

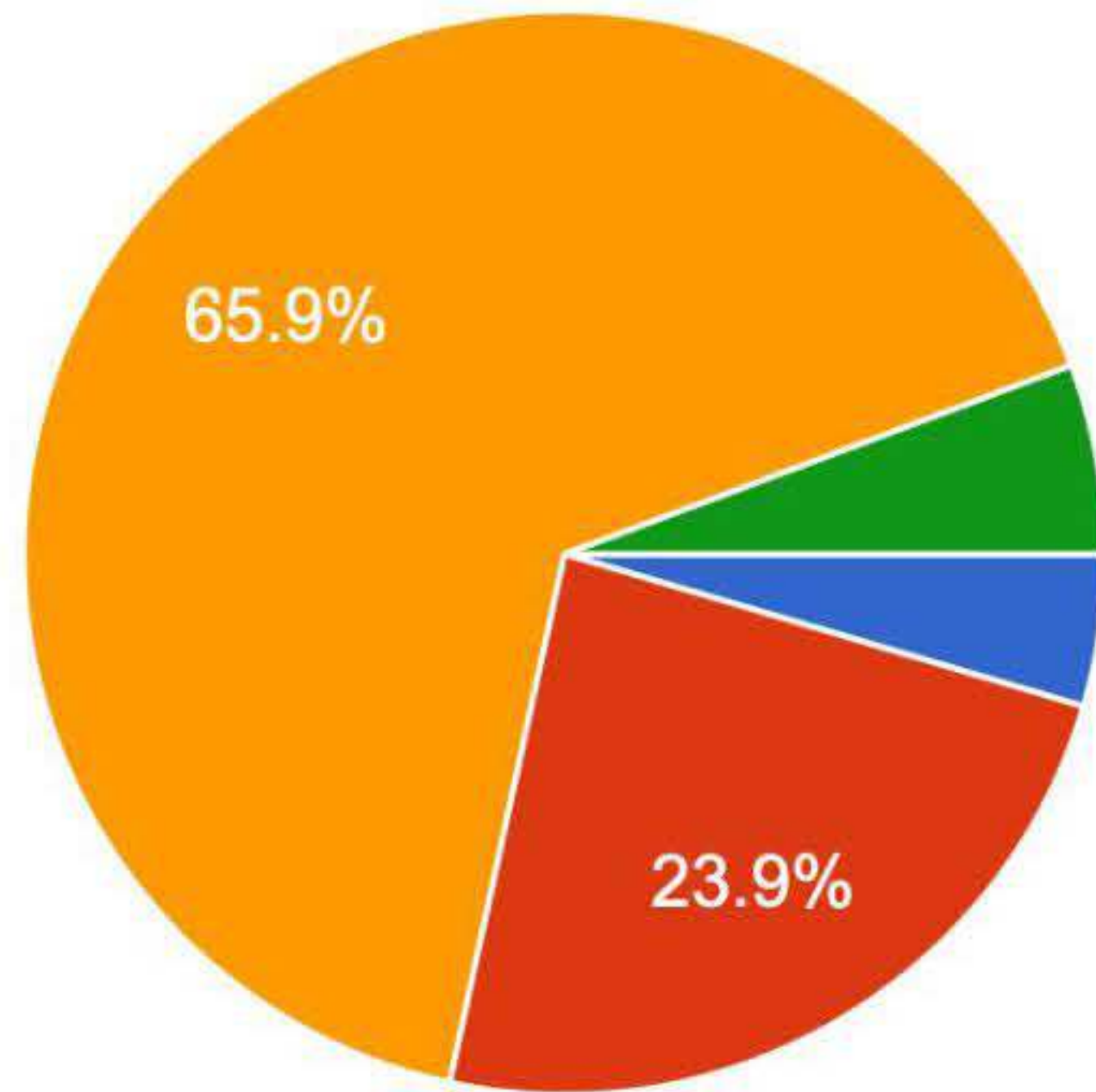
WELCOME



# **Voices4Youths Parents Survey**

# How has the new phone policy at school affected your child's phone usage at home?

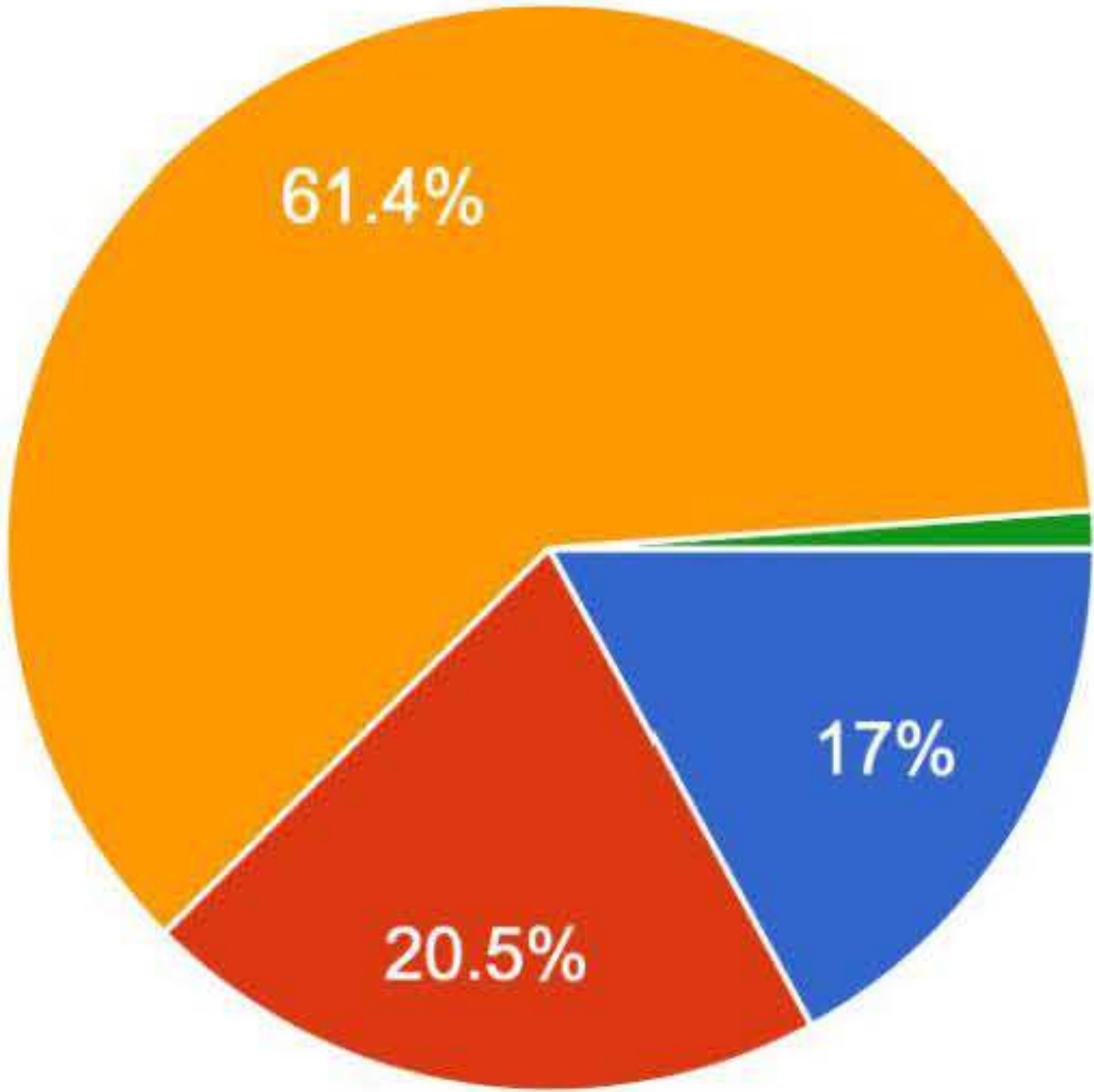
88 responses



- My child uses their phone more at home now
- My child uses their phone less at home
- There's no noticeable change in their phone usage
- I'm unsure

Do you feel that managing your child's phone usage at home has become easier or more difficult since the new phone policy was implemented?

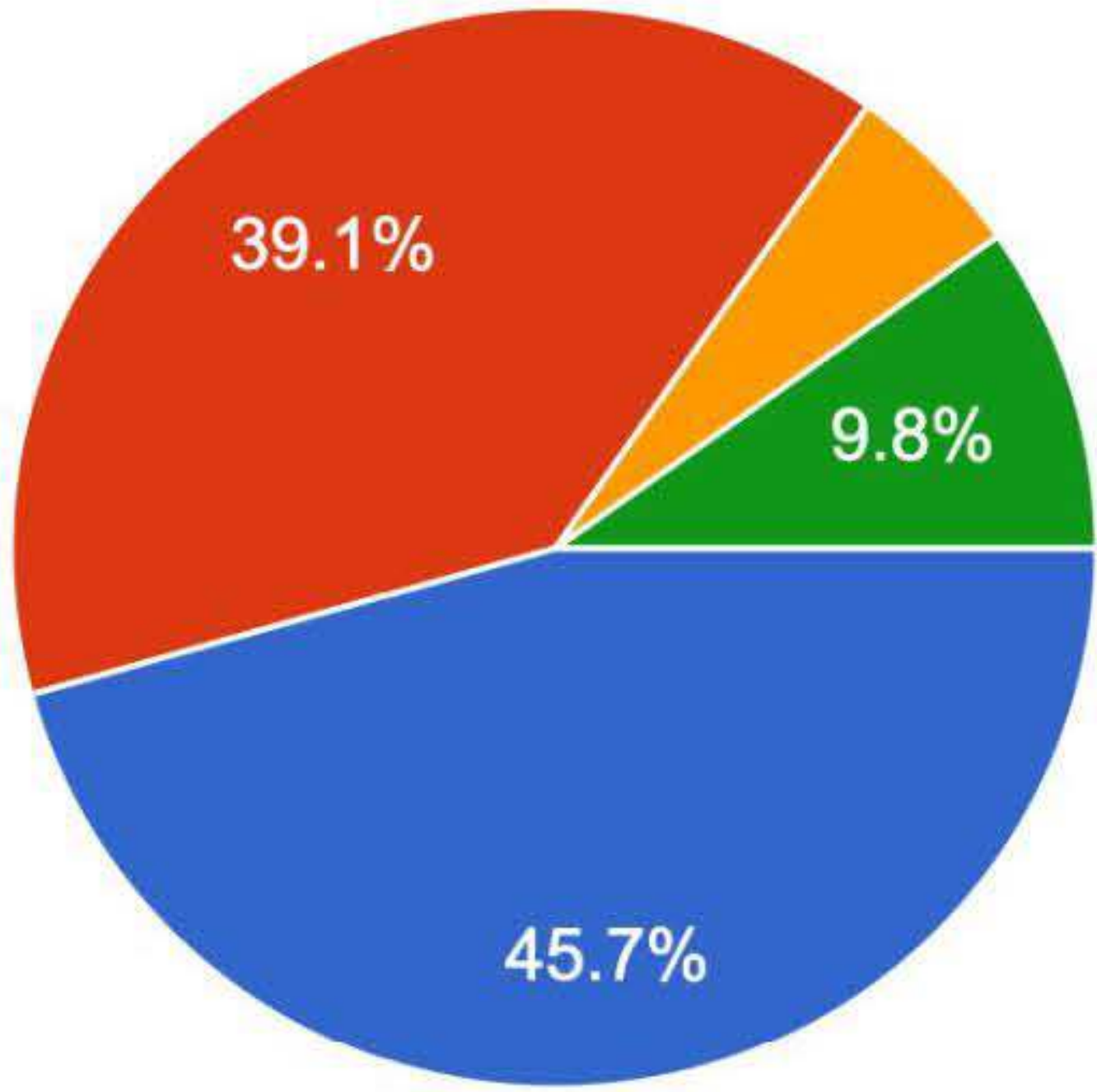
88 responses



- Much easier
- Somewhat easier
- No difference
- More difficult

# How does your child feel about the new phone policy at school?

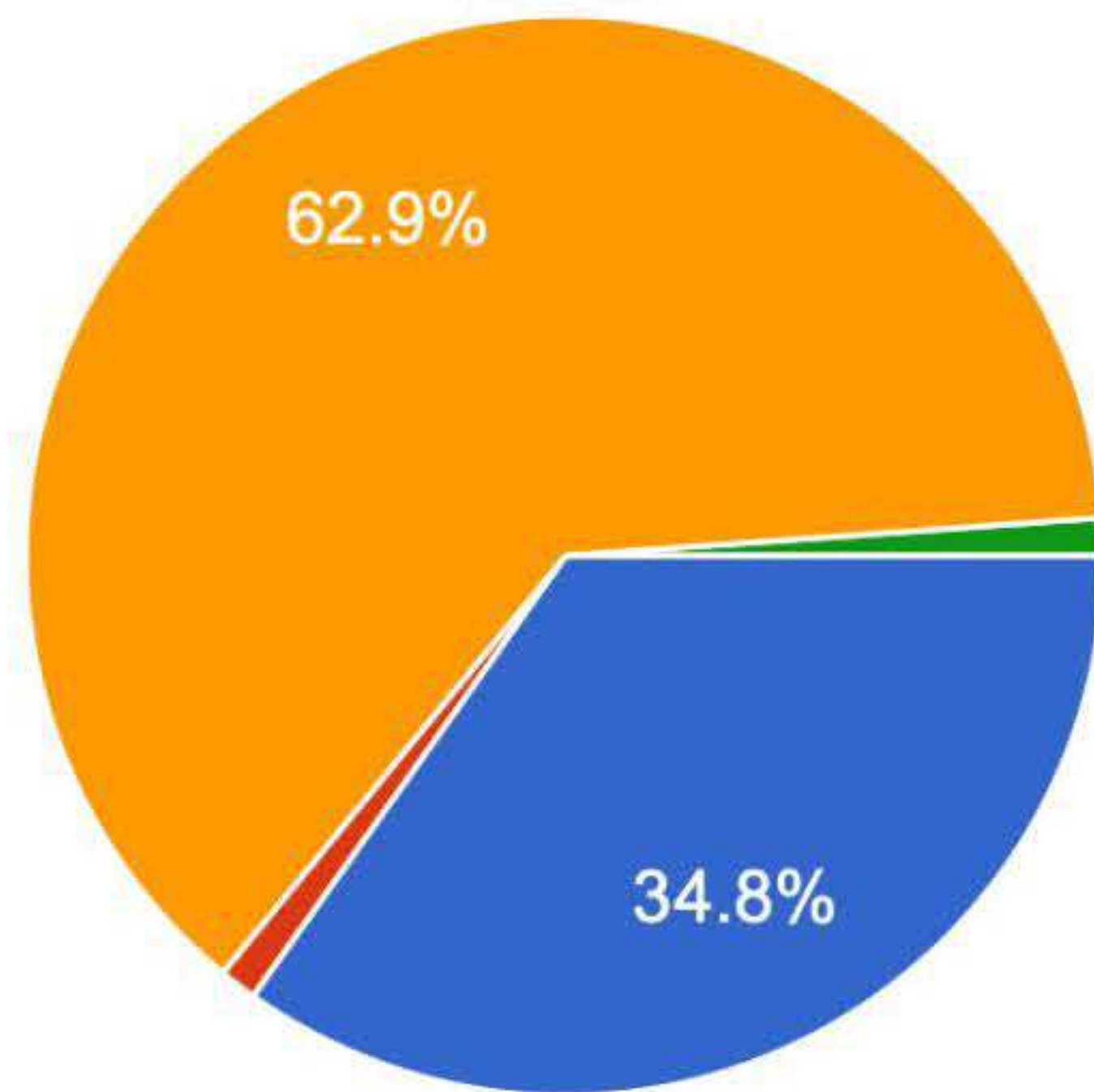
92 responses



- They support the ban
- They are indifferent
- They oppose the ban
- They are frustrated by it

# Have you noticed any changes in your child's behavior or focus at home since the new phone policy?

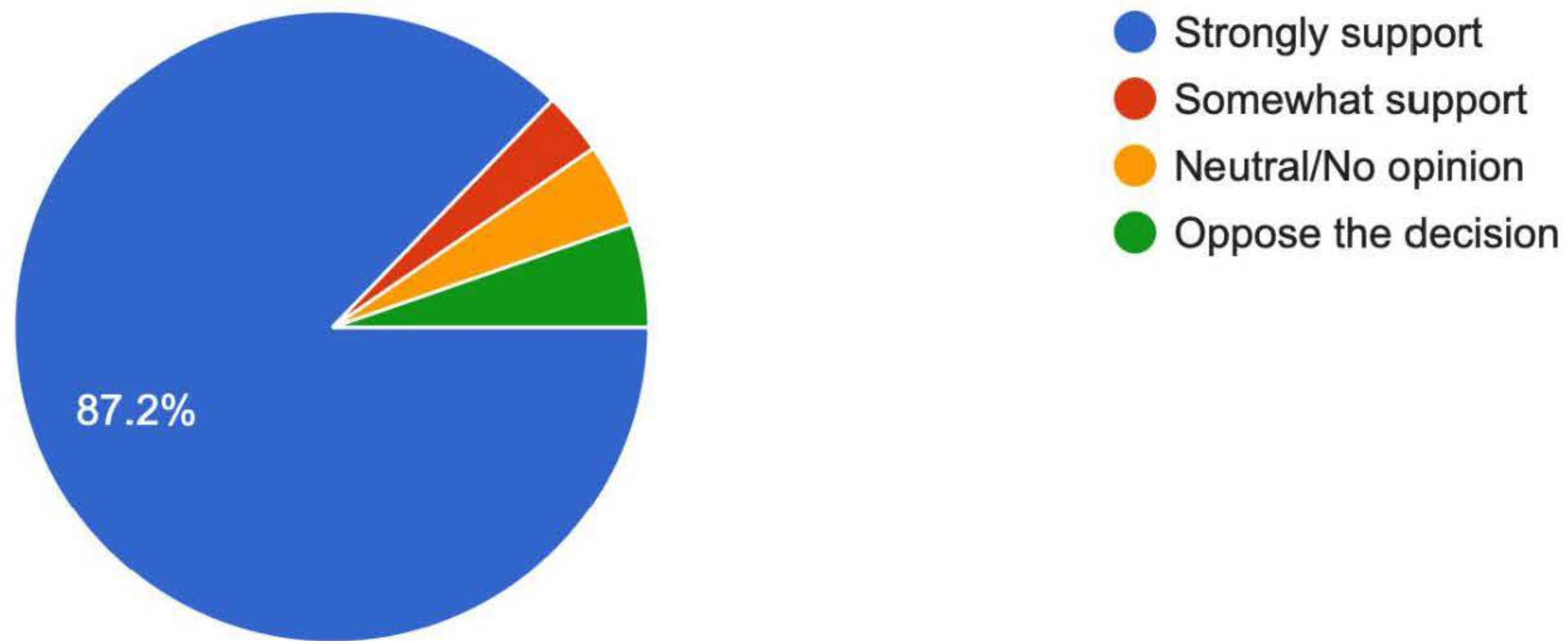
89 responses



- They are more focused and present
- They are less focused and more distracted
- No noticeable changes in behavior
- They seem frustrated or restless

# What is your opinion on the school's decision to have a new phone policy during school hours?

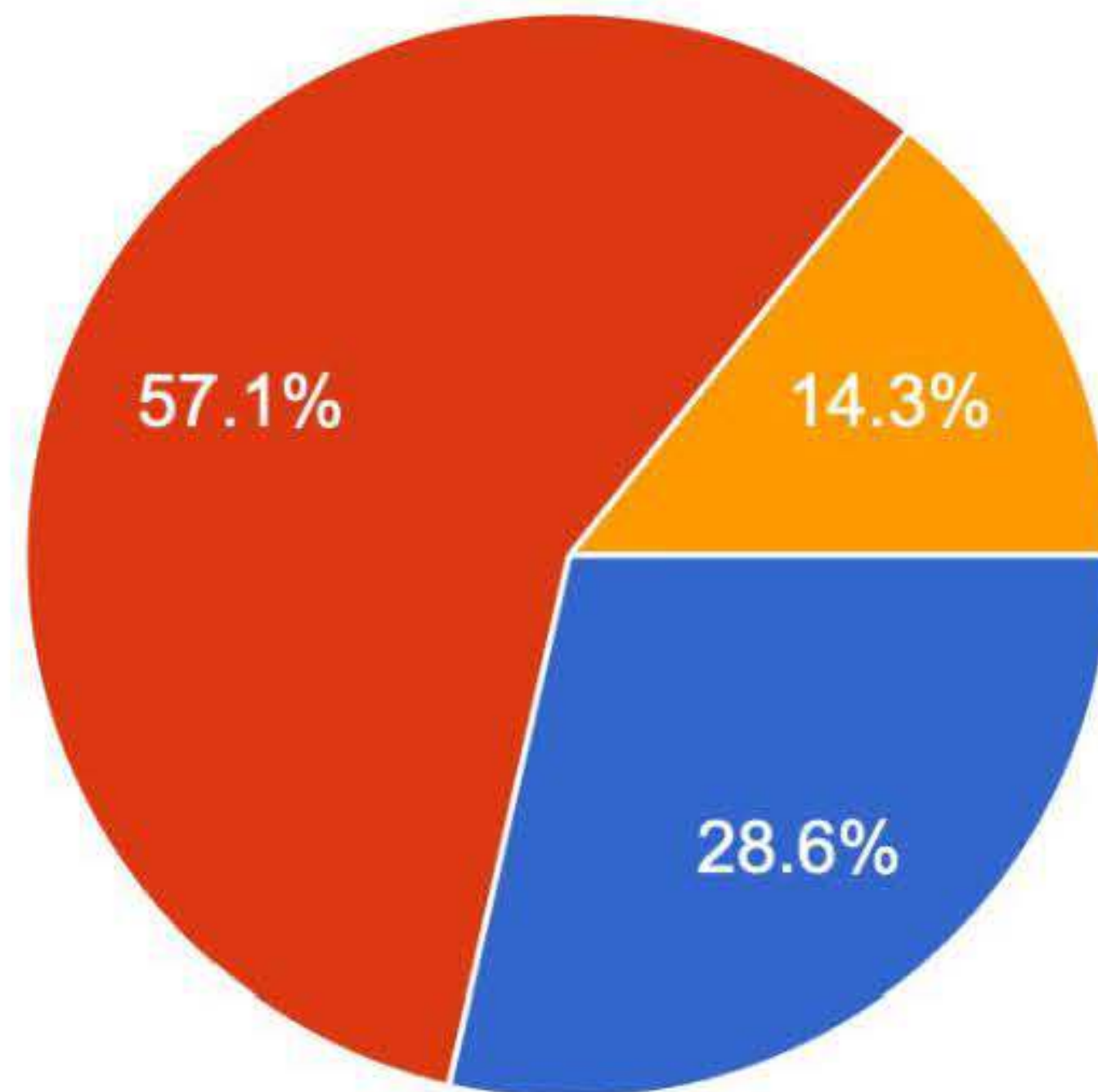
94 responses



# **Voices4Youths Teachers Survey**

# How have you noticed students' behavior change since the new phone policy was introduced?

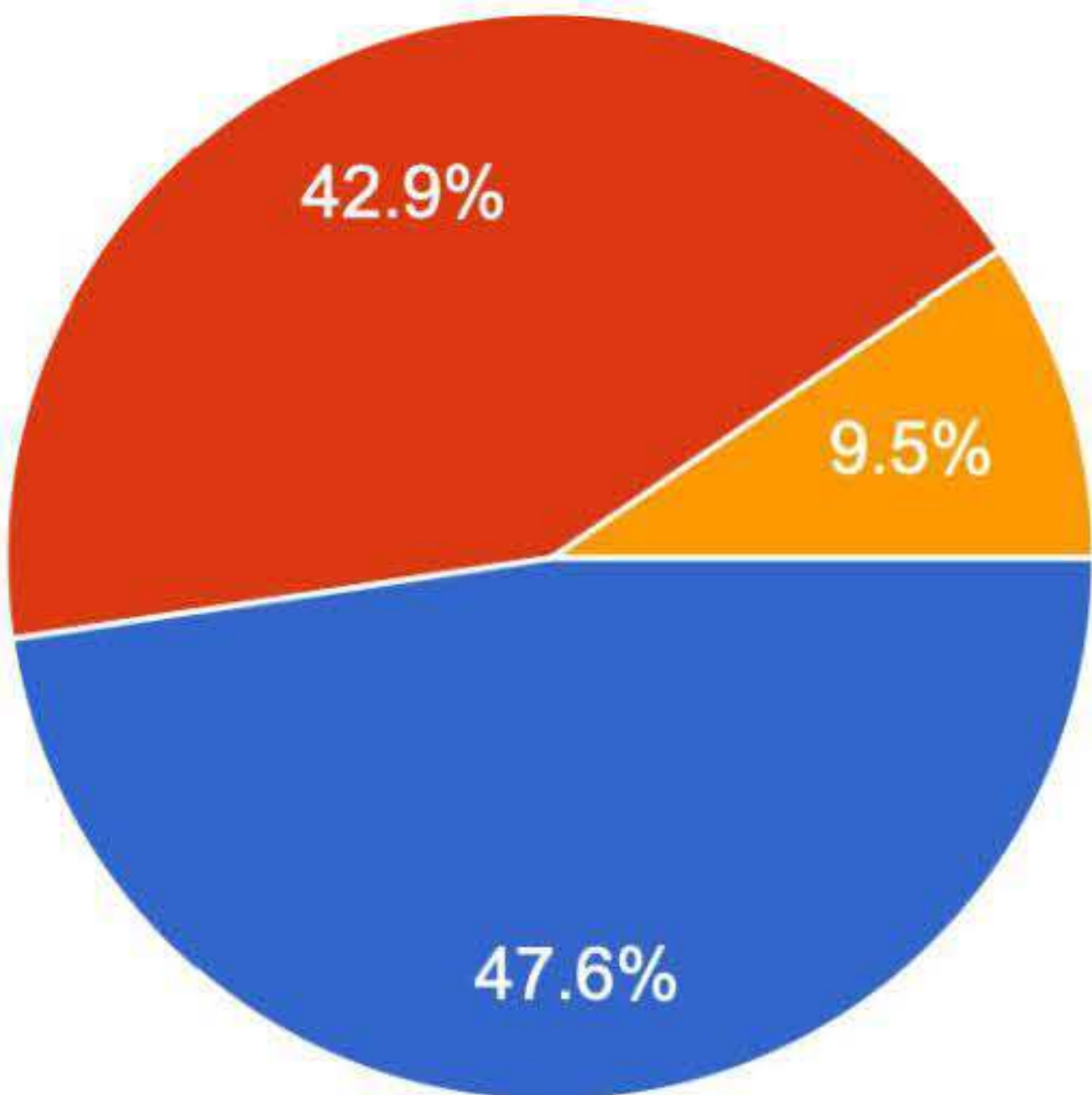
21 responses



- Significant improvement in focus and behavior
- Some improvement, but not consistent
- No noticeable change
- Behavior has worsened

In your experience, how have students' attention and engagement in class changed since the new phone policy?

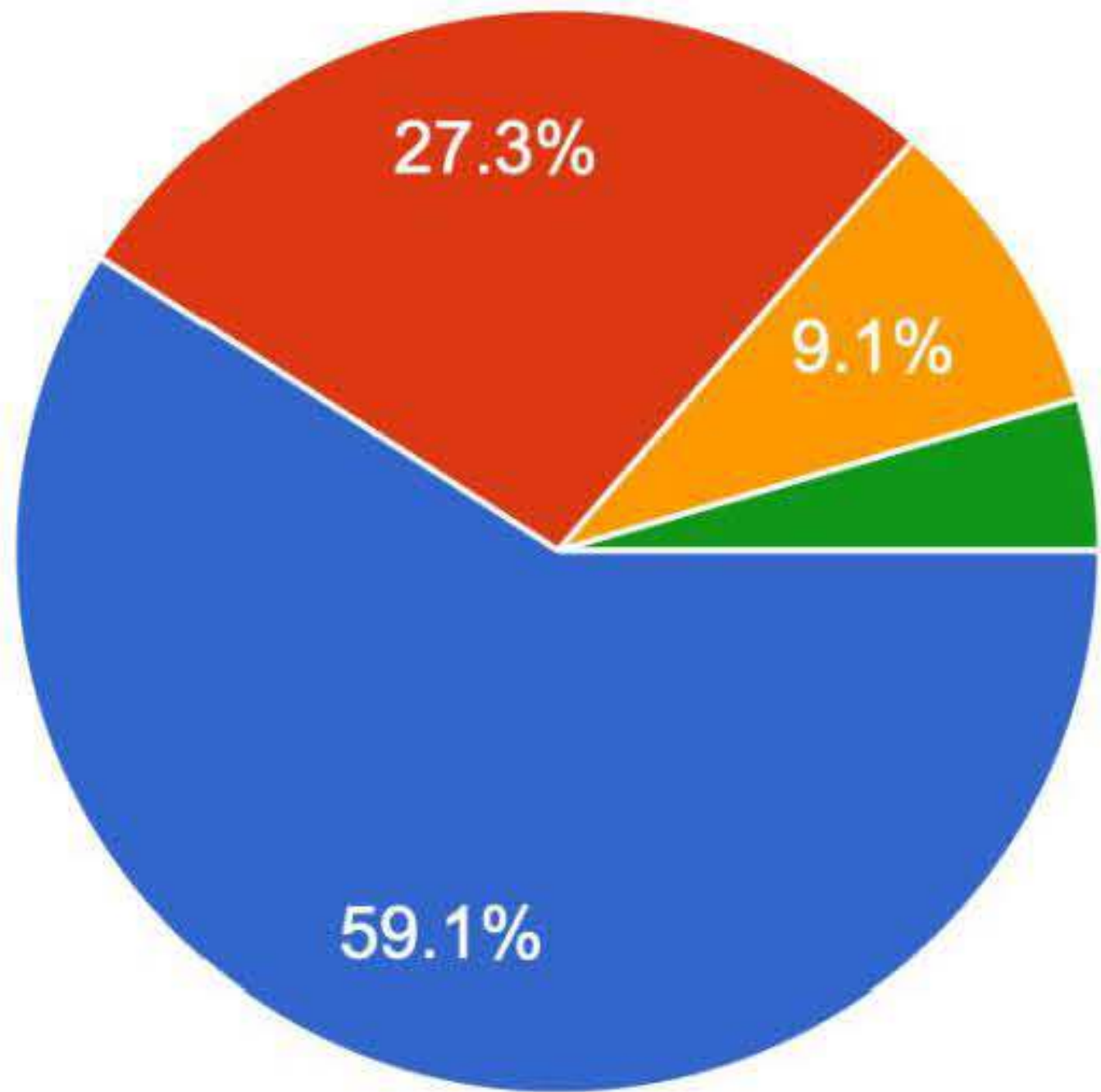
21 responses



- Attention has greatly improved
- Slight improvement in engagement
- No change
- Engagement has decreased

# How often do you observe students attempting to use their phones despite the guidelines?

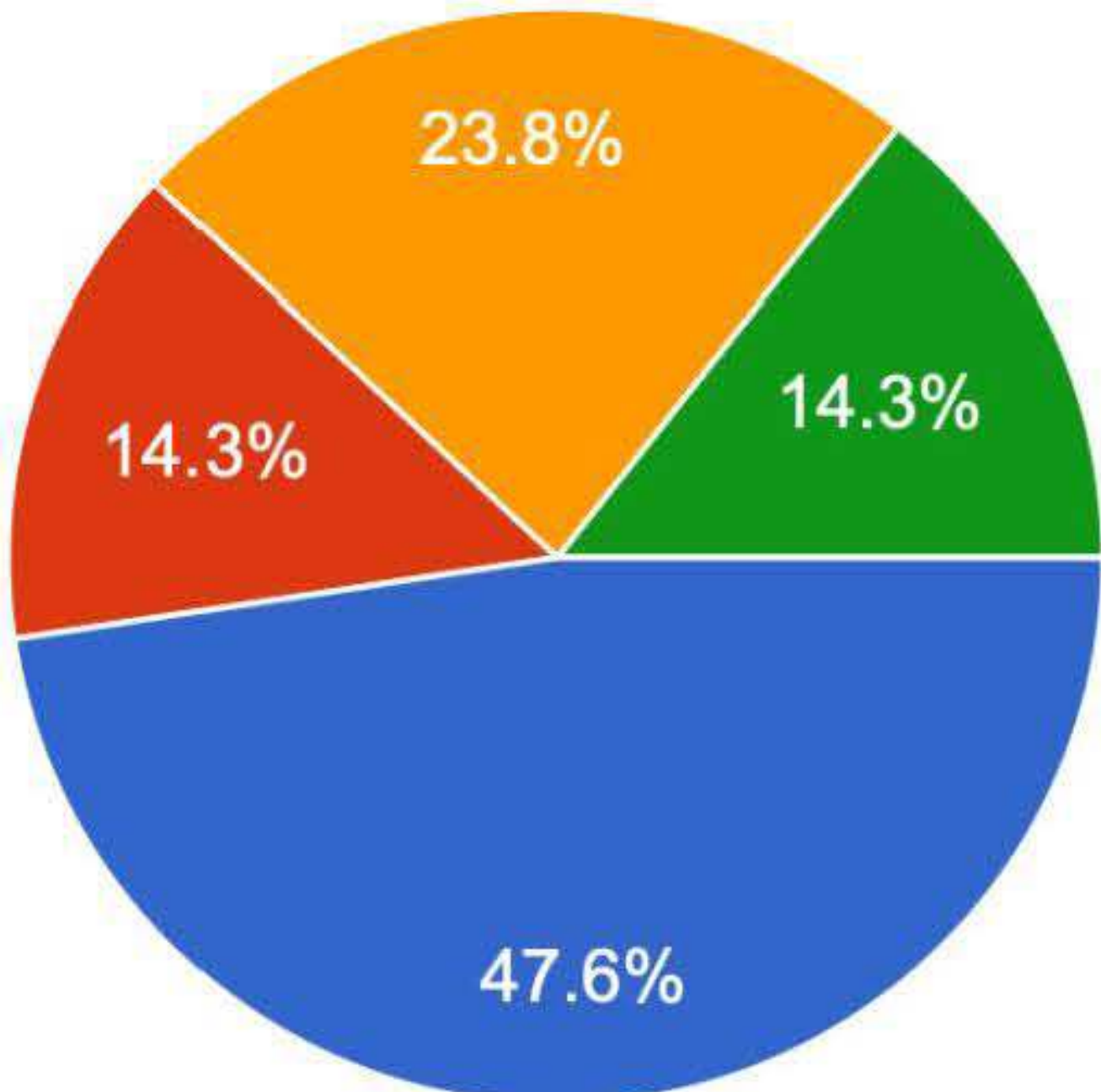
22 responses



- Rarely, almost never
- Occasionally, but manageable
- Frequently, during breaks or hidden in class
- Constantly, the ban hasn't had much effect

# From your perspective, how do phones impact students' academic performance when they are allowed?

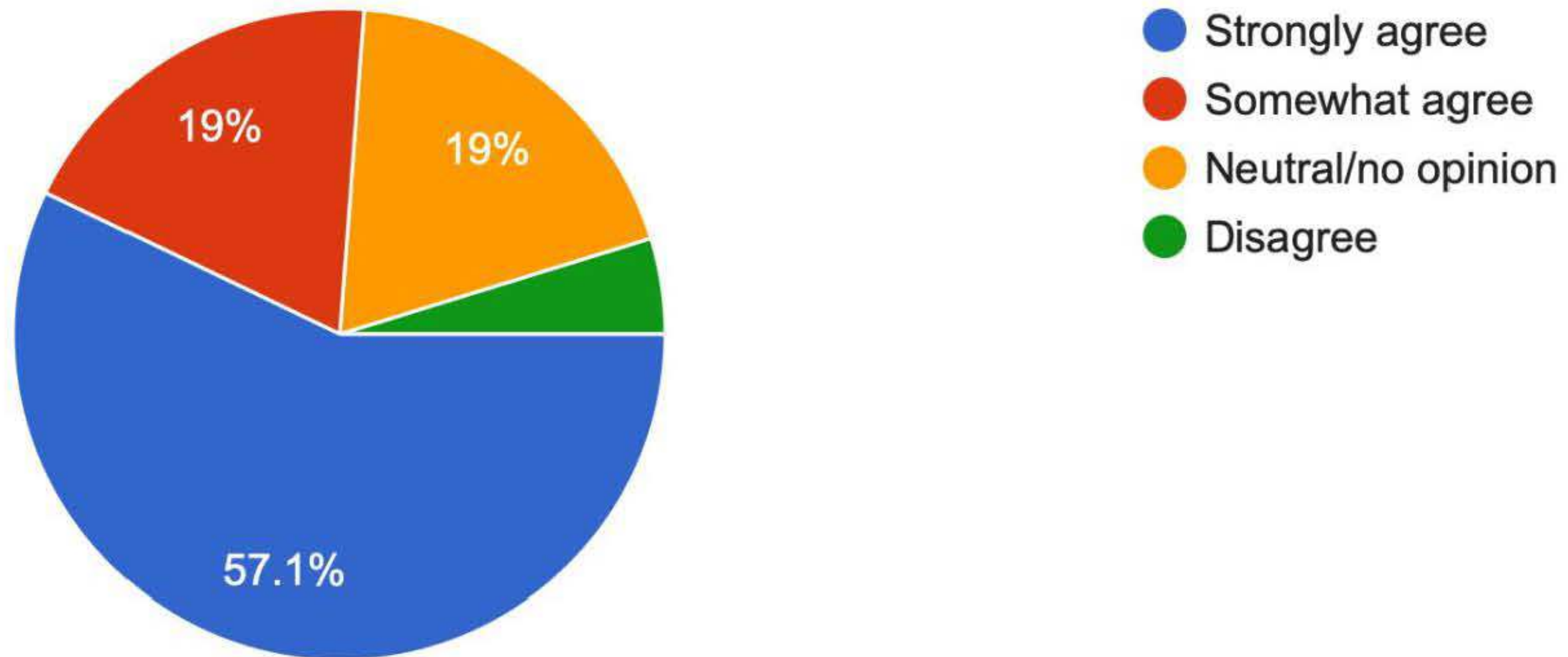
21 responses



- Phones significantly lower academic performance
- Phones have a minor negative impact on performance
- Phones have no clear effect on performance
- Phones sometimes improve performance for certain tasks

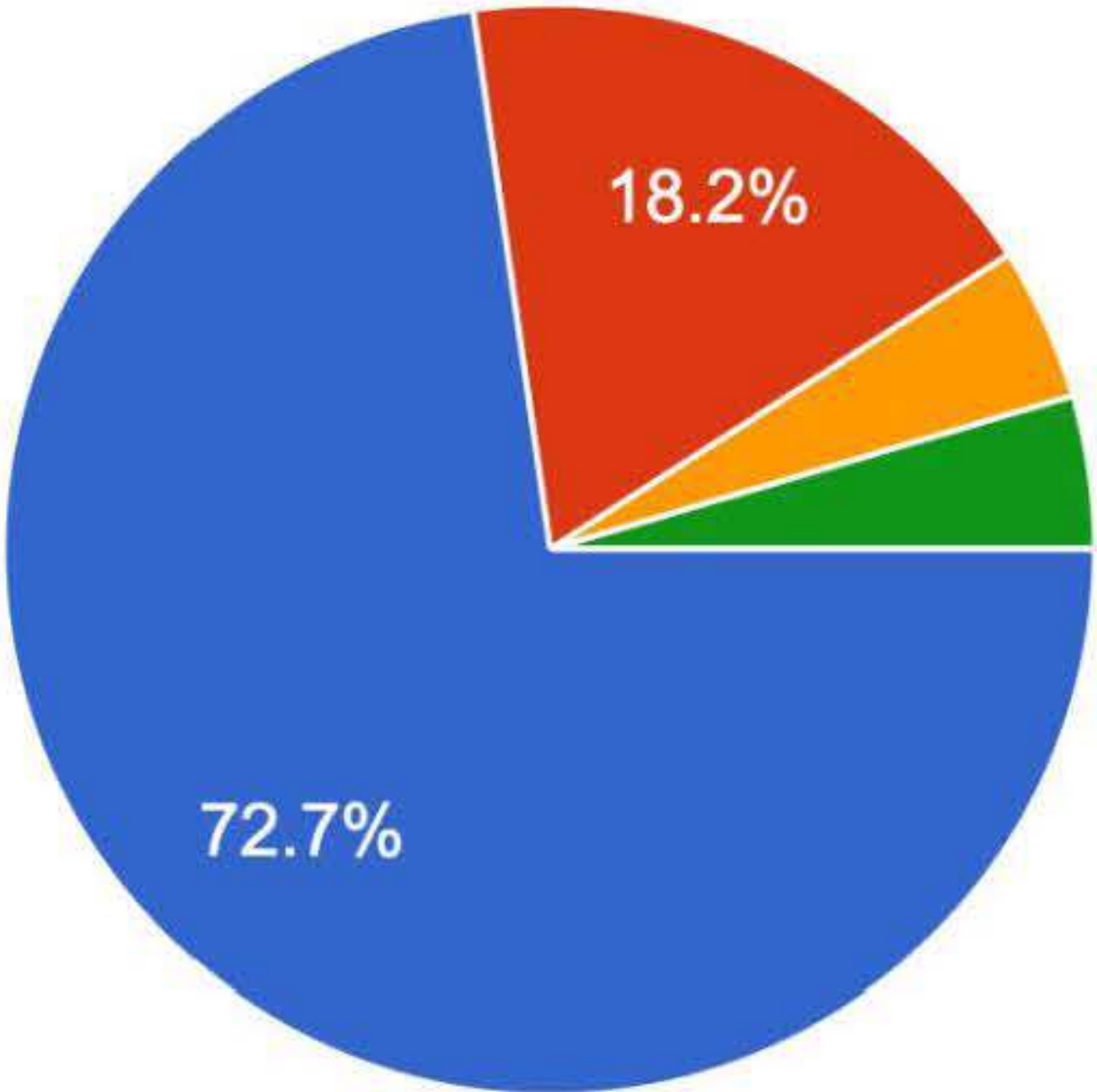
Do you feel the new phone policy has positively impacted the classroom learning environment?

21 responses



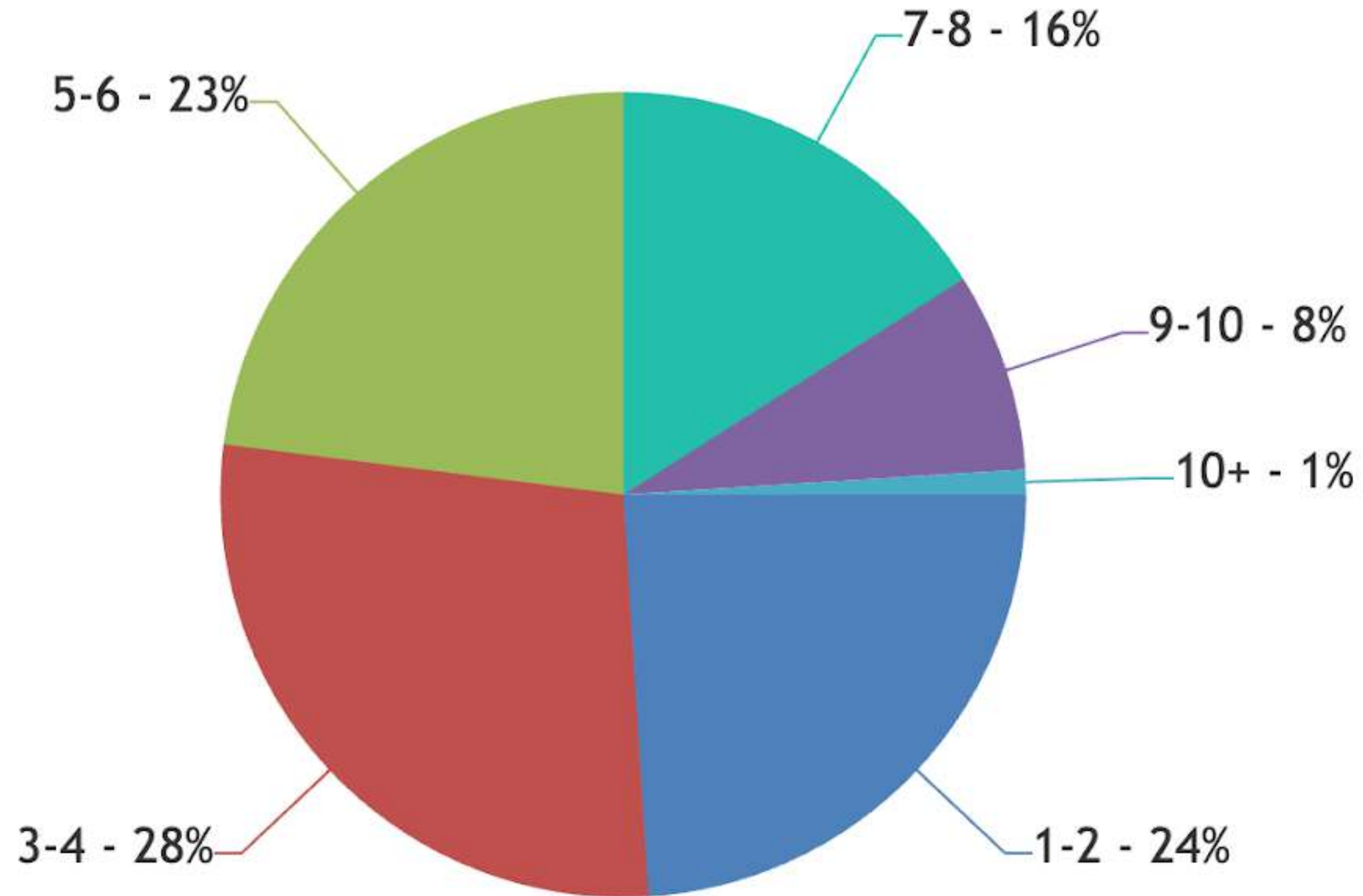
# In your opinion, what is the best strategy for managing phone use in schools?

22 responses



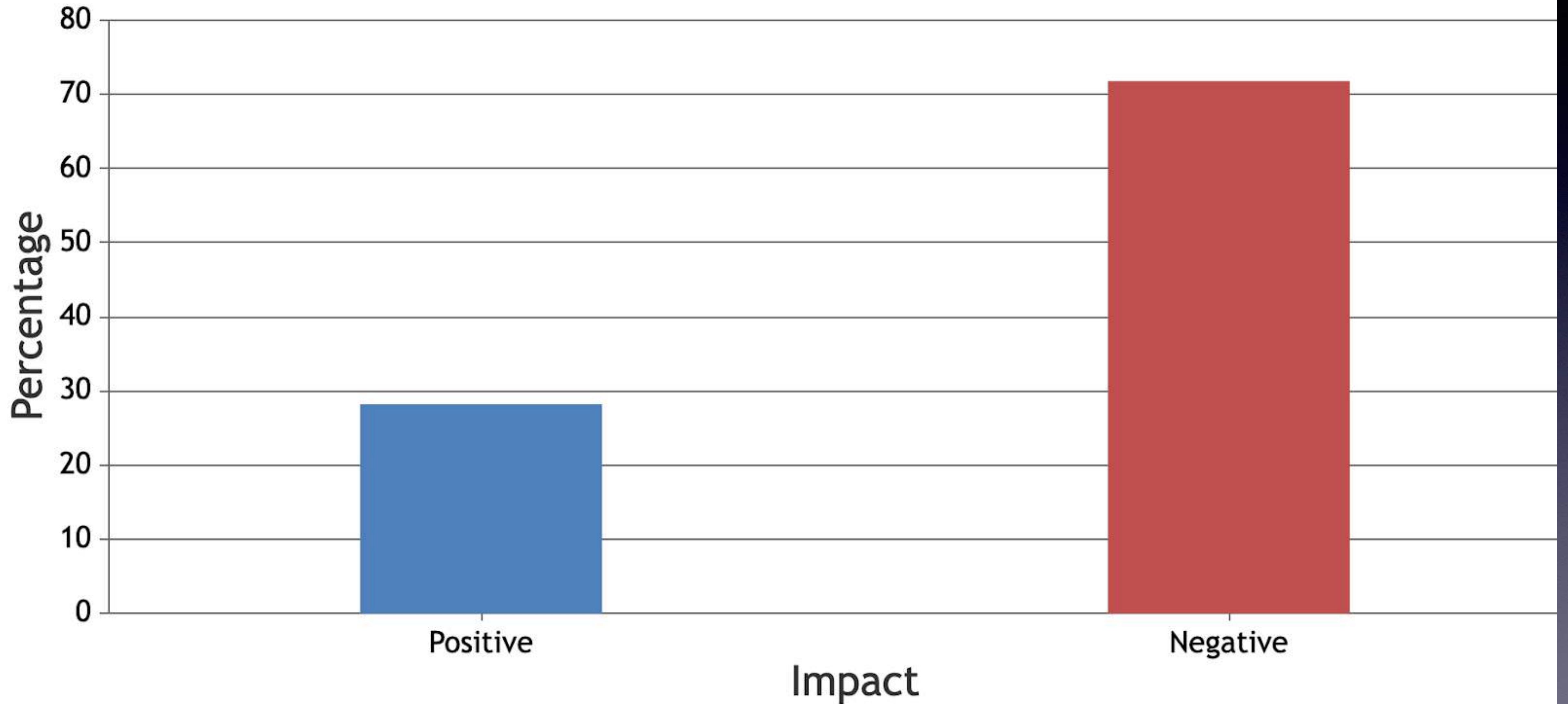
- Complete ban on phones during school hours
- Allow phones only during breaks
- Allow phone use for specific educational activities
- No restrictions, let students self-regulate

# Student Daily Phone Use (in hours)

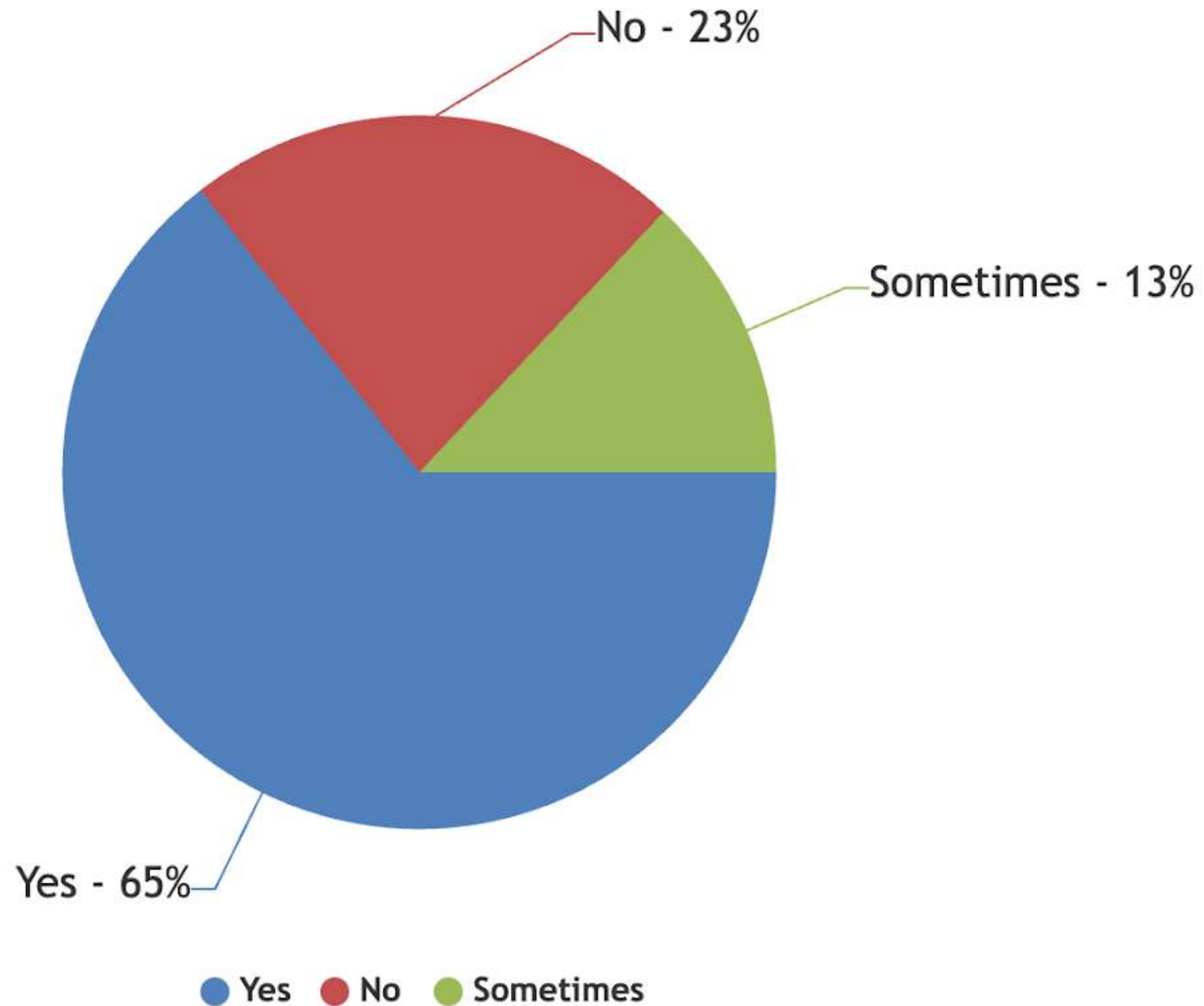


● 1-2 ● 3-4 ● 5-6 ● 7-8 ● 9-10 ● 10+

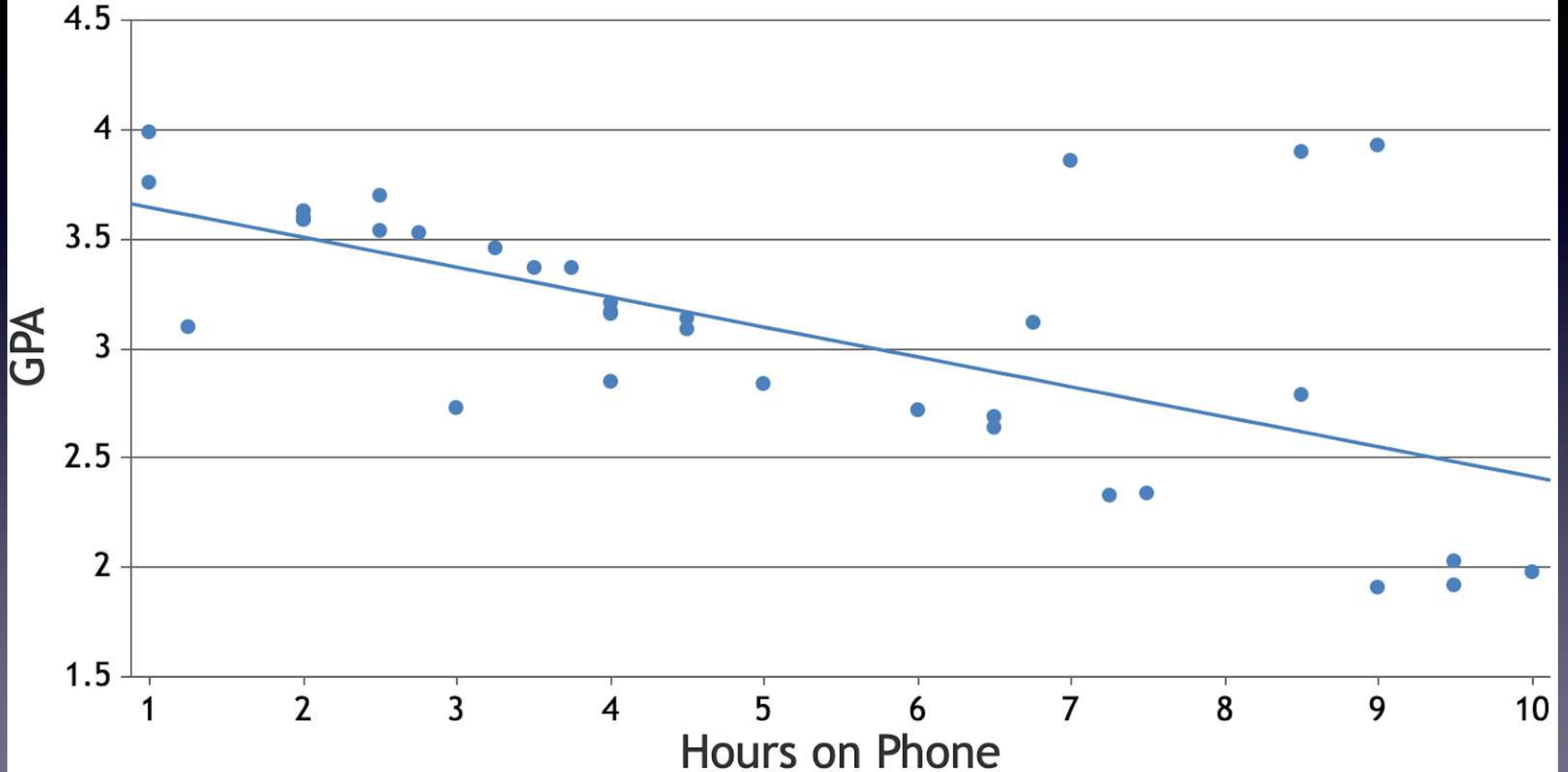
# Is Social Media Positive or Negative



# Do Phones Distract from School Work



# Impact of Phone Use on GPA





# Technology and Your Tween/Teen

Sloan Walsh and Jamie Given

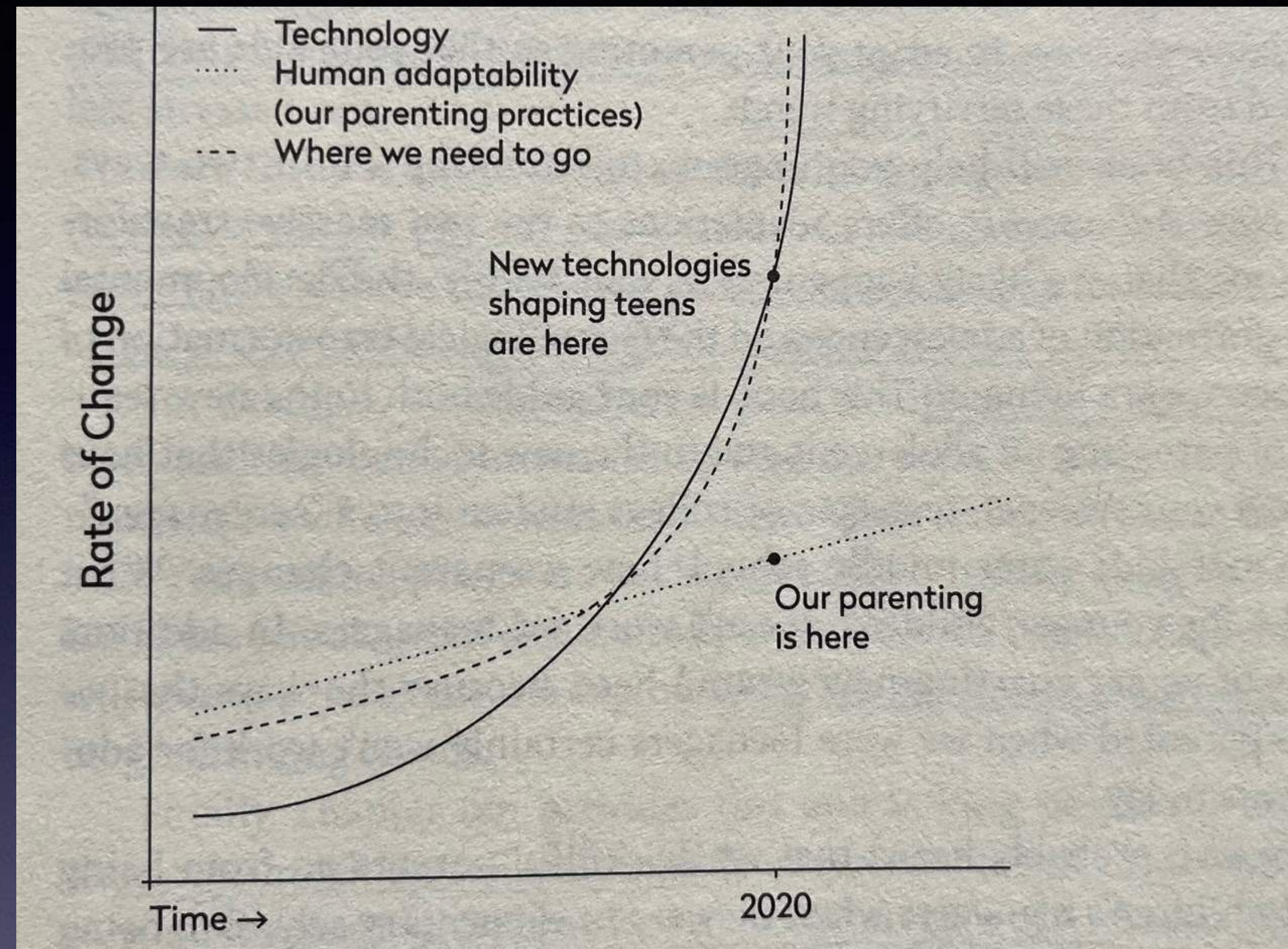


# Remember Why You're Here

Our Children's Overall Wellbeing



Parents Need to Be:  
Informed  
Vigilant  
Intentional



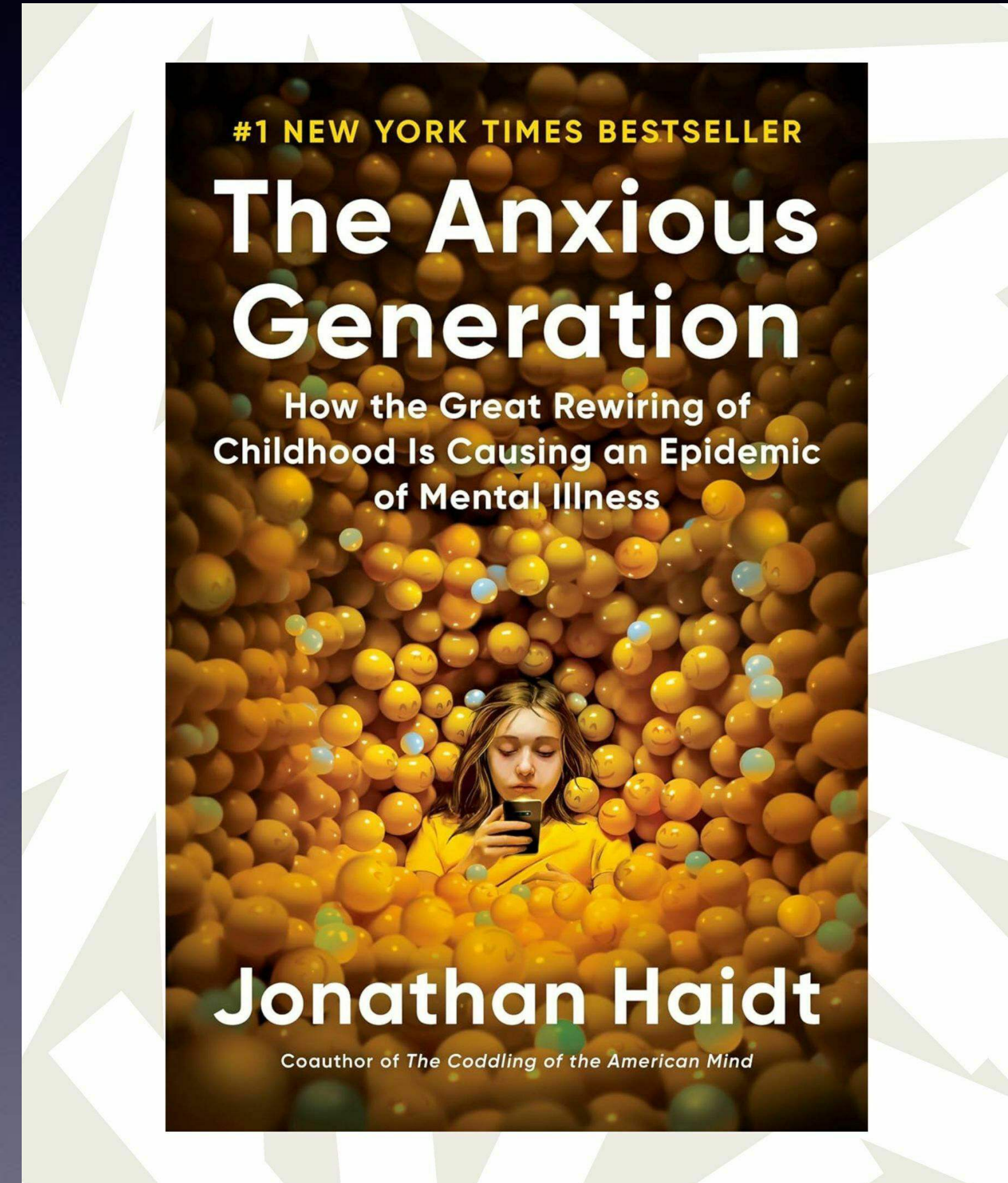
“Our world is being reshaped faster-way faster-  
than we have been able to reshape our parenting.  
It’s no surprise that the kids are feeling unmoored.”  
Christine Carter *The New Adolescence*

# Main Concerns

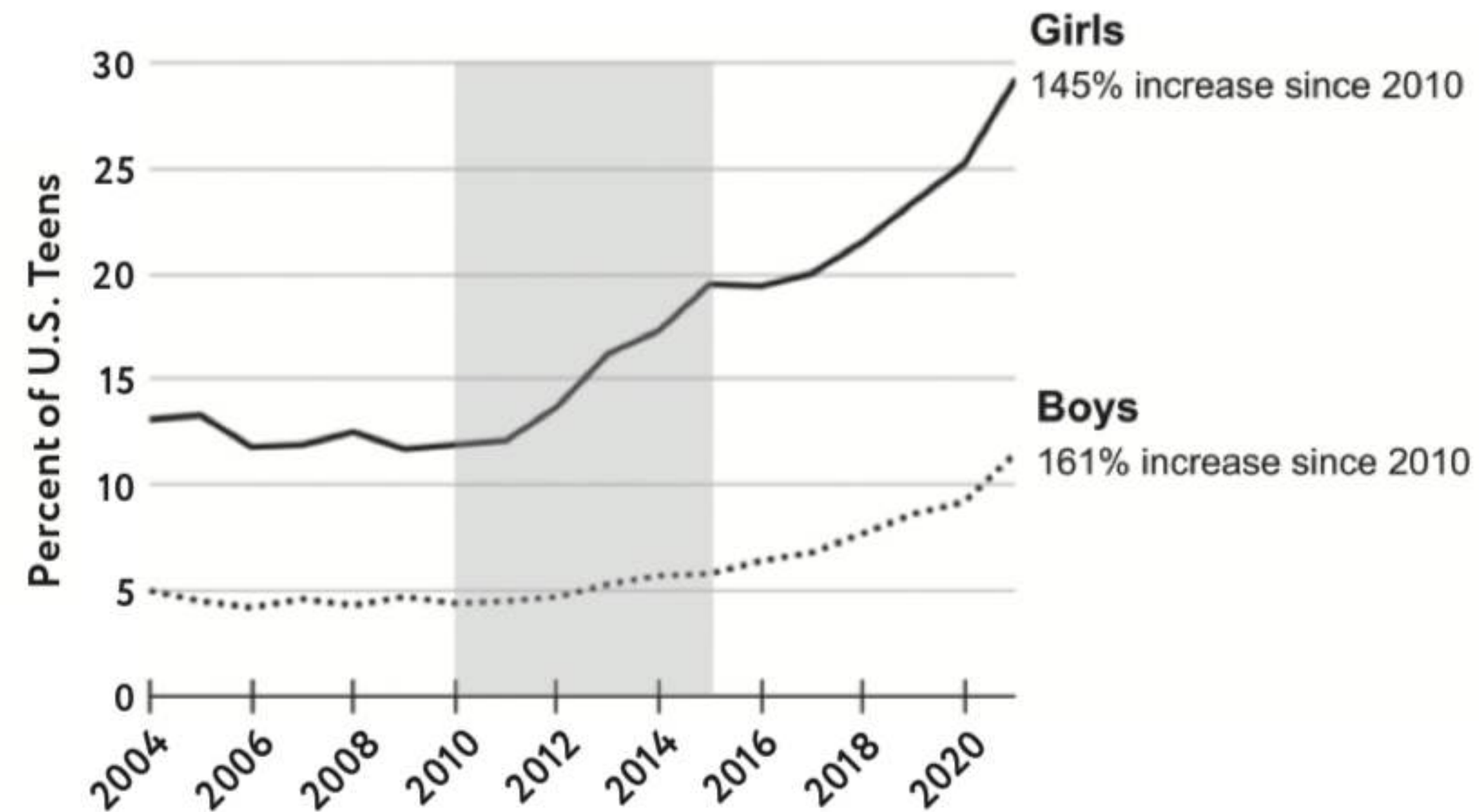
- Addictive Aspects (dopamine surges)
- Shifting of Attention (increases ADHD symptoms and decreases learning)
- Constant Stimulation and Entertainment (increases boredom and decreases creativity)
- Exposure to Adult Content
- Social Media
- Gaming
- Safety (predators)
- Anxiety and Depression

# Two Big Mistakes

- Overprotecting children in the real world where they need to learn from vast amounts of direct experiences.
- Underprotecting children online where they are particularly vulnerable during puberty.



## Major Depression Among Teens



**Figure 1.1.** Percent of U.S. teens (ages 12–17) who had at least one major depressive

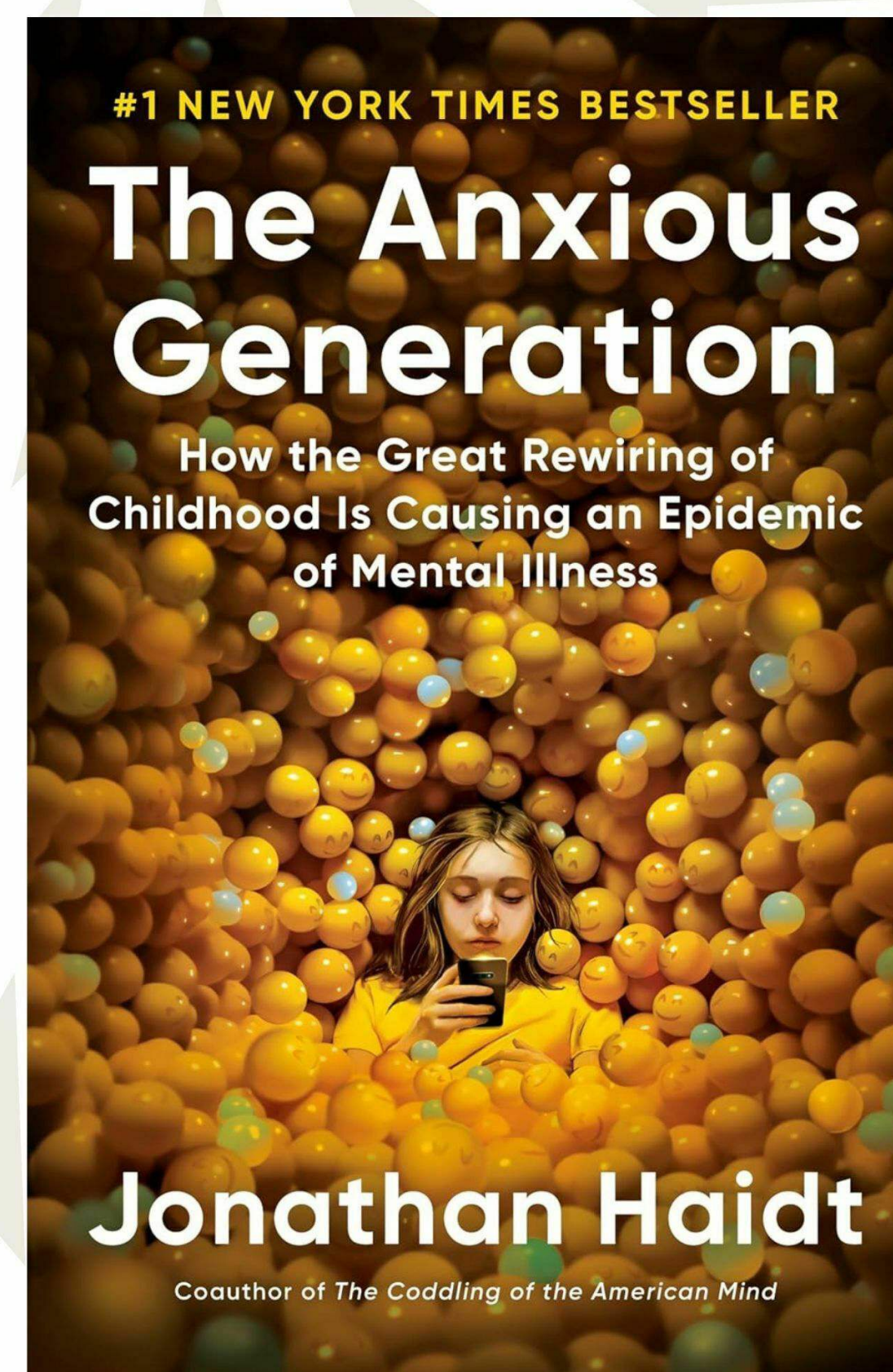
“You can see a sudden and very large upturn in major depressive episodes, beginning in 2012.”

“The first generation of Americans who went through puberty with smartphones in their hands became more anxious, depressed, self-harming, and suicidal.”

Jonathan Haidt [The Anxious Generation](#)

# Four Foundational Reforms

- No smartphones before high school
- No social media before 16
- Phone-Free Schools
- More unsupervised play and childhood independence



# Wait to Give Your Child a Smartphone

- And wait to allow Social Media



# Statistics on Screen Time

- 2012 41% of teens had smartphones
- 2023 95% of teens have smartphones
- Non-school related screen time among teenagers doubled from 3.8 hours per day to 7.7 during the pandemic
- 2012 34% of teens used social media once or more a day
- 2023 90% of teens used social media multiple times a day
- 2012 30% of teens played video games online
- 2023 85% of teens played video games online

# More Stats

- 68% pre-teens are on Social Media
- 93% of tweens/teens use YouTube
- 75% of tweens/teens currently use Instagram
- 67% of tweens/teens use Snapchat
- 63% of teens use TikTok
- 67% of teens say they know how to hide what they do online from parents
- 43% of teens say they would change online behavior if they knew their parents were watching them

What to do!

First, how  
plugged in are  
you?

Start with  
ourselves...



Build a strong  
relationship with  
your kid.  
We are Wired for  
Connection

“ We are wired for connection.  
It’s in our biology. From the time  
we are born, we need  
connection to thrive emotionally,  
physically, spiritually, and  
intellectually.

It’s actually hard science.  
Neuroscience, to be exact. “

B. Brown



# Next: The Healthy Mind Platter

Make sure to provide the  
Seven Daily Essential Mental  
Activities for a Healthy,  
Happy Life

02/05/2018

Dr. Dan Siegel - Resources - Healthy Mind Platter

## The Healthy Mind Platter

### The Healthy Mind Platter



*The Healthy Mind Platter for Optimal Brain Matter*

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#### Seven daily essential mental activities to optimize brain matter and create well-being

<b>Focus Time</b>	When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
<b>Play Time</b>	When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
<b>Connecting Time</b>	When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
<b>Physical Time</b>	When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
<b>Time In</b>	When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
<b>Down Time</b>	When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
<b>Sleep Time</b>	When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

# Taking Our Day Back!

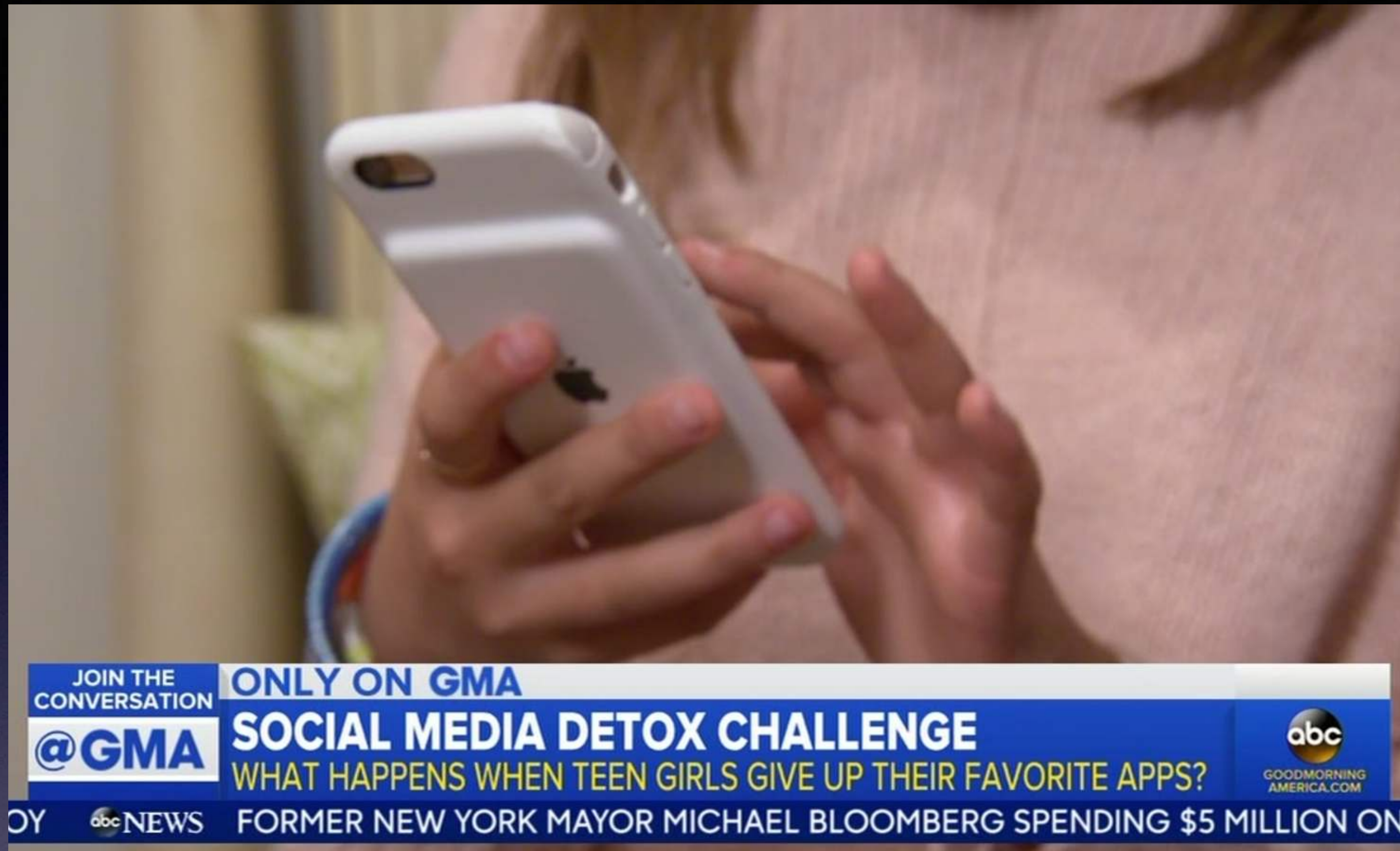
- Identify Non-Screen Times
- Identify Allowable Screen Times with Time Limits
- Devices in Central Spaces
- Designate Turn-On and Shut-Off times
- Charging Stations in Central Spaces





# The Drug-Like Effect of Screen Time on the Brain

Screenagers



JOIN THE  
CONVERSATION

@GMA

ONLY ON GMA

**SOCIAL MEDIA DETOX CHALLENGE**

WHAT HAPPENS WHEN TEEN GIRLS GIVE UP THEIR FAVORITE APPS?

abc

GOODMORNING  
AMERICA.COM

YOY

abc NEWS

FORMER NEW YORK MAYOR MICHAEL BLOOMBERG SPENDING \$5 MILLION ON

# Social Media Experiment

GMA

# Potential Positive Effects of Social Media

- Community Building
- Relationship Building
- Communication
- Emotional Support
- Self-Expression
- Education/enrichment



# Potential Negative Effects of Social Media

- Anxiety and Depression
  - The Highlight Reel
  - Social Currency
  - FOMO
  - Online Harassment



# Potential Negative Effects (continued)

- Disrupted Sleep
- Body Image Issues
- Addiction
- Increased Boredom and Missing Meaningful Experiences



# Social Media is Neither Good nor Bad

It is the latest tool we are using to do what we've always done: connect,  
tell stories, etc.

What we are really talking  
about is the dark side of  
~~Social Media~~  
People



Abstinence may not an option but you  
can “Practice Safe Social”

# Gaming

- “Desensitization is really useful in certain circumstances in the general population; but it’s actually a really bad thing to be desensitized because it make you undervalue other people’s pain.” Douglas Gentile, PhD



# Why Kids Game

- To have fun
- To escape
- To socialize
- To feel a sense of measurable progress
- To feel a sense of challenge and purpose



# What Parents Can Do

- Never tell your kids they are addicted!
- Become curious about children's gaming~ What games, how they work, what they like about them, sit with them and show interest
- Bring awareness to how they feel after gaming
- Recognize the risks for binging (COVID, weekends, school breaks)
- Find replacement activities for the reason why they play



# The Key is to develop in ourselves and our children

- Well rounded, healthy lifestyles full of connection, nature, creativity, rest, passion and joy



