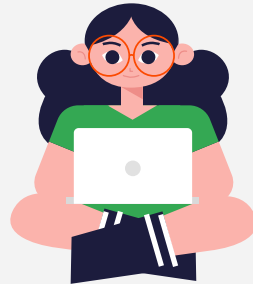


# Media Balance & Well-being



What Parents Need to Know

Start!



# 🔍 Today's Presenter



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# Session Overview



**Developmental  
Factors**



**Proactive  
Steps**



**Responding to  
Challenges**



**Optimistic  
Closure**



# Developmental Factors



**Ages and stages, what parents should know.**



American Academy of Pediatrics:

# Screen Time Guidelines

- **Under 18 months:** no screen time, aside from video chatting
- **18-24 months:** when introducing screen time, consider the quality of media and view with your child
- **2-5 years:** 1 hour per day, viewing with your child
- **6 years and up:** be thoughtful about quality and boundaries, and mindful that it is not impacting functioning



*The most important part of wellness around screen time for school-aged children and teens is intentional parenting.*



# Considerations



## Support Kids Online

As kids begin to explore websites and digital games, sit with them to make sure they don't find inappropriate content. Look for ways to connect what they learn online with experiences offline.



## High-Quality Content

When you introduce screen-based media, make sure the content is positive and simple, and as much as possible, use it along with your kid.



## Screen-Free Zones

once you start using digital media — for example, at bedtime, in the stroller, at mealtime, and in restaurants.



# Potential Exposure

## Risk Factors

- Violence
- Drug Use
- ● Pornography
- Human Trafficking risk
- Cyber-bullying/Trolls



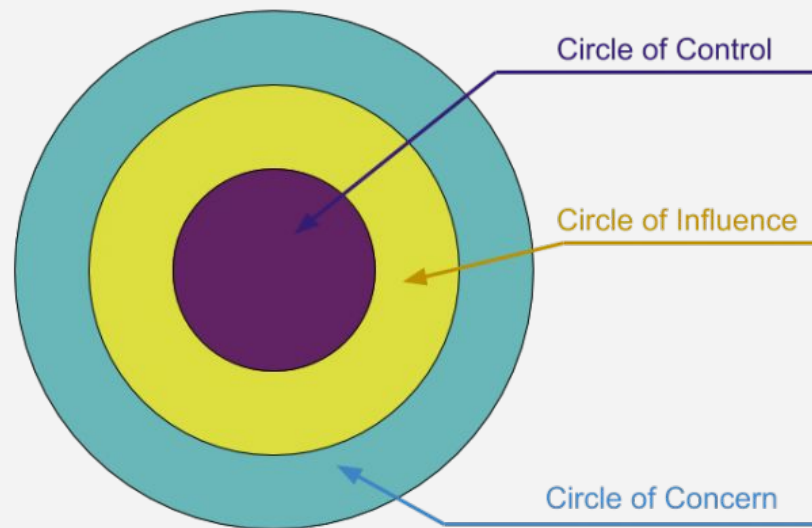
# Proactive Steps



**Proactive  
Steps**

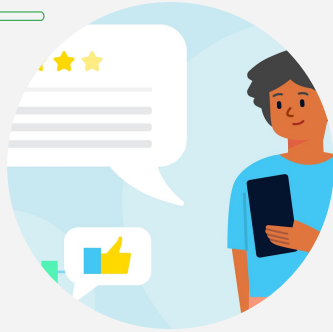


“You can’t go back and change the beginning, but you can start where you are and change the ending.”  
-C.S. Lewis





## Three Steps BEFORE Giving Your Child a New Device/Game



### Check Ratings

1. [Choosing Wisely - What to Consider](#)
2. [Common Sense Media Reviews](#)
3. [ESRB Reviews](#)



### Have Conversations

1. [Media and Device Agreements](#) (translations provided)
2. [Family Media Plan](#) (*Español*)
3. [The Smart Talk](#)






### Choose and Set Parental Controls

- Filter Content
- Block Websites
- Set Time Limits
- See What Kids are Doing
- Track Location
- Turn off Wi-Fi
- Control Spending
- Restrict Communication



# Parental Controls



 <u>Gaming System Parental Controls</u>	 <u>Browser Controls</u>	 <u>Phone Controls</u>
<ul style="list-style-type: none"><li>• <a href="#">Playstation 4</a></li><li>• <a href="#">Playstation 5</a></li><li>• <a href="#">Xbox</a></li><li>• <a href="#">Windows PC</a></li><li>• <b>Other Platforms</b><ul style="list-style-type: none"><li>◦ <a href="#">BlizzardBattle.net</a></li><li>◦ <a href="#">EA Origin</a></li><li>◦ <a href="#">Fortnite</a></li><li>◦ <a href="#">Google Play</a></li><li>◦ <a href="#">Roblox</a></li><li>◦ <a href="#">Ubisoft Uplay</a></li></ul></li></ul>	<p><a href="#">Chrome Safe Search</a></p>	<p><b>Apple and iOS Devices</b></p> <ul style="list-style-type: none"><li>• <a href="#">Advice about Apple ScreenTime settings</a></li><li>• <a href="#">How To set up parental controls on Apple Devices</a></li></ul>
<p><a href="#">ESRB Español</a></p>	<p><a href="#">Microsoft Edge Kids Mode</a></p>	<p><b>Android Devices</b></p> <ul style="list-style-type: none"><li>• <a href="#">Advice about Digital Wellbeing and FamilyLink</a></li><li>• <a href="#">Family Link Home</a></li><li>• <a href="#">Digital Wellbeing</a></li></ul>





# 9 Ways to Make Technology Use Healthier



1

Anticipate challenges and take proactive action.



## Anticipate Challenges

You know your child best.  
Use Parental Controls to Scaffold Support.

3

Use technology in a goal-directed and purposeful manner.



## Be Goal-Directed and Intentional

Using tech to escape discomfort inhibits the ability to manage feelings productively.

2

Ensure screen-time is educational.



## Keep it Educational

Kids learn something from ALL media they encounter.  
Make it count.

4

Balance online and offline learning experiences and materials.



## Balance Matters

Find a balance between screen time play and active play, online creation and drawing, writing, and making art without tech.



# 9 Ways to Make Technology Use Healthier



5

Prioritize active use of technology for creation, critical thinking, and collaboration.



## Creating and Collaborating

Use media that keeps them actively creating vs. passively watching or scrolling.

7

Use routines to develop healthy habits for technology use.



## Create Routines

They turn into healthy habits.

6

Use high quality, age appropriate, and FCPS approved educational resources



## Use High Quality Media

Kids learn something from ALL media they encounter.

8

Create and consistently follow expectations for technology use



## Be consistent with expectations

Create them together, and follow through.



# 9 Ways to Make Technology Use Healthier



9

Actively monitor and mediate  
technology use.



## Use Technology Together

Students need our help to  
understand and make meaning  
of what they see, hear, and  
experience.



# Responding to Challenges



**How can you support  
your child when  
challenges arise?**





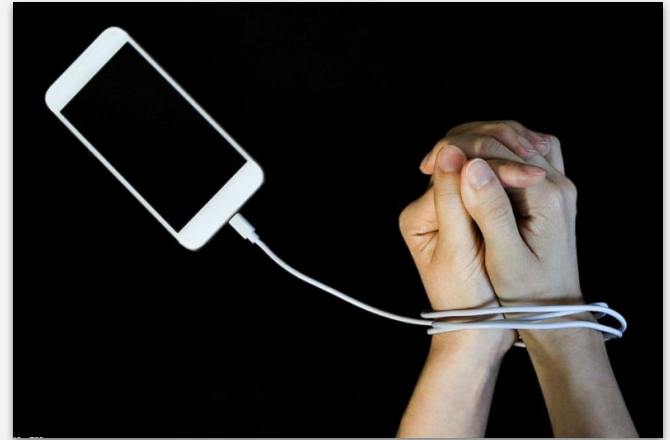
## Technology and the Power Struggle

- Consistency and Follow Through
- Transparency about parental controls
- Discussing other self-soothing behaviors
- Timers, warnings
- Take away, but gradually reintroduce
- Have child visualize appropriate ways to respond to situations they have trouble in with in advance - such as ending computer time. Then remind them of the strategies they identified



# 🔍 Technology “Addiction”

- May involve isolation, compulsive use, sneaking and lying, and/or aggression
- Receiving positive feedback on social media stimulates the brain’s reward center
- Youth use media to escape boredom and negative emotions
- Negative emotions can be helpful in building empathy and coping skills





## Social Media and Anxiety-How Can Caregivers Provide Support?

- Listen
- Don't judge
- Encourage offline activities
- Ask questions
- Be transparent
- Be consistent



# Concerning Behaviors Online?

**Online**

[fcps.edu/tipline](https://fcps.edu/tipline)



**Text**

888777

Keyword *TIP FCPS*



**Call**

571-423-2020



# 🔍 Seeking Help

**NEED  
HELP?**

## **MENTAL HEALTH RESOURCES** **24/7 EMERGENCY NUMBERS**

**In case of a life threatening emergency, call 911**

CrisisLink Regional Hotline: **703-527-4077**

CrisisText: Text **NEEDHELP** to **85511**

Dominion Hospital Emergency Room:  
**703-536-2000**

Inova Emergency Services: **703-289-7560**

Mobile Crisis Unit: **1-844-627-4747**

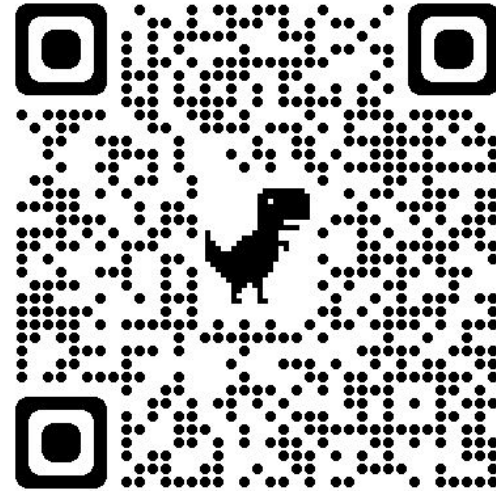
National Suicide Prevention Lifeline:  
**1-800-273-TALK** or **1-800-SUICIDE**

Merrifield Center Emergency Services:  
**703-573-5679**

TTY dial **711**

- School supports
  - Counselor
  - School Psychologist
  - School Social Worker
- Pediatrician
- Outside providers
- Emergency Services

# FCPS Resources



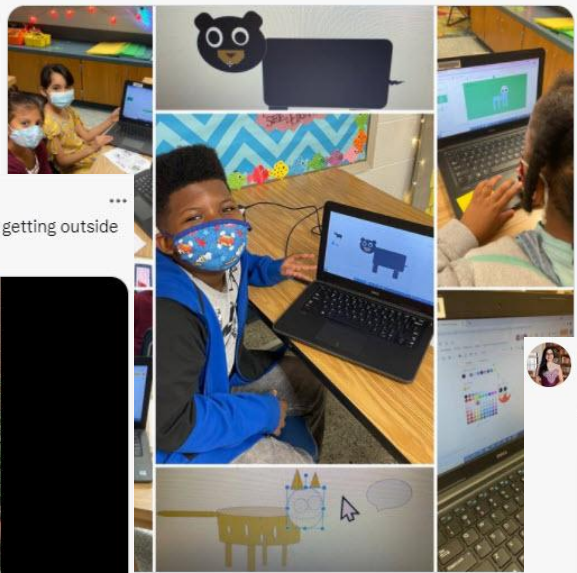
# Optimistic Closure



**What benefits  
are we seeing  
from student  
use of  
technology?**

**Robinson HS Sports Leadership Podcast**  
 Only accessible to FCPS staff and students

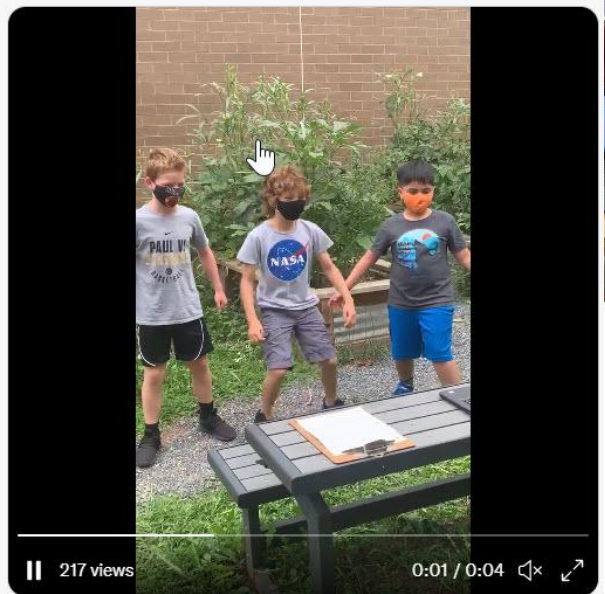
**Michelle Land** @msmichelleland · Oct 7  
 Video game designers having fun on their first day of digital character creation! Students are working in groups to create characters that teach about the interactions in ecosystems. @RiversideFCPS @MsFosters3rd @FCPSR3 @FCPSSTEAM #PBLinFCPS



... **PT Squad Tweeters** @PTSquadTweeters · Oct 5  
 For #TechSquadTuesday, some of our 5th grade members taught 4th graders how to use the Green Screen to prepare for their upcoming #PBLinFCPS! #WeAllBelongHere @PoplarTreeES @Daniels\_PTES



**Elizabeth Reed** @MissReedBKES · Sep 16  
 The Brookfield Trekkers have started recording today! Love getting outside and recording in our @OutTeachEd garden! #PBLinFCPS



**Michelle Land** @msmichelleland · Sep 27  
 6th STEAM - #Collaborators imagining possibilities and creating visual resources for their Planetary Resorts! Today we were researching, sketching blueprints, creating Google Sites, and developing Google Slides presentations. @FCPSSTEAM @RiversideFCPS #PBLinFCPS #POGinFCPS

