

Kids & Tech: What To Do When Devices Rule



**Heartland Juvenile
Services Association**



JOSHUA WAYNE

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REFLECTION QUESTIONS

- What are your first memories of going on the internet?
- What are your first memories of getting a cell phone?

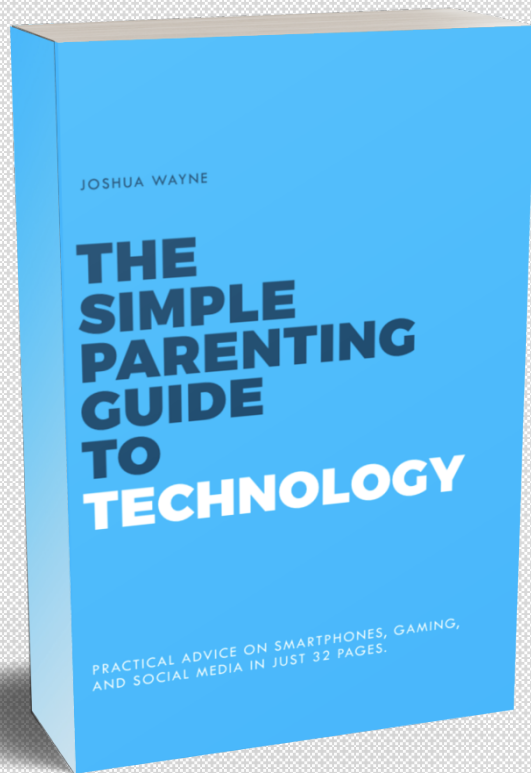
“Teens in the United States spend about 7.5 hours per day using media for their enjoyment.”



Tech isn't the
issue.

Moderation is.

Focus on
Progress,
not perfection.



VISIT
[JOSHUAWAYNE.COM/TECH](https://joshuawayne.com/tech)
FOR FREE RESOURCES

NEGATIVE EFFECTS OF EXCESSIVE SCREEN TIME

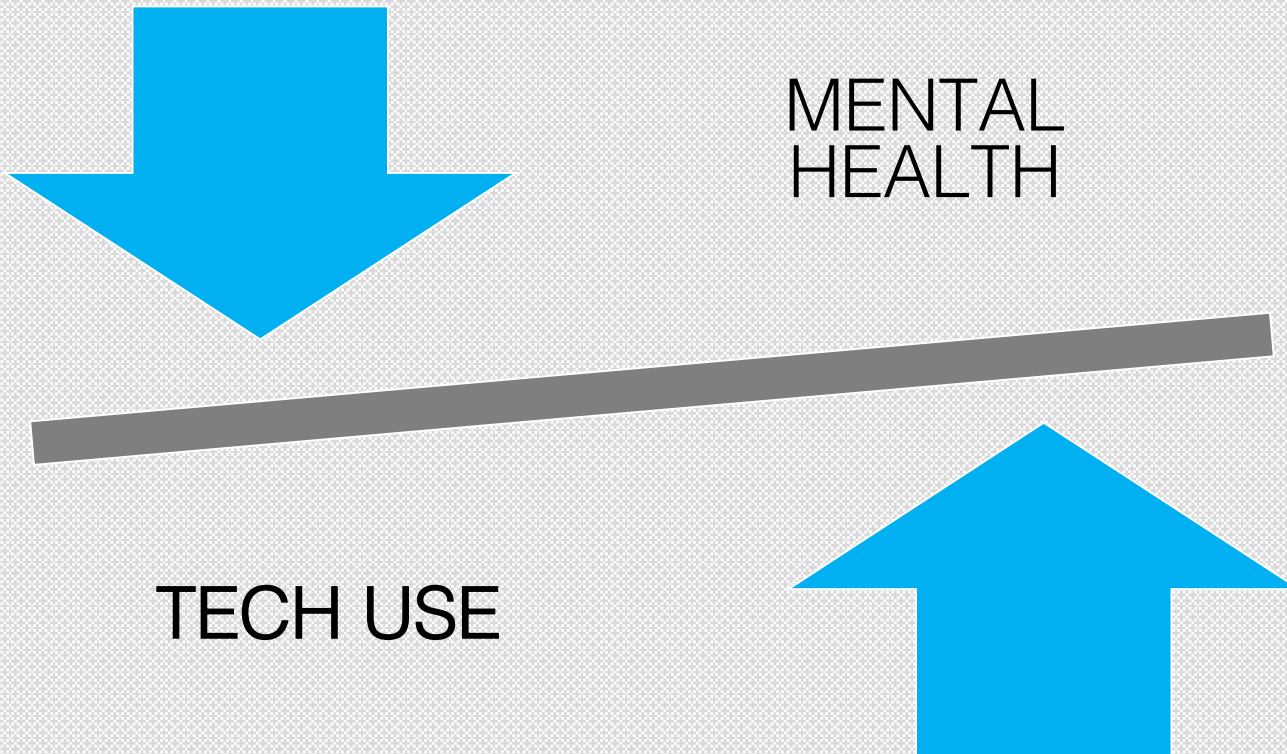
- 1. MENTAL HEALTH**
- 2. SLEEP PROBLEMS**
- 3. BEHAVIOR CHALLENGES**
- 4. POOR SOCIAL SKILLS**
- 5. OBESITY**

**MENTAL
HEALTH**

The number of teens who have experienced a depressive episode increased 82% between 2006 and 2018.



CLEAR CORRELATION BETWEEN DEVICES
& MENTAL HEALTH DECLINE



SLEEP ISSUES

Use of mobile devices at bedtime leads to inadequate sleep quality, poor sleep quantity and excessive sleepiness during the day.

JAMA Pediatrics

THE FOMO



IS STRONG WITH THIS ONE

BEHAVIOR CHALLENGES

Kids who use screens more than recommended were more likely to act impulsively and make poorer decisions.

SOCIAL SKILLS

Five days at outdoor education
camp without screens
improves preteen skills with
nonverbal emotion cues.



ScienceDirect

OBESITY

For each hour of television viewed per day, children consume an additional 167 calories.

JAMA Pediatrics

PART 1:

**WHAT CAN
WE DO?**

#1

TAKE THE
LEAD

CORE QUESTION

WHO SETS THE TECH
RULES IN YOUR
HOME?

REFLECTION QUESTION

What basic rules make the most sense in your home or for the families you work with?

WHAT ARE THE RIGHT AMOUNTS?

AGE	SCHOOL DAYS	WEEKENDS, HOLIDAYS & SUMMER
Under 18 months	No use other than video calling with relatives.	
18 months to 6 years old	Up to 1 hour	Up to 1 hour
6 to 12 years old	Up to 1 hour	Up to 2 hours
12 to 15 years old	Up to 2 hours	Up to 2 hours
16 to 18 years old	Up to 2 hours	No limits – they need to learn to self-manage.

WHEN SHOULD THEY BE ABLE
TO USE IT?

- 1. RIGHT AFTER SCHOOL (4-5 PM)**
- 2. BEFORE THEY WIND DOWN (8-9PM)**

REMINDER: WALK OUR TALK!

WHEN SHOULD THEY GET THEIR FIRST DEVICE?

- 1. CURRENT US AVERAGE = 11yo**
- 2. RECOMMENDED = 12 yo (8TH GRADE)**

RESOURCE: WAITTILL8TH.ORG

#2

CREATE A
FAMILY TECH
AGREEMENT

WHAT RULES SHOULD THEY FOLLOW?

Free template at:
<https://rb.gy/if5njk>

WHAT DO YOU THINK?

2 KEY THINGS THEY NEED TO LEARN

1. RESPONSIBLE BEHAVIOR ONLINE

2. NOT HANDLING DEVICES

RESPONSIBLY MEANS THEY GO AWAY

ENFORCEMENT

1. PARENT CONTROL APPS

2. A “DUMB PHONE”

ENFORCEMENT

VIOLATION	CONSEQUENCES
1 ST TIME	<ul style="list-style-type: none"><li data-bbox="877 769 1682 813">• SIT DOWN DISCUSSION WITH YOU
2 ND TIME	<ul style="list-style-type: none"><li data-bbox="705 943 1856 1045">• LOSS OF DEVICE FOR 2 WEEKS (OR GO TO DUMB PHONE)
3 RD TIME	<ul style="list-style-type: none"><li data-bbox="741 1144 1820 1247">• LOSS OF DEVICE FOR ONE MONTH (OR GO TO DUMB PHONE)

ENFORCEMENT

1. “NO” IS A COMPLETE SENTENCE

2. THE 15-SECOND RULE

#3

DEVICES GO
TO BED
AT NIGHT
TOO

IF YOU CAN DO NOTHING ELSE...

MAKE SURE DEVICES GO TO BED TOO!

GO FOR THE WIN!

**REMINDER: STORE THEM OUT
OF THEIR ROOM!**

#4

DON'T BE A
“TOGETHER ALONE”
FAMILY





DON'T BE A "TOGETHER ALONE"
FAMILY

NO DEVICES DURING MEALTIMES

SCHEDULE DEVICE FREE FAMILY TIME

**REMINDER: WE MUST WALK
OUR TALK!**

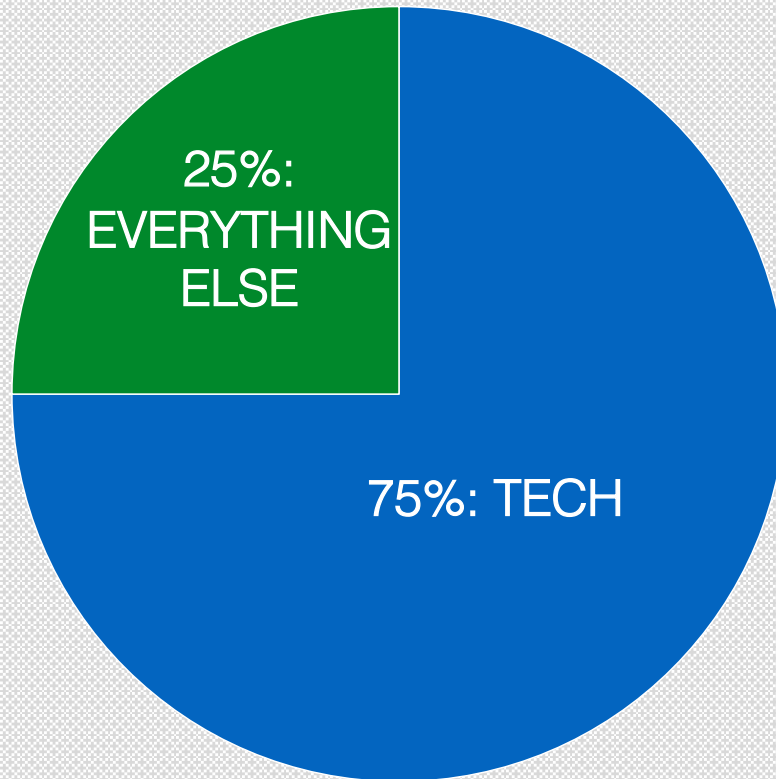
#5

FOCUS ON
POSITIVE
ENGAGEMENT

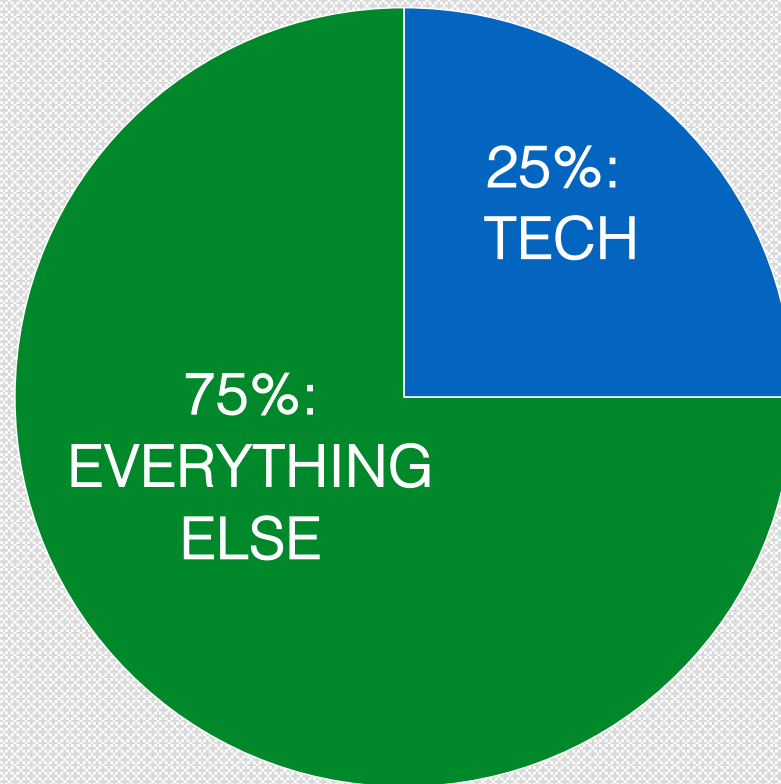
MORE NEGATIVE = LESS POSITIVE



MORE NEGATIVE = LESS POSITIVE



MORE POSITIVE = LESS NEGATIVE



FOCUS ON POSITIVE ENGAGEMENT

**1. ENCOURAGE (OR FORCE)
ENGAGEMENT OUT OF THE HOUSE**

2. IF NECESSARY, TAKE THE LEAD

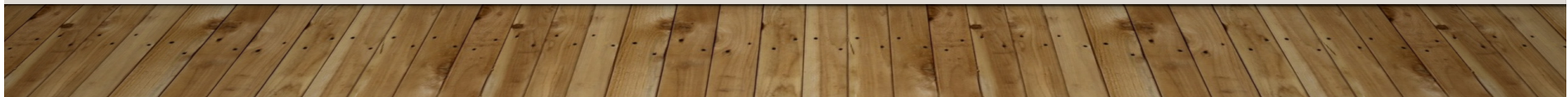
**3. USE THE “QUID PRO QUO”
APPROACH**

1 DEVICES GO TO BED

2 DON'T BE "TOGETHER ALONE"

3 KEEP THEM ENGAGED

QUESTIONS/ DISCUSSION



WHEN IT'S BREAK TIME



PART 2:

**TROUBLESHOOTING
DIFFICULT
SCENARIOS**

#1

THEY WON'T DO
ANYTHING ELSE

STEPS TO ADDRESS

1. SET HARD LIMITS

2. FOCUS ON POSITIVE ENGAGEMENT

3. USE PARENT CONTROL APPS

#2

TROUBLE
BALANCING WITH
SCHOOL

80% of high school students switch between studying and technology “somewhat often” to “very often.”



STEPS TO ADDRESS

- 1. TEACH “EXECUTIVE FUNCTIONING” SKILLS**
- 2. DO SCHOOL WORK IN COMMON AREAS**
- 3. USE PARENT CONTROL APPS**

“45% of teenagers
report being stressed
about school.”



SCHOOL IS
IMPORTANT.

BUT IS IT THE
MOST IMPORTANT ?

#3

PORN

“64% of young people ages 13-64 seek out porn weekly or more often.

Barna Group

Examine. Illuminate. Transform.

STEPS TO ADDRESS

1. DON'T FREAK OUT!

2. DISCUSS (GULP!)

3. EDUCATE & MONITOR

#4

GETTING BULLIED

“37% of young people between 12-17 have been bullied online.”



CYBERBULLYING
RESEARCH CENTER

STEPS TO ADDRESS

1. LISTEN & SUPPORT

2. HELP THEM PROTECT THEMSELVES

3. BUILD SELF-CONFIDENCE

#5

BEING THE BULLY

STEPS TO ADDRESS

- 1. STAY CALM & GET MORE INFO**
- 2. REFLECT**
- 3. CALMLY DISCUSS**
- 4. HELP THEM RIGHT THEIR WRONG**

#6

BEING UNSAFE ONLINE

“9% of kids receive an unsolicited sexual solicitation; 4% of predators try to make contact offline.”



STEPS TO ADDRESS

- 1. FOLLOW YOUR TECH AGREEMENT**
- 2. FOCUS ON THE RELATIONSHIP**
- 3. TAKE ACTION**
- 4. HELP THEM LEARN FROM MISTAKES**

#7

IF YOU'VE
LOST CONTROL

STEPS TO ADDRESS

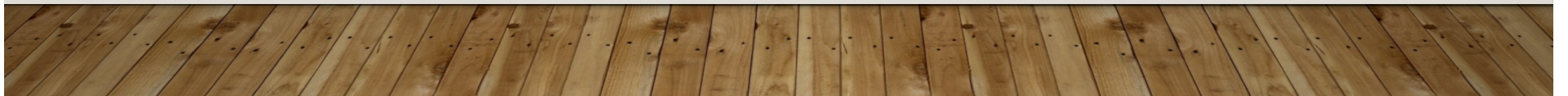
1. IF THEY THREATEN YOUR OR YOUR PROPERTY, INVOLVE THE POLICE

2. IF THEY THREATEN TO HURT THEMSELVES, TAKE IT SERIOUSLY

NORMAL,
ANNOYING TEEN
LEVEL

= **SUCCESS**

QUESTIONS/ DISCUSSION





**THE DIFFERENCE IS
YOU**