

# SOCIAL MEDIA & GAMING MISUSE



48	2220	14	16	4	4
55	3905	19	8	2	5
28	1775	8	21	3	1
14	800	5	20	1	3
29	3630	35	23	4	7
25	3000	23	19	4	1
42	3425	11	38	7	4
46	2880	11	17	2	0
68	1400	9	35	3	1
54	850	4			
<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>					
123					
200					
MEMES					

# Do you find yourself worrying about...

Your child's technology use

What is an appropriate amount of screen time

How to establish healthy technology habits

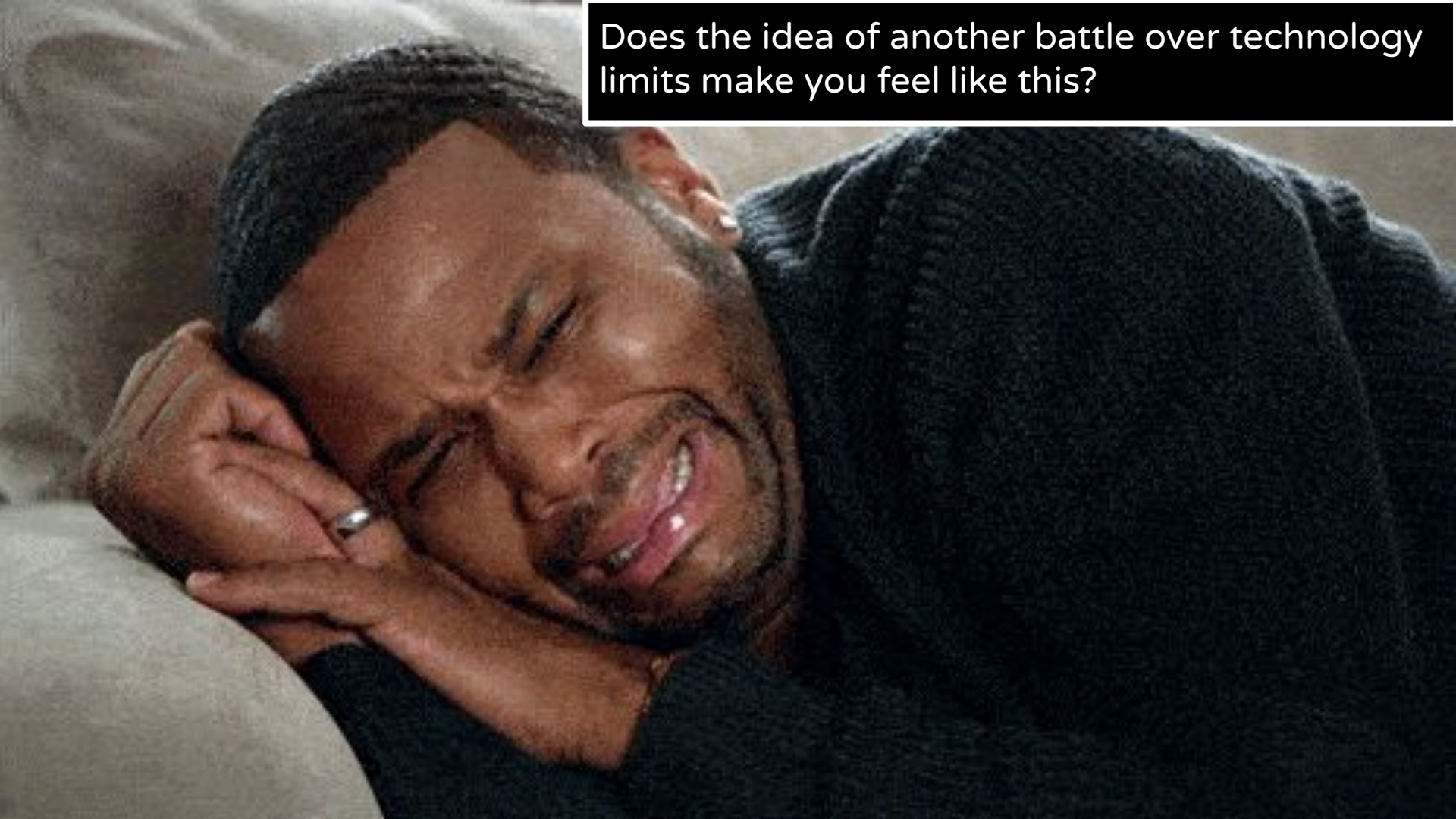
Whether your child's technology/gaming use is problematic

Are you exhausted trying to understand and monitor your child's technology use?





Does the idea of another battle over technology limits make you feel like this?





If you answered  
yes to any of the  
above questions  
Then this is the  
presentation  
you!!

How much

# SCREEN TIME

is too much?







## SCREEN TIME FOR KIDS: *new recommendations*

The longtime "no screen time before 2" rule is out. Here are the latest recommendations from the American Academy of Pediatrics.

18  
months  
or  
younger



No screens are still best.

The exception is live video chat with family and friends.

18  
months  
to 2  
years



Limit screen time and avoid solo use.

Choose high-quality educational programming, and watch with kids to ensure understanding.

2 to 5  
years



Limit screen time to an hour a day.

Parents should watch as well to ensure understanding and application to their world.

6 or older



Place consistent limits on the time spent and types of media.

Don't let screen time affect sleep, exercise or other behaviors.



CHOC Children's.

## THE GUIDELINES

### INFANTS *less than 1 year*

Sedentary screen time: 0 mins

Physical activity: At least 30 mins

### CHILDREN AGED 1-2

Sedentary screen time: 0 mins

Physical activity: At least 180 mins

### CHILDREN AGED 2-3

Sedentary screen time: No more than 60 mins

Physical activity: At least 180 mins

### CHILDREN AGED 3-4

Sedentary screen time: No more than 60 mins

Physical activity: At least 180 mins  
(60 mins vigorous)

SOURCE: WHO

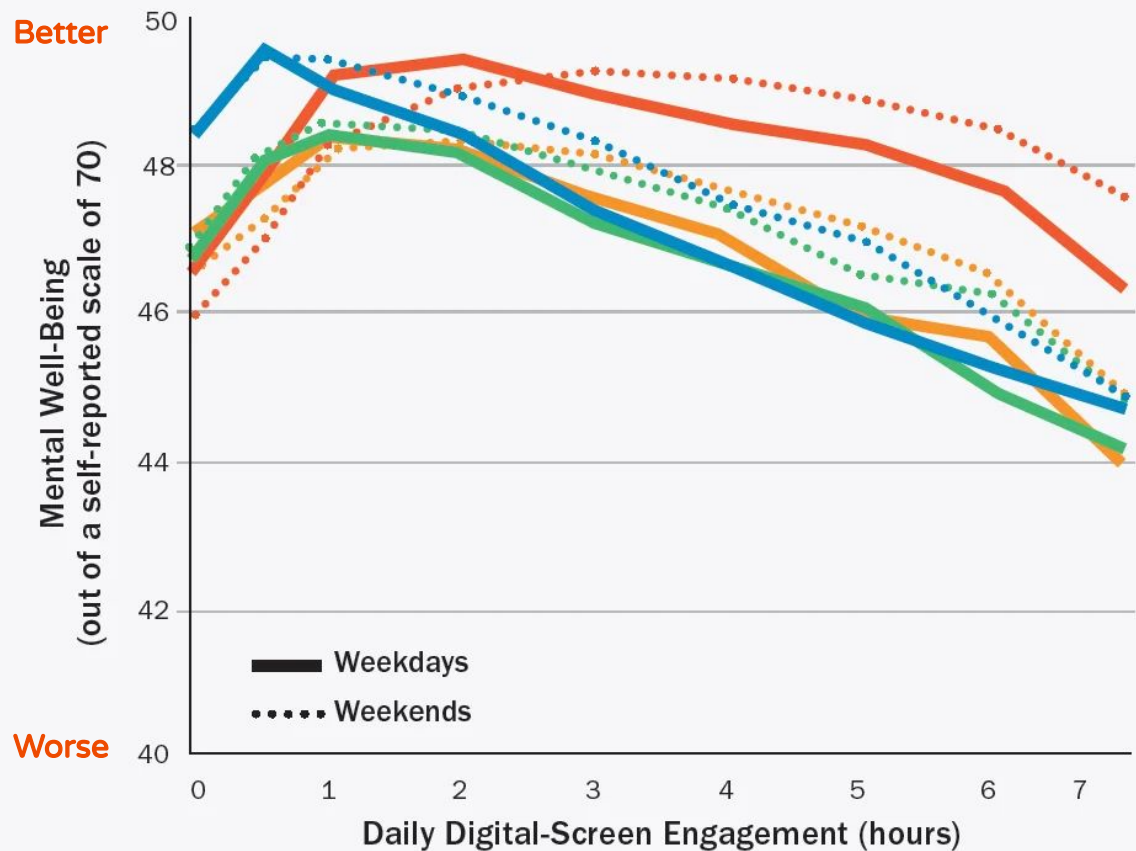


What about teens? How much screen time is too much? This really is a,

**GREY  
AREA**



How do you know that too much screen time is too much? Here are some factors to consider. Lets begin with...



What does this graph show? The Goldilocks Level of screen time is 1-2 hours a day maximum. This includes watching TV, movies, video games and being on your smart phones/devices.





1. How much time  
is your child  
REALLY spending  
in front of a  
screen?





Is your child screen time sedentary? Screen Time Sedentary refers to watching TV and/or being on the computer for recreational purposes for 3 or more hours on average per day.



Is your child's  
social media or  
gaming habits  
impacting their  
school work,  
relationships  
and ability to  
function &  
cope?



#3. Is your child getting the recommended 60 minutes of daily physical activity a day and at least 8 hours of sleep a night essential for proper cognitive functioning?



**EXERCISE**



**SLEEP**



Technology can impact the **quantity** and **quality** of sleep that your child may be getting. Why is sleep important? **Sleep is essential in your child's ability to retain, recall and apply information.** These are essential components of learning.



Blue light interrupts melatonin and disrupts sleep patterns. Teens naturally have less melatonin than adults making them more prone to sleepless nights. Turn off devices 1-2 hours before bed. Do homework requiring the computer first.



#4.





#5. Does your child feel isolated and disconnected from others as a result of their technology use.



41%

Play Video  
Games  
to Escape  
Reality







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Social media, gives us the illusion of companionship without the demands of friendship. Youth connect to feel less alone, but lack the ability to form real connections with their peers and to have deep conversations and relationships, often resulting in kids feeling even more alone!

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# Obesity

6. Increases risk of childhood obesity and diabetes

7. Attention  
related  
issues and  
hyper-  
aroused  
nervous  
system.





8. The brain does not fully develop until about the age of 25. If this is the case then what impact can excessive screen time have on your developing brain? Let's take a look....



5 WAYS  
SOCIAL MEDIA  
IS CHANGING  
YOUR BRAIN  
RIGHT  
NOW






Endless hours of social media, gaming, and web exploration can have varying degrees of impact on your child's academic and social-emotional wellbeing.

Be alert to changes you are seeing in your child.



A close-up photograph of a person's hands holding a black video game controller. The controller has a directional pad on the left and four action buttons (labeled 1, 2, 3, 4) on the right. The person's wrists are wrapped in a thick, tangled black cable, suggesting a lack of control or being 'tied' to the game. The background is blurred with soft blue and green lights.

Video game addiction  
is it really a thing?





**GAME  
QUITTERS**

<https://gamequitters.com/>



Gaming addiction is in the DSM

How do I know if my child's social media/gaming use is a problem?



**10 indicators  
your child may  
have a problem  
with social  
media/  
gaming...**

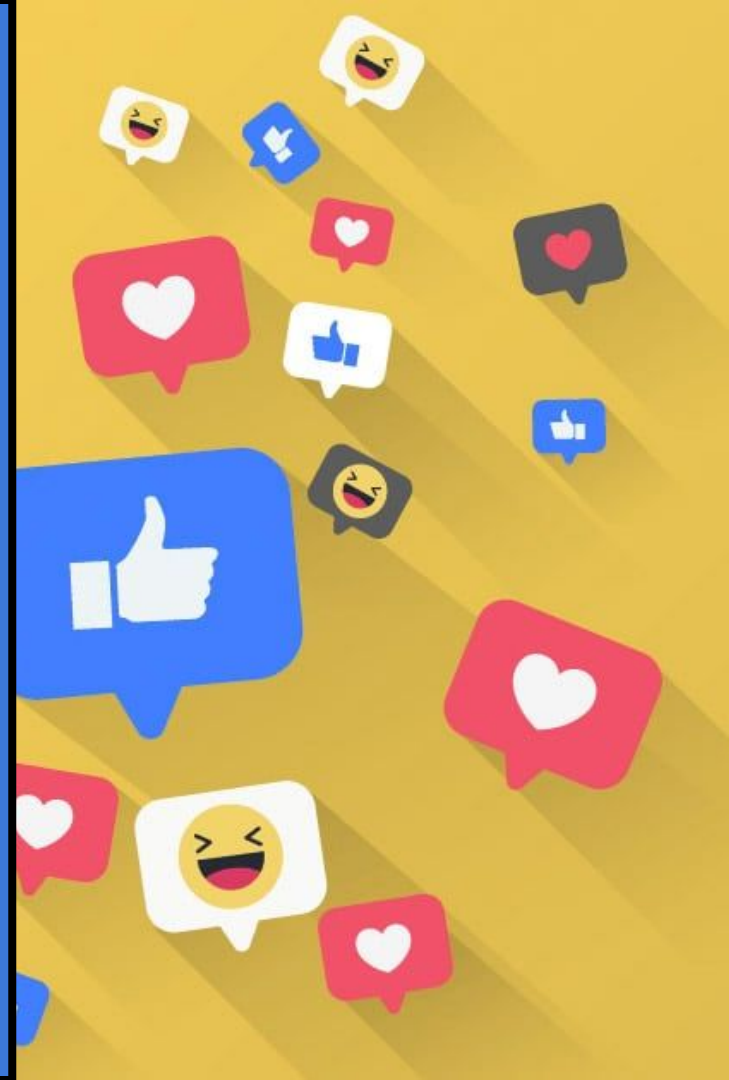




1. Isolating self from real life friends and family
2. Giving up sports and other activities they used to enjoy
3. Becomes a priority at the expense of everything else in life
4. School performance dropping because of gaming/social media use
5. Irritated or experiencing anxiety when their ability to gaming/social media is diminished



6. Causing conflict in your family home
7. Online contacts more important than real world relationships
8. Punishing you when you disconnect your child from the game/social media
9. Gaming/SM use getting in the way of most aspects of healthy functioning
10. Bargaining for game time then your child fails to follow through on their end of the agreement



**HOW TO HELP YOUR CHILD  
MAKE HEALTHY CHOICES &  
CHANGE**





# **1. Homework before devices**





**2. Power down  
devices at a certain  
time each night.**



Is this  
how  
your  
child  
feels?  
Then...





**3. Encourage your child to get out and be active.**



4. Help your child keep a log of the amount of time they are spending online/gaming. Have them note their thoughts and emotions when they are playing and not playing. Set an alarm to go off after a certain amount of time.

# be consistent

With screen time limits...



screen time  
is a

**REWARD**

not a

*right*

**5. Limit the number of hours your child plays video games or are on devices, i.e. shut down internet or lock their phone.**



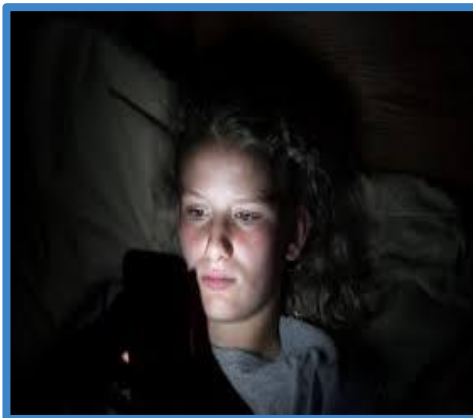
## 6. Encourage your child to turn off notifications





A black smartphone lies on a rustic wooden surface. A large red circle with a diagonal slash through it is superimposed over the phone. The words "TECH-FREE" and "ZONE" are written in white, bold, sans-serif capital letters across the center of the image, with "TECH-FREE" on the top line and "ZONE" on the bottom line.

TECH-FREE  
ZONE



7. Keep all devices out of their bedroom

Charge devices at night in a place that your child does not have access to!

**CAUTION**

# KNOW YOUR TRIGGERS

**8. Help your child identify triggers! Encourage your child to connect with friends letting them know that they are trying to limit their SM/gaming use.**



9. Tech Free Days! Challenge your child and yourself to a media fast!





TALK REGULARLY TO YOUR KIDS ABOUT INTERNET SAFETY, YOUR VALUES & YOUR EXPECTATIONS. HAVE MEANINGFUL CONVERSATIONS NOT DURING TIMES OF DISAGREEMENT WHEN YOU ARE BOTH ESCALATED BUT RATHER WHEN THEY ARE OPEN TO LISTENING. ENSURE THEY UNDERSTAND WHY YOU FEEL THE WAY THAT YOU DO AND WHY YOU HAVE CERTAIN RULES AND EXPECTATIONS.

A decorative border made of red triangles with white outlines, arranged in a repeating pattern around the central text box.

Model good screen  
behaviour.



## **Distracted Parent Syndrome**

- **Poor modelling for their children;**
- **Impact on a social emotional level;**
- **Attachment related issues; and**
- **Potential long term consequences for kids.**



last but

not least



# What Questions/Thoughts May You Have?

