Achieving Digital Well-being in a Digital Age
Keeping kids safe, happy, and healthy in the digital age.

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This brave new world isn’t easy for parents.

Video Source: https://commonsensemedia.org
What are your biggest concerns about digital media?

What are some of digital media's strengths?
How do we help parents use media in balance as a family, find quality content, set expectations around healthy use to prevent conflict, and raise media savvy consumers and creators?
How do we help educators see the value of digital media, be mindful of digital citizenship and literacy practices and raise media savvy consumers and creators?
For Families: All About That Balance

Ask parents — is your child:

- ✔ Physically healthy and sleeping enough?
- ✔ Connecting socially with family and friends (in any form)?
- ✔ Engaged with and achieving in school?
- ✔ Pursuing interests and hobbies (in any form)?
- ✔ Having fun and learning in their use of digital media?

Source: "New screen time rules from the American Academy of Pediatrics," Sonia Livingstone
Set Families Up For Success

What are best practices around digital media and devices?

- Use media with kid.
- Know own rules.
- Set expectations and rehearse.
- Connect media to real life.
- Talk about commercials and other advertising.
- Encourage creation as well as consumption.
- Talk about digital citizenship.
- Model the media behavior you want to see in your kids.
Since they’re using it...

What should kids should get out of digital media?

A. Fun
B. Learning
C. Connection
D. I just don’t want it to mess them up!
Be Choosy

Choose
Help kids make better choices.

Check
Check what they're doing.

Chat
Follow up with a chat.
Declaring Independence

As kids get older, they go their own way
What was most important to you as a tween?

A. Friends
B. Family
C. Fitting in
D. Self-expression
E. All of the above?
Same child development, more powerful tools.
Adults don’t get it. They think I’m addicted to technology — but I’m not.

I’m addicted to my friends.

Common Sense Media Focus Groups, 2014.
Be the training wheels
BOYS ARE FROM XBOX, GIRLS ARE FROM INSTAGRAM

Average daily time used for social media and gaming is strikingly different.

**TWEENS**

- **Video Games**: 43 mins.
- **Social Media**: 6 mins.
- **Games**: 26 mins.

**TEENS**

- **Video Games**: 56 mins.
- **Social Media**: 52 mins.
- **Video Games**: 7 mins.
- **Social Media**: 1 hr. 32 mins.

For Educators: All About Using it Meaningfully

Ask Educators — are your students:

- Finding Learning Meaningful and Purposeful
- Engaging in the 4 C’s
- Increasingly Engaged with the content
- Finding learning more accessible?
- Able to see instant feedback
- Practising being media savvy?

Source: "New screen time rules from the American Academy of Pediatrics," Sonia Livingstone
Romoland Story...
Myth or Truth?

Social media alienates kids.

Myth!

84 percent of boys who play networked games with friends feel more connected when they play online

68 percent of teen social media users have had online friends support them through tough or challenging times

50% of teens are addicted to social media

Fact!

According to a research study conducted by the Common Sense Media project, 50% of teens are addicted to social media. Many of us can relate - it can be hard to stop.

Myth or Truth?

Parents spend less time on devices than kids/teens

Myth!

Parents spend 9:22 with screen media daily, including for personal and work use. 7:43 of that time is devoted to personal screen time. Tweens spend an average of 6 hours/day and Teens an average of about 9 hours/day on screens.
40 percent of college admissions officers check applicants' social media profiles.

Fact!

According to a research study conducted by the Common Sense Media project, 40 percent of college admission officers check applicant’s social media profiles. This is completely legal!

In recent years, students have faced disciplinary consequences for using offensive language and images in private group chats—including having admissions decisions reversed.

Myth! or Truth?

5% of 2nd-3rd grade students report that they used the Internet to talk to people they do not know

Myth!

13% of 2nd-3rd grade students report that they used the Internet to talk to people they do not know

11% of those kids say that they were asked to describe private things about their bodies.

Myth or Truth?

41.4 percent of apps are authorized to track the locations of users, even when running in the background.

Fact!

According to a business and marketing company called brandongaille.com, 41.4 percent of apps are authorized to track location of users, even when running in the background.

The most popular password in 2015 was ‘We!IC@m3’

Myth!

According to a CBS article, the most popular password was simply ‘password’ followed by ‘123456’
Social Media Mashup

Go to Menti.com and enter code:
Social Media Red Flags

- Age-inappropriate content
- Public default settings
- Location tracking and sharing
- Real-time video streaming
- Ads and in-app purchases
- "Temporary" pics and videos
- Subpar reporting tools
- Anonymity
- Cyberbullying/negative culture
Self-reflect Before You Self-reveal! Protect your Digital Footprint!
Privacy Settings

Posts are Private

Turn privacy ON to approve follow requests. Your existing followers won't be affected.

Private Account

When your account is private, only people you approve can see your photos and videos on Instagram. Your existing followers won't be affected.
Keyboards Can Make Us Careless and Cruel

It's never too early to talk to your kid about digital citizenship, being kind online, and calling out cruelty!
Approach to Bullying

Report abuse
Encourage "upstanding"
Collect proof
Involve others
Limit online access

Keeping Our Kids Safe

Worst-case scenarios exist, but they are not the norm!

- 20–54% of teens have sent or posted sexy pictures of themselves. Most sexy pictures are sent to a significant other.
- 51% of girls say they felt pressure from a guy to send sexy pictures.
- 30-40% of teens say nude photos are shared beyond intended receiver.
- 9% of kids receive unwanted online sexual solicitations (as of 2010).
- 4% of kids have online interactions where a predator attempts to make contact offline.

GuardChild citing Pew Internet and American Life Project, National Campaign to Prevent Teen Pregnancy, Cox Communications Teen Online and Wireless Safety Survey, YISS study
Have you used Common Sense Media?

- Internet Safety
- Privacy & Security
- Relationships & Communication
- Cyberbullying & Digital Drama
- Digital Footprints & Reputation
- Self-Image & Identity
- Information Literacy
- Creative Credit & Copyright

For Families: Common Sense Media.org

Go to www.Common Sense Media.org

Go to www.CommonSenseMedia.org

Family Media Agreement

I, __________________, will:

... take care.

☐ I will take care of the device I’m using and tell my family if it’s broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.

☐ Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.

Use the search box on commonsense media website to search for:

Family Media Agreements

☐ Whenever I use, reference, or share someone else’s creative work online, I will give proper credit to the author or artist.
Movies and TV Shows for Your Kid

Choose topics, set content limits, and more.

Filter by streaming service and flag iffy content.

New in Theaters

Spider-Man: Into the Spider-Verse
age 9+

Mirai
age 8+

Ralph Breaks the Internet
age 8+

In Search of Greatness
age 8+
Go to www.Common Sense Media.org

For Educators: Check Out Lesson Plans

New K-12 lessons available on August 12!

Digital Citizenship Curriculum

These new and revised lessons, based on our original K-12 Digital Citizenship Curriculum, take on timely topics for school communities, support teachers with improved classroom tools, and prepare students to take ownership of their digital lives. Learn more.

Filter by grade: All available grades

- Media Balance & Well-Being
- Privacy & Security
- Digital Footprint & Identity
- Relationships & Communication
- Cyberbullying, Digital Drama & Hate Speech
- News & Media Literacy

Model
Be a media mentor and set the standard.

Monitor
Use limits, not lectures, and be up front about checking their media use.

Mediate
Be ready to step in if necessary, but let teens make some choices on their own.
Instead of shutting it all down, build it up!
When all else fails, tracking software might, too.

"Technology is going to help you," he says, "but it's not going to get away from the fact that you should be having more conversations about this with your kids."

Nick Shaw of Norton Security
Resources for Support

https://commonsensemedia.org

Sign up today for our tips and updates.

Tell other parents about our Parent resources.
Thank You
THANK YOU!
Keep in touch:
@TrPatel20
@SBCSS_Edtech
sonal.patel@sbcss.net