Charge devices outside of bedrooms at night.
- Engage with your child's online friends.
- Make sure your child stays involved with family, school activities, and friends.
- Limit your own screen time as a role model for your young adult.

Potentially Harmful Effects of Screens

Too much or poor quality screen time has been linked to:

- Obesity/Less time for play (and less interest)
- Irregular sleep schedules and shorter duration of sleep
- Behavioral problems
- Decreased attention span
- Loss of social skills/social isolation
- Violence
- Anxiety and depression
- Screen addiction

Studies of Social Media Effects-Worrisome Results

- Numerous studies find a correlation between time spent scrolling through social media apps and negative body image.

- Study from the University of Pittsburgh School of Medicine showed that the more time young adults spent on social media, the more likely they were to have problems sleeping and suffering from depression.

- Study of teens (UCLA Brain Mapping Center) found that receiving a high number of likes on photos showed increased activity in the reward center of the brain. Further, teens are influenced to like photos, regardless of content, based on high numbers of likes. Bottom line: It feels good to be "liked" and herd mentality is big on social media. Like what others like and you're in.

Cell Phone

When is the right time?

"No two kids are the same, and there's no magic number ... A kid's age is not as important as his or her own responsibility or maturity level."

If you're looking for a way to evaluate that maturity level, PBS Parents has curated a list of practical questions to ask yourself before giving a child their first cell phone. They include things like:

-Do your children "need" to be in touch for safety reasons — or social ones?

-Can they get behind the concept of limits for minutes talked and apps downloaded?

-Can they be trusted not to text during class, disturb others with their conversations, and to use the text, photo, and video functions responsibly (and not to embarrass or harass others)?

According to the latest research, on average, a child gets his or her first smartphone at 10.3 years old. That same study shows that by age 12, a full 50 percent of children have social media accounts (primarily Facebook and Instagram).

Not so with the Gates family. In a recent interview with The Mirror, Bill Gates said he didn't let any of his children get their own phone until they were 14 years old.

US Smartphone User Penetration, by Age, 2014-2020

% of mobile phone users in each group

	2014	2015	2016	2017	2018	2019	2020
0-11	28.7%	35.3%	41.0%	45.0%	47.1%	48.9%	49.7%
12-17	71.0%	78.5%	84.0%	89.0%	91.0%	92.0%	92.9%
18-24	85.2%	90.1%	94.9%	98.0%	98.4%	99.0%	99.4%
25-34	84.0%	90.2%	95.2%	97.0%	97.1%	97.2%	97.3%
35-44	81.6%	87.7%	92.0%	94.0%	94.8%	96.1%	97.0%
45-54	66.9%	75.8%	82.8%	88.3%	92.8%	95.9%	97.9%
55-64	59.1%	67.6%	75.7%	80.9%	85.5%	89.5%	93.0%
65+	36.6%	40.7%	44.4%	49.6%	52.8%	55.7%	55.4%
Total	**67.6%**	**73.8%**	**79.0%**	**82.7%**	**84.8%**	**86.5%**	**87.3%**

Note: individuals who own at least one smartphone and use the smartphone(s) at least once per month
Source: eMarketer, Feb 2016

iPhone - CNET - JANUARY 12, 2018

1. Permit / Restrict select apps
2. Content Restrictions - Ratings of music, podcasts, videos & apps
3. Privacy settings - Apps that access photos (gives a list of apps)
4. Prevent changes - No changes to the account ie. will stay on "Do Not Disturb While Driving"
5. Game Center settings - disable Multiplayer Games
6. Ask to Buy
7. Location Sharing - Find My Friends app

Android - CNET - APRIL 3, 2017

[How to set up an Android phone for your kid](#)

Family Link lets you to create a Google account on your child's Android phone and set rules up for that account to restrict app management and screen time and even schedule a "bedtime" after which the phone can't be used.

1. Websites on Chrome - Set level of web surfing
2. Filters on Google Search - Safe Search
3. Permit / Restrict select apps
4. Location - See where your kids phones are
5. Photo sharing restrictions

AT&T - Smart Limits - Link

-Block cellular data.

-Set up text reminders to switch to Wi-Fi when a set amount of cellular data is used.

-Set text and purchase limits.

-Block numbers.

-Limit phone use during certain times of the day or night.

Instructions on how to setup Smart Limits - Link

Verizon - Safeguards - Link

-Data limits

-Block Calls

-Locate kids

-View activity

-Set Age Restriction on Content

-And More

Instructions on how to setup Smart Limits - Link

T-Mobile - Web Guard

Web Guard - helps block or filter web page content - [LINK](#)

Schedule - You can either allow or prevent your children from using their devices during designated time periods, such as during school, homework, or during sleep time.

Messages - You can view the total number of messages sent and received per account line. You can also set the number of text messages a line can receive and send.

Whenever Minutes - Shows the number of minutes spent on calls per account line (even child account line) for the current billing cycle. Furthermore, you can set a time limit for all calls except for Always Allowed numbers.

APPs - Deeper functions

[Tom's Guides Best Parental-Control Apps 2018](#)
[Right age to get a cell phone](#)
[When kids get their first cell phones around the world](#)

[How to Set Up YouTube Parental Controls](#)

Open DNS protect all or select devices at home

-FamilyShield is a free service from OpenDNS. Its parental control tools automatically block domains that OpenDNS has flagged under the headings "tasteless, proxy/anonymizer, sexuality, or pornography".

-One of the big pluses here is that while FamilyShield can run on PCs and mobile devices, you can also apply it to your network router and filter all the traffic that passes through it – it's just a matter of changing the DNS server numbers in your control panel.

-This has the happy benefit of improving DNS lookup speeds on some ISPs. By filtering everything at the router level, every device on your network benefits from the filters.

Circle with Disney - protect all or select devices at home

Track time across devices - Whether it's on a tablet or a smartphone, Circle keeps track of how long your kids spend online whenever a time limit is set. Circle will add up the time between each device so that 1 hour actually means 1 hour!

Bed Time - Set a BedTime for each member of your family, causing the devices that belong to that family member to temporarily disconnect from the Internet.

Filter - Circle offers parents the option of 4 general filter age levels. These filters come defaulted with settings designed for that age group, but can be easily and quickly customized

Pause the Internet - Yes, you actually get a pause button for the internet. Pause one of your kids because it's time for homework or everyone because it's game night. Either way, Circle has your back.

Off Time - OffTime makes it easy to schedule times during the day and week where there's no internet so the kids can play, do homework, and just get some plain old family time in.

Usage - Circle Usage gives you the ability to compare time online today, last week, or even last month. Per site or by interest. You can even find out where you waste time the most.

And more …   Cost $99

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