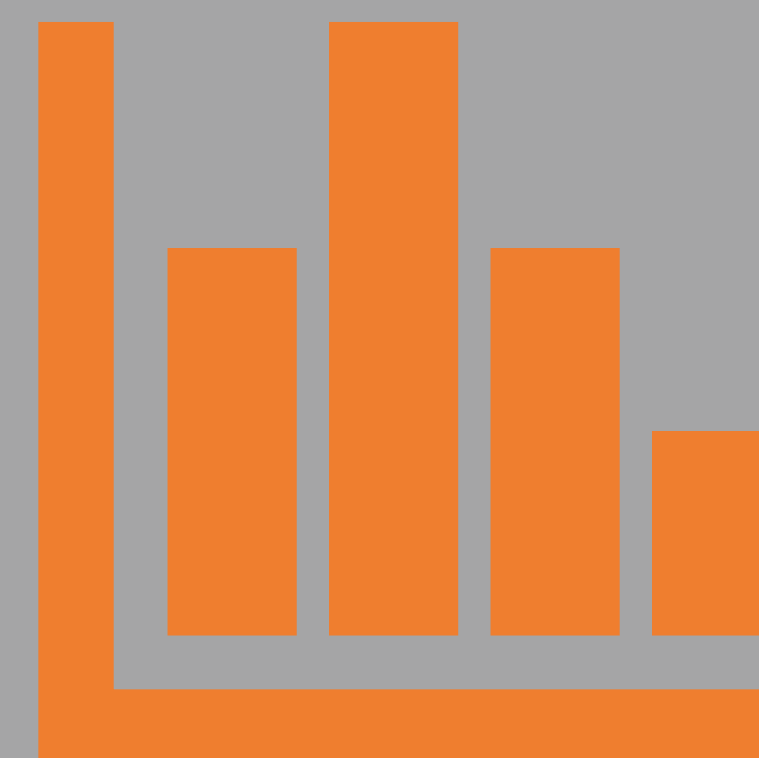


# Parenting in the Digital Age:

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## Taking Control Of Tech

# POLL



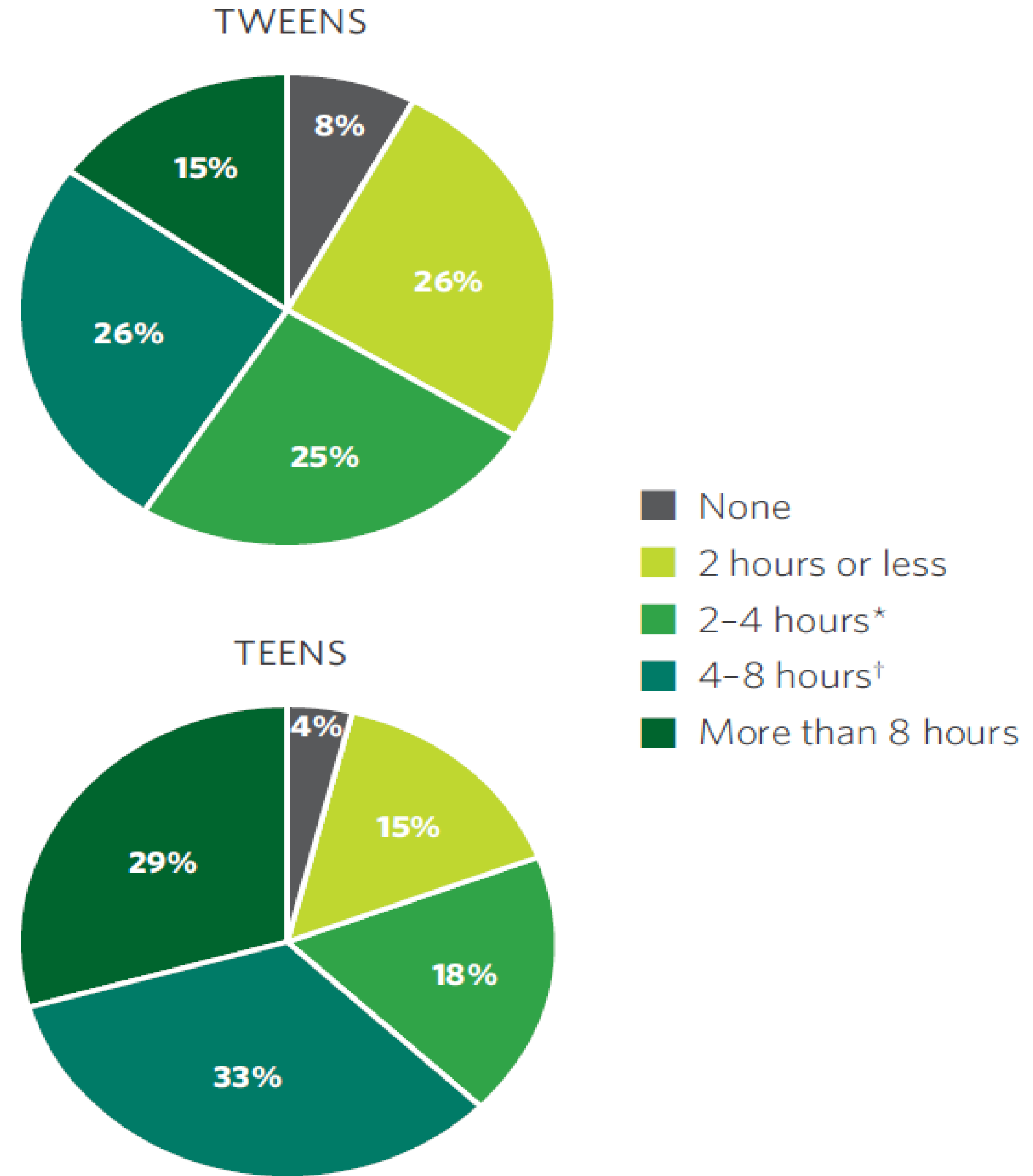


# Perils of Technology and Gadgets

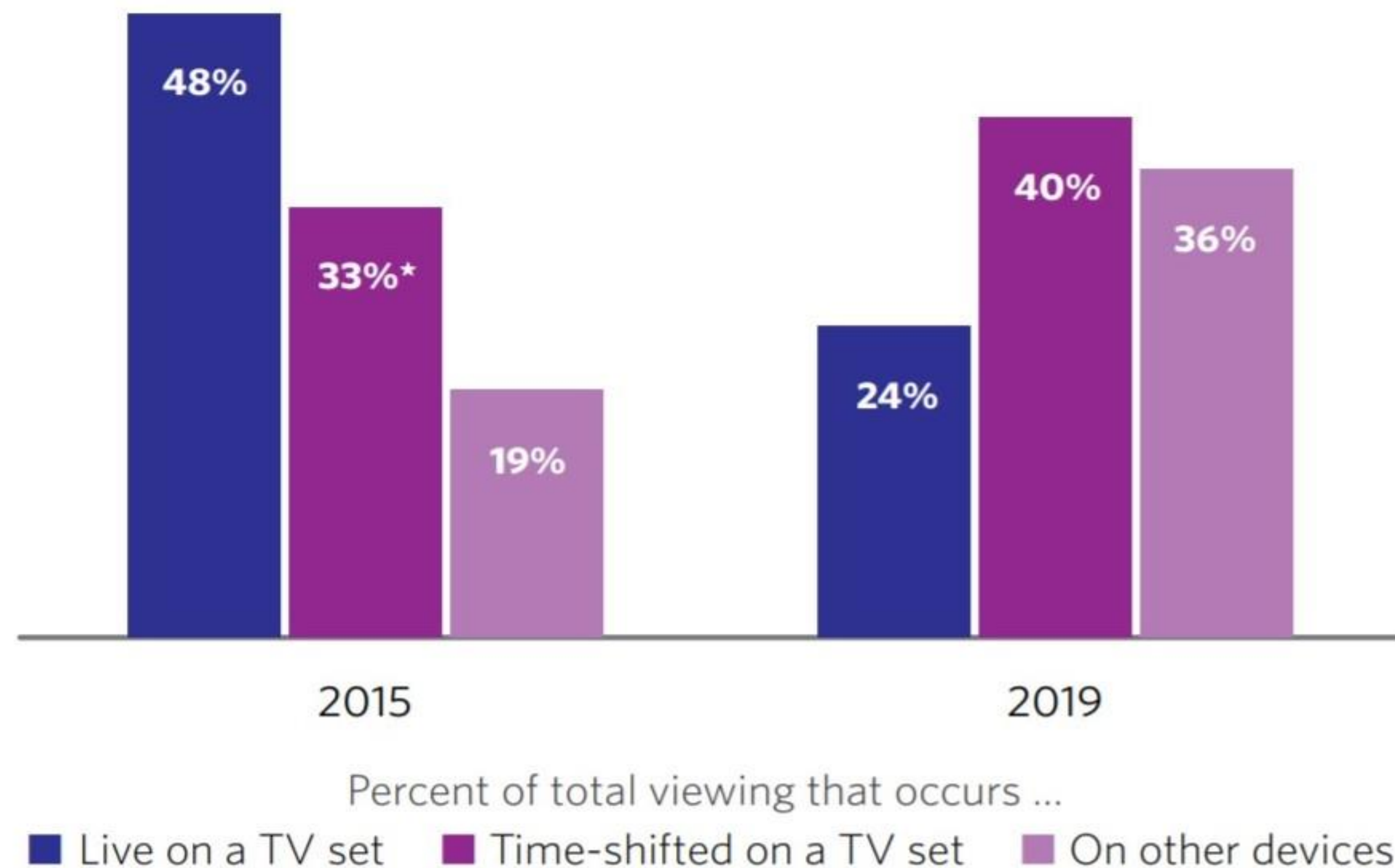
Excessive Screen Time

**FIGURE A. Screen media: Percent who use for ... hours per day, by age, 2019**

- On average, 8- to 12-year-olds use just under five hours' worth of entertainment screen media per day (4:44).
- Teens use an average of just under seven and a half hours' worth (7:22).
- The total amount of screen media used has increased steadily over the past five years.



**FIGURE C. Mode of television viewing among teens, 2015 vs. 2019**



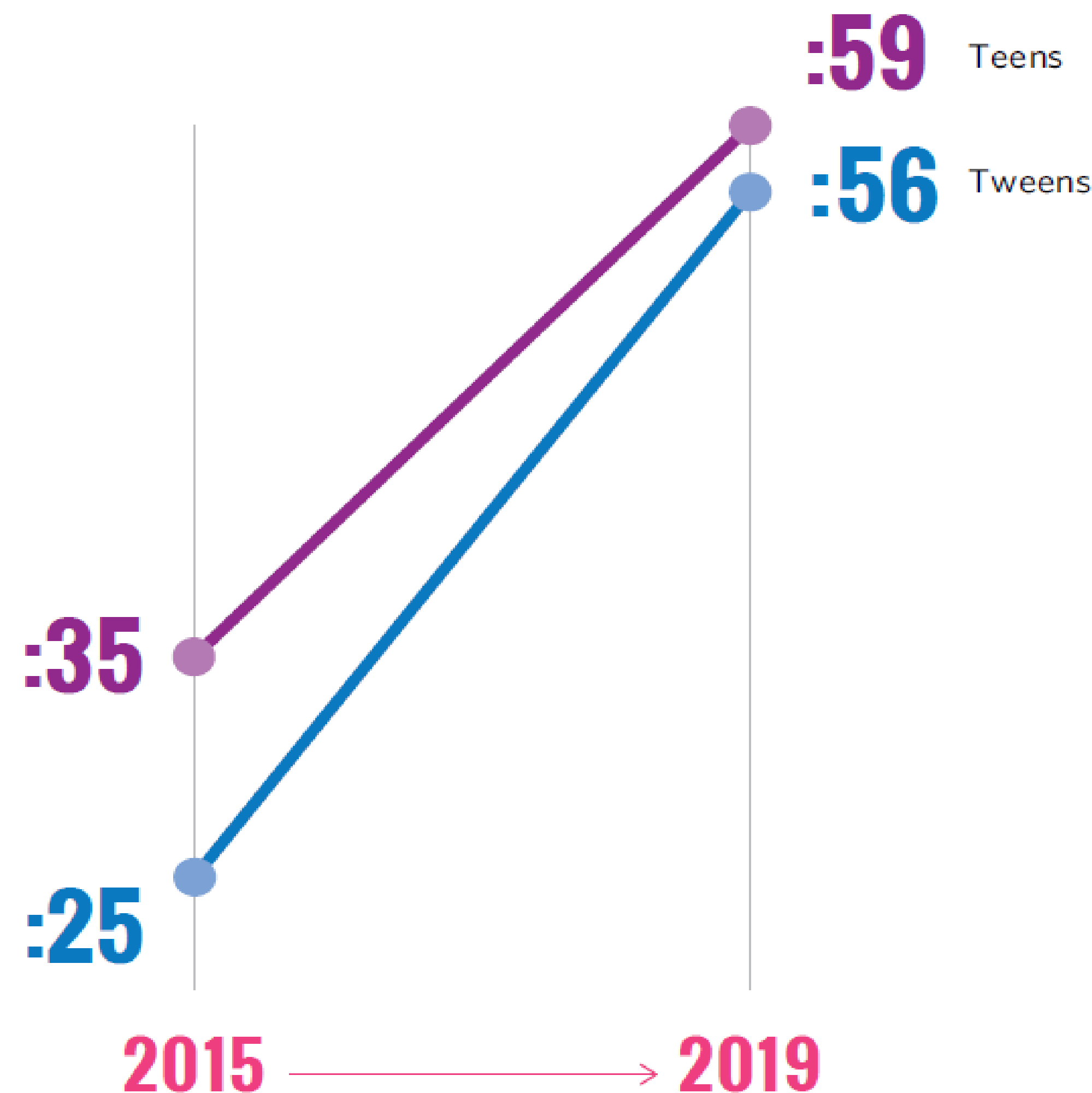
**There has been a large drop in the amount of time both tweens and teens spend watching TV on a television set.**



## Time spent watching online videos has increased substantially.

Online video viewing is through the roof:

More than twice as many young people watch videos every day than did in 2015, and the average time spent watching has roughly doubled.



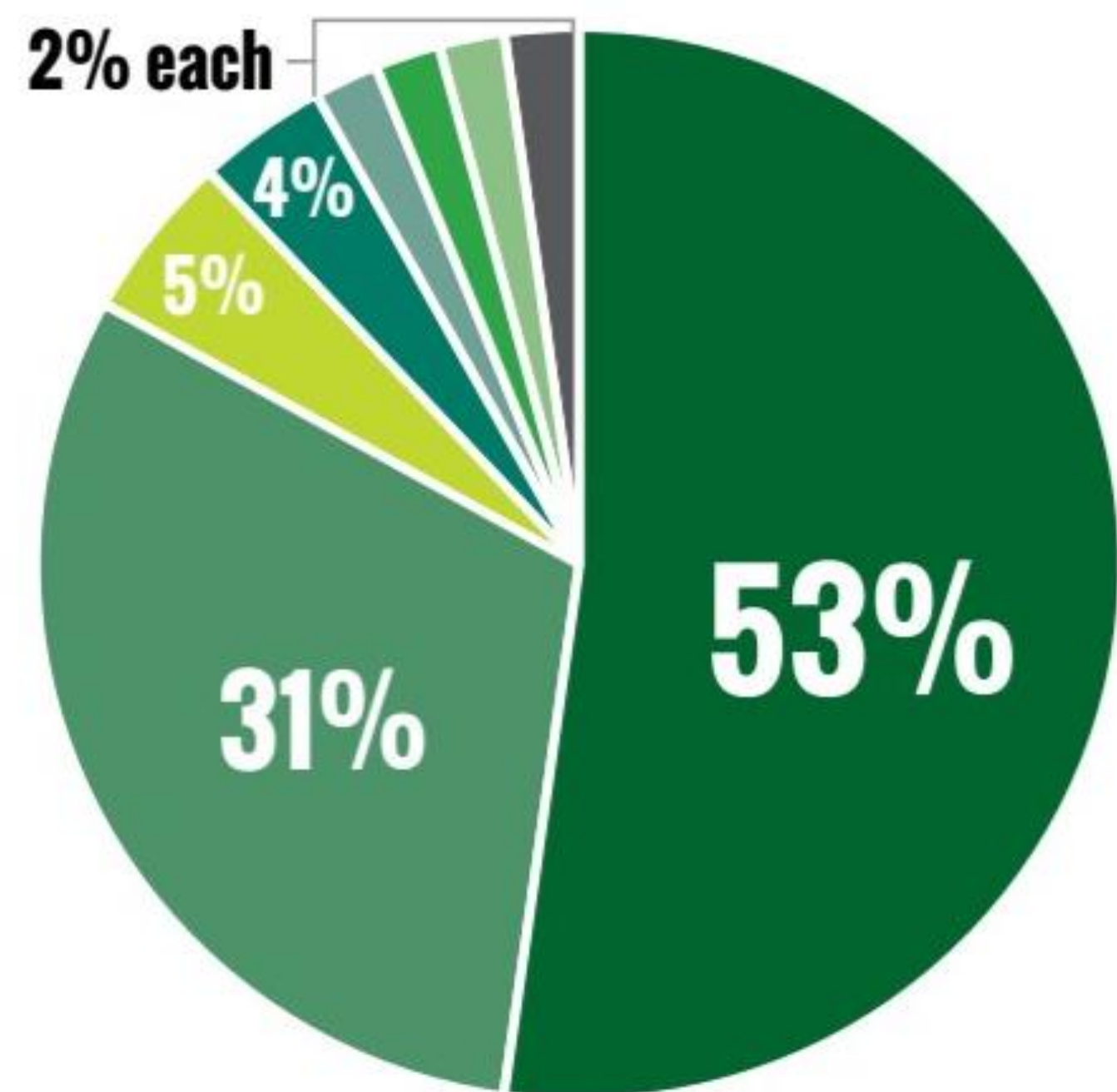
# Top screen media activities for tweens and teens

Proportion of screen time devoted to various media activities, 2019

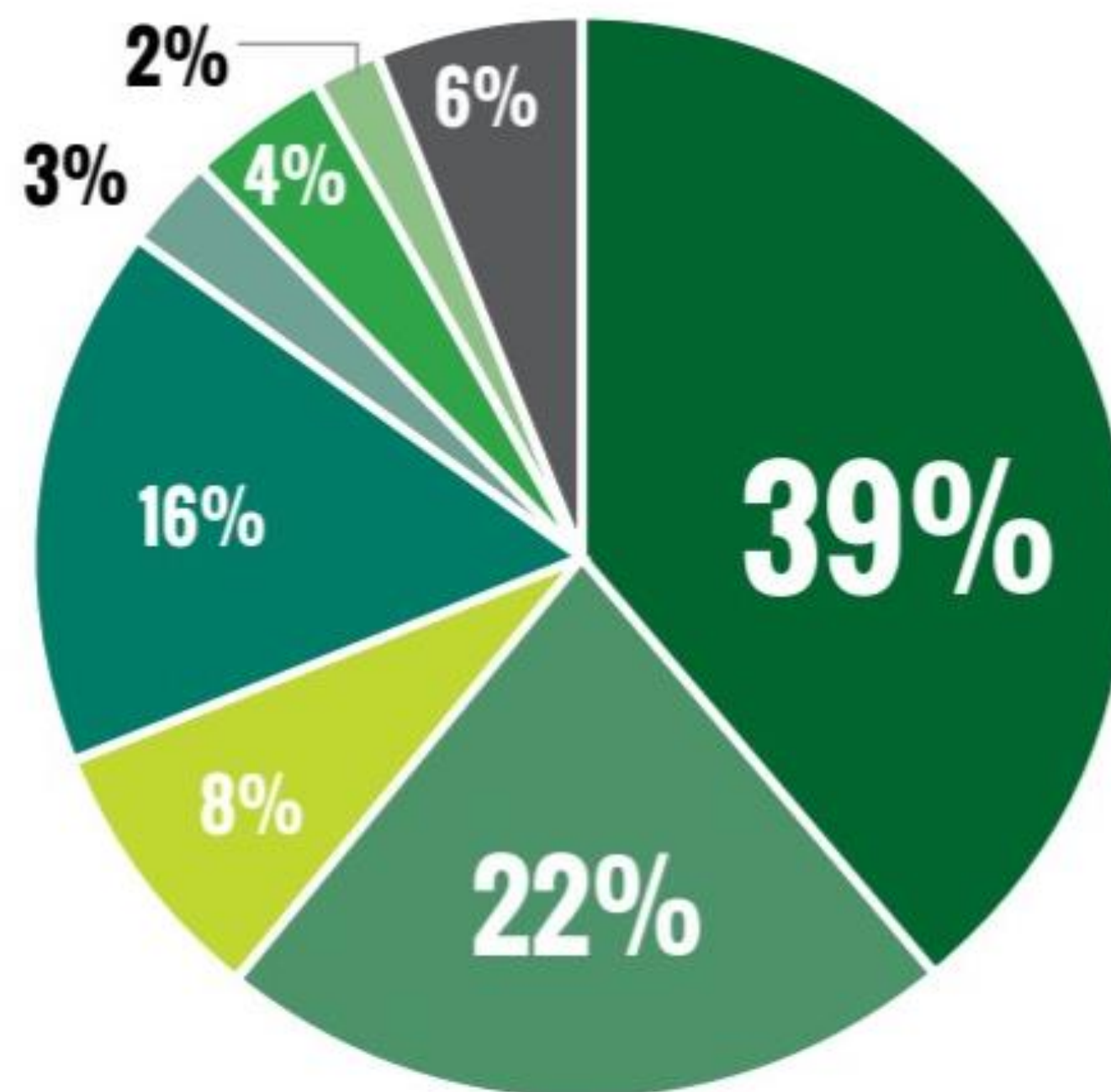
**#1**   
Watching TV/videos









**#2**   
Playing games

TWEENS

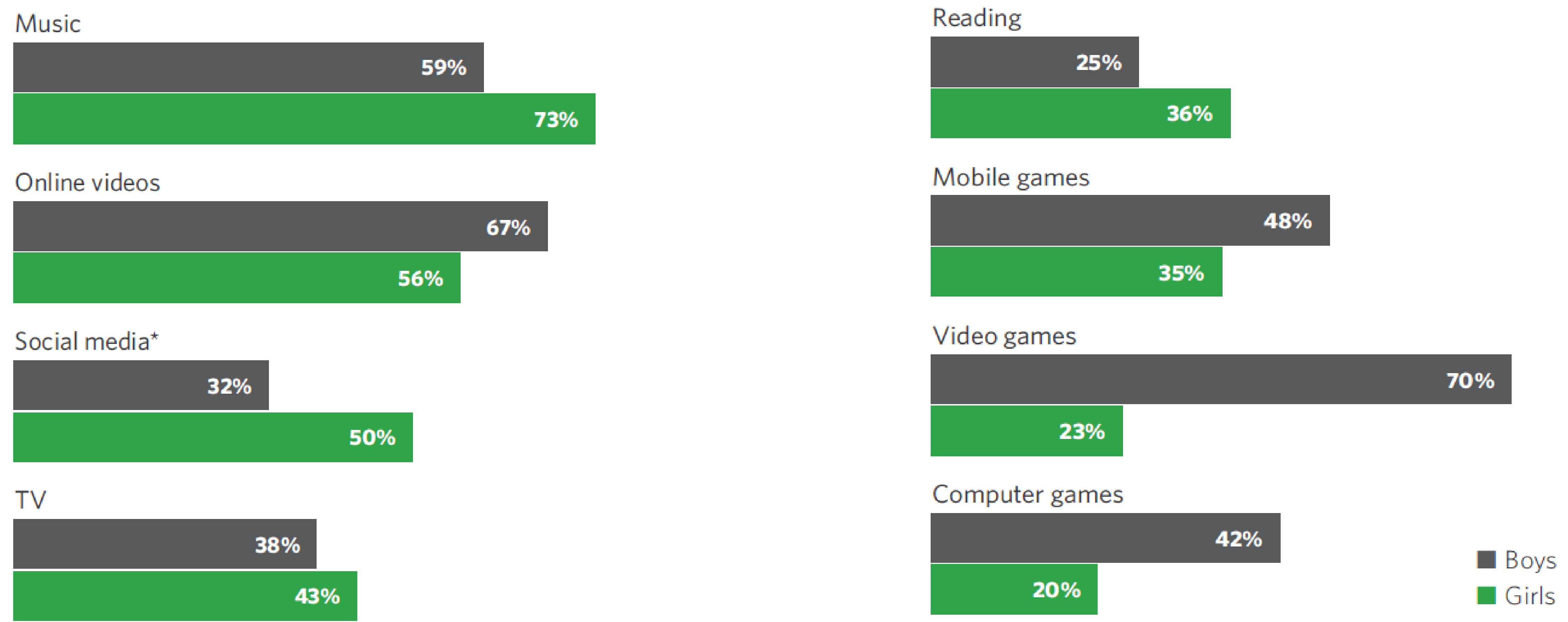


TEENS



-  TV/Videos
-  Content creation
-  Gaming
-  Video chatting
-  Browsing websites
-  E-reading
-  Social media
-  Other

# Favorite media activities, 8 to 18-year olds by gender, 2019



\*Among 13- to 18-year-olds

**Boys and Girls have vastly different taste in media**





# Perils of Technology and Gadgets

Video Games

# VIDEO GAMES

- According to a recent report, nine out of ten parents say teenagers in general spend too much time playing video games.
- What's even more concerning, though, is that most parents gravely underestimate how much time their own children spend playing video games.
- The report found that 78 percent of parents believe their own teens spend less time gaming than their peers.



# Are Video Games Healthy?

- There is a lot of conflicting information about video game use, so it can be hard for parents to know what to allow.
- Video gaming is often also a social activity played together with friends either in the same room or online.
- And if it's a popular pastime among a teen's peer group
- Video Games can offer some skill-building, including reaction time, executive functioning, and strategic thinking.
- But we need to be cautious that "playing video games can be very addictive and create problematic thinking, including desensitization to violence."





## VIDEO GAMES

Too Many Video Games: When to Worry?

## Too Many Video Games: When to Worry



- Isolating behavior or ignoring family and friends
- Sneaking video game play at night or at friends' houses
- Changes in eating or sleeping patterns
- Decline in academic performance or not doing homework
- A need to continue playing video games beyond a time limit
- An interest only in playing video games, at the expense of other activities



# Perils of Technology and Gadgets

**Social Media**



# SOCIAL MEDIA

- YouTube was the most used social media app among teens in 2019, followed by Instagram and Snapchat.
- TikTok became the fastest growing new app for teens in 2019.
- Teens can use social media to enhance their social development.
- But teens can also be negatively impacted by their own social media use.



# SOCIAL MEDIA

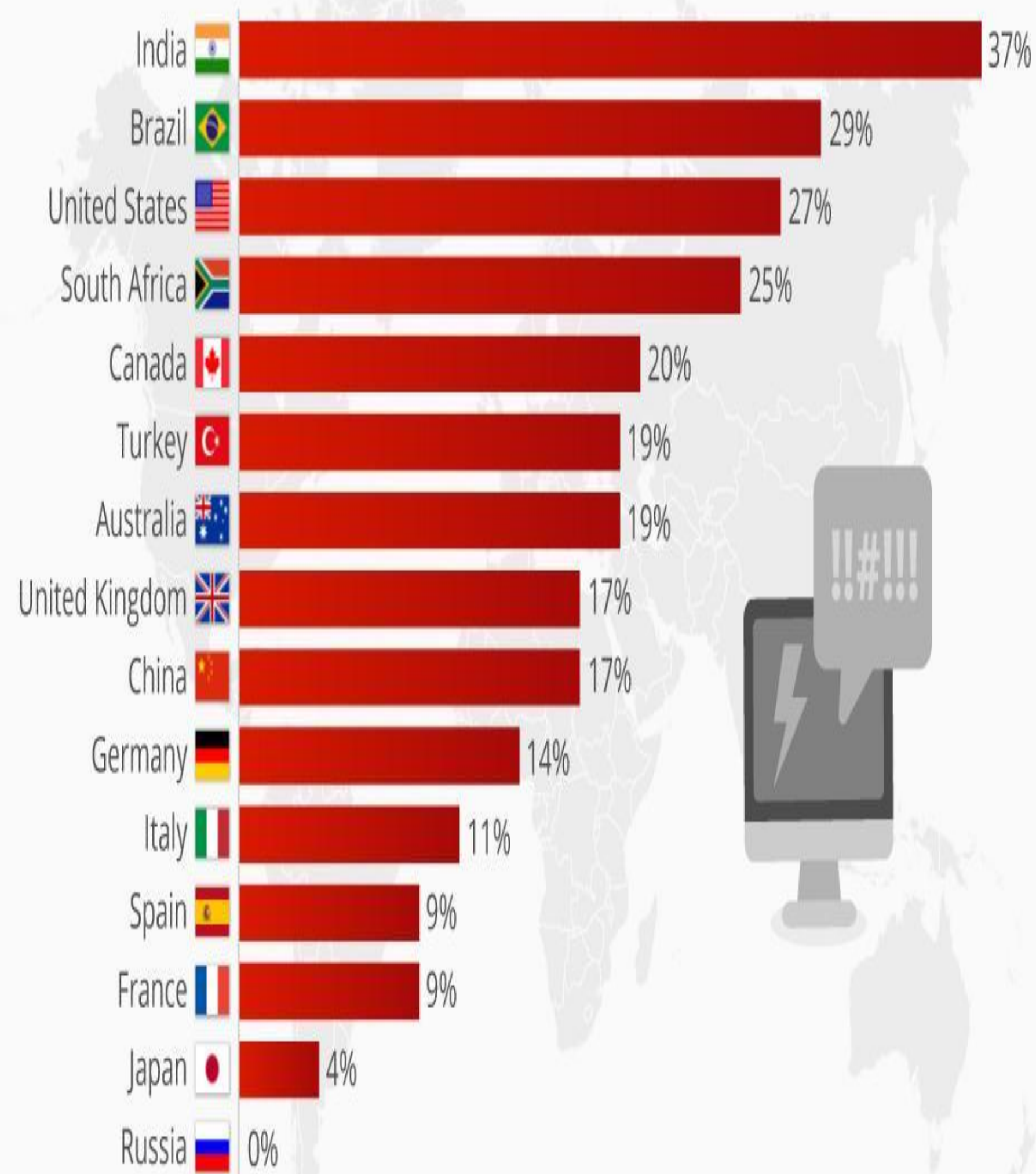
- Online predators / stalkers
- Oversharing personal details online
- Online Harassment, Cyberbullying, Trolling
- Exposure to sexual media





# Where Cyberbullying Is Most Prevalent

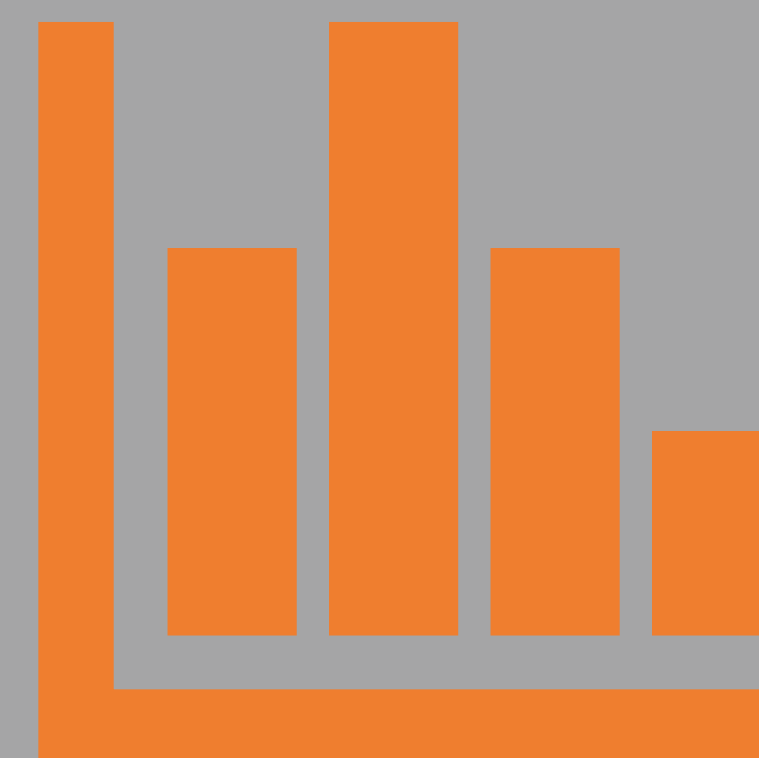
Share of parents who say their child has experienced cyberbullying (2018)



## With time, cyberbullying has evolved to take many forms. Here are some common types of cyberbullying:

- **Flaming:** Using hurtful language in emails, text messages or chat rooms against an individual
- **Harassment:** Sending hurtful, hateful and/or threatening messages
- **Cyberstalking:** Following an individual online and sending emails or messages to scare, harm or intimidate him
- **Exclusion:** Deliberately excluding an individual from a group and posting malicious comments/messages about her
- **Impersonation/masquerading:** Using a fake identity to damage an individual's reputation, and publicly sharing real or false information about him
- **Trolling:** Intentionally hurting an individual by posting insulting or inflammatory comments
- **Fraping:** Using an individual's social networking accounts to post inappropriate content to ruin her reputation.

# POLL



# So, what's a parent to do?

Well, start by accepting that all of this is here to stay, “Recognize this is important to them.

It’s not just to get under your skin. It means something to them.”

Then, make it your goal to ensure that your teenager has a healthy relationship with technology.

Easier said than done? Perhaps.

But here are five strategies to get you started:

# 1. MODEL MODERATION

## Parents Comfort



- “Yatan Balhara, behavioural addiction clinic, AIIMS, Internet addiction begins with parents encouraging the habit. “A crying child should not be given a cell phone to play with. You are exposing the child to an addictive agent and the chances of him/her getting hooked are extremely high.”
- It is evident that gadgets have provided mothers comfort by the keeping the kids busy for hours, so they would not bother their mothers by creating mess with toys, or running around or hiding in the cupboards.

# 1. MODEL MODERATION

## Set the example



Be a digital inspiration for your kids

Don't make an impact on kids of your own bad digital habits

The No. 1 impact on our children's behavior is our own behavior.

# 1. MODEL MODERATION

## Make Sacrifices



Have rules for parents, too.

By modeling good gadget behavior, you are also teaching your children about self-control and that they are the priority when you are home together.

Let go off some of your gadgets or privileges.

## 2. DON'T RUSH IN

Though they're often marketed as such, these devices are not toys. It's important to wait until your child is mature enough to use them responsibly.

“Wait as long as possible to give your child a phone,”

Don't buy them expensive gadgets, gaming devices, Individual laptops, Smart watch.

If required, give them basic phones



## 2. DON'T RUSH IN

Don't say my children should not suffer just like I suffered, they should enjoy what I didn't get to enjoy.

Just because you can afford, you don't have to give them everything.

Don't give in to peer pressure and social pressure, social status, etc.





# 3. IT'S YOUR HOUSE; SET RULES.

And just like establishing rules for driving or curfew or anything else, parents need to make those rules clear—and use consequences to enforce them consistently.

- “If you institute it as a house rule, then it’s a house rule.” “
- So if it’s, ‘No texting while we’re talking,’ then there’s no texting while we’re talking.
- If it’s, ‘Don’t let your grades suffer,’ then if the grades suffer, the phone goes.

**If you are breaking the rules, you get privileges taken away.**



FAMILY  
RULES



and how to set good rules!

# 3. IT'S YOUR HOUSE; SET RULES.



- Get your children involved in planning the rules, which should be fair and reasonable.
- Inform the whole household and get their help in enforcing rules, even when you're not around.
- Rules can include device types, time limits, sites/ games/ apps/ channels they can use, which rooms they can be used in, and where devices will be stored at night.

# 3. IT'S YOUR HOUSE; SET RULES.

## Other areas to consider:

- No technology during family mealtimes for everyone
- Thirty minutes before bedtime, turn off technology and put away for the evening
- No devices while doing homework
- No technology after 9 p.m. or 10 p.m.;
- No computers in the bedroom
- No taking phones or other communication devices to bed; at social gatherings.
- Limits on how long teenagers can use their devices each day.
- Limits on the number of texts your teenagers can send and receive each month.



## 3. IT'S YOUR HOUSE; SET RULES.

**“Technology is a privilege,  
not a right.”**

## 4: MONITOR, BUT DON'T SNOOP

**Monitor when they are young. Implement internet filters, block web sites, etc**

- Fix privacy and security settings in your PC and mobile
- Set Parental controls
- Monitor your kids gadgets and limit screen time



**Don't allow the children to create social media accounts until the appropriate age.**

## 4: MONITOR, BUT DON'T SNOOP

Make it your job to have some idea what your teenagers are doing with their devices. But, be upfront about it, the experts advise.

Stress to your teenagers that your expectation is that they will not do anything online or by text that they wouldn't feel comfortable sharing with you.

Friend them on Facebook, follow them on Twitter. – But don't embarrass them among their friends. You can lurk, but resist commenting on your teenager's status updates.

If you feel you need to talk to your teenager about their online behavior, take it offline.





## 4: MONITOR, BUT DON'T SNOOP

- Facebook is another area where adolescents can stumble. Thoughtless status updates cause problems, not just with friends, but also at school/college.
- “It’s very impersonal. Students feel more comfortable saying things on Facebook that they wouldn’t normally say to a person’s face,”
  - Memes, hate speech, debates, inappropriate comments, political, racist comments,
  - Online Bullying, Trolling
  - Fake profiles

## 4: MONITOR, BUT DON'T SNOOP

### • Internet Monitoring Options

- Google family Link
- Apple Screen Time
- Windows 10 Family Options
- Internet Security software with parental controls, content filtering
  - Kaspersky Safe Kids
  - Norton Family
- [www.qustodio.com](http://www.qustodio.com)
- familytime.io

**Your goal:** To ensure that your teens' overall lack of experience—and occasional impulsivity—doesn't land them in trouble. Take sexting, which can include sending explicit pictures via text message, being in possession of a nude picture, etc.





## 5: EMBRACE WHAT YOUR CHILDREN LOVE

Engage with children around technology, rather than letting kids use it solo.

Replace screen time with fun things for the family to do.

Helping kids find other activities that could offer a similar sense of mastery, such as a computer coding camp, group sports or music lessons.



## 5: EMBRACE WHAT YOUR CHILDREN LOVE

Connect with our teenagers during what can be turbulent years in any parent-child relationship.

“With appropriate boundaries and supervision, video games may be a fun way for some children to enjoy time with each other and for parents to connect with their kids,”

Another way to socialize: Invite a child’s friends over to join in and encourage playing together in person rather than online.



Proverbs 22:6

“Train up a child in the way he should go; even when he is old he will not depart from it.”

நீதிமொழிகள் 22:6

பிள்ளையானவன் நடக்கவேண்டிய வழியிலே அவனை நடத்து; அவன் முதிர்வயதிலும் அதை விடாதிருப்பான்.