Social Media and the
Fight for Kids' Attention

About You

- Word Processor

- Personal computer

- Chat Room

- Pager

- iPod

- Smart Phone

- Who loves paper?

- Parents - ages

About Us

- ## Licensed Psychologists

    What we see in practice

- ## School Psychologists

    What we see in schools

- ## Parents

Today

What we already know

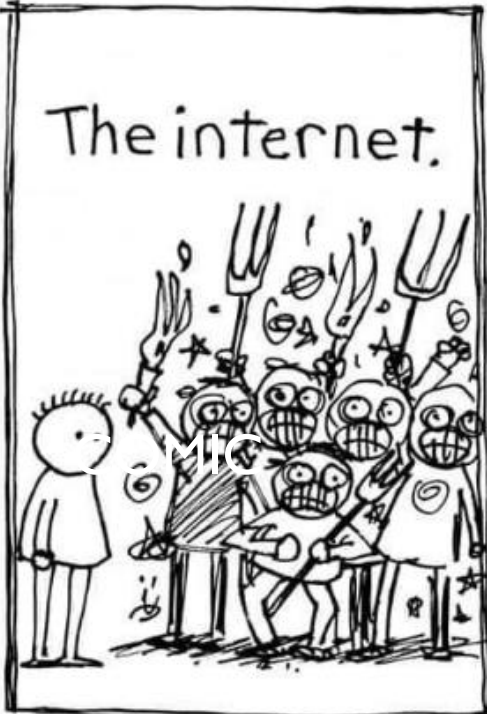What are we asking of children?

What do we want for students?

How to help

Screenshots of the electronics our personal devices have consolidated.

Finally the fourth ape! He is the sum of the first three: He sees nobody, hears nobody and speaks to nobody.

What we already know…

Technology

-Physical issues

-Overuse

- Reduction in other activities
(e.g. exercise, family time, etc.)

- Addiction (rewards the brain)

- Affect on social development

- Sleep disruption

- Exposure to negative content

Social Media

- Social Stress

- Poor self-image

- Mood disorders

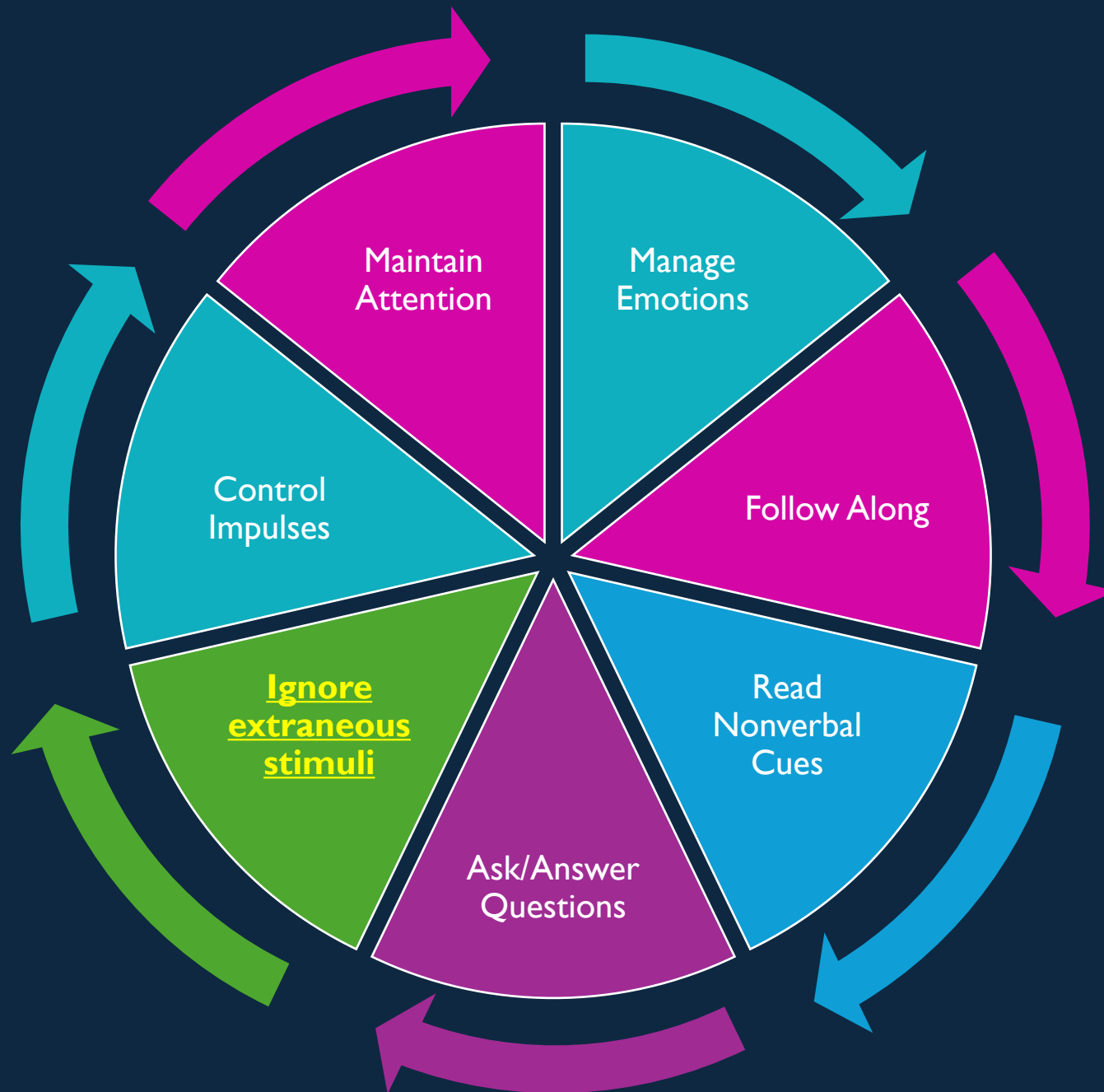- Bullying

Technology

- Information Access

- Increased Productivity

- Communication

- Time for parents

- Collaboration

- Flexibility

- Personalized learning

Etc.

Social Media

- Connectivity

- Communication

- Promote Social Causes

- Build Relationships

- Stay up to Date

- Awareness

What are we asking of children?

Support Attention (Reminders)

- Share your WHY

- Shorten work periods

- Quantify tasks (# of things to complete)

- Examples of final products

- Define their role in group activities

- Share your process out loud

- Find ways to practice thinking out a process and carrying it out

Increase Self-Awareness

Gently Reflect

- I can see you are becoming <u>(Feeling)</u>
- I can tell because you are <u>(Behavior you see)</u>
- Now would be a good time to <u>(Strategy)</u>
- Then we will talk about what to expect next

What do we want for students?

Independence

Healthy relationships

Creative thinking

Emotional regulation skills

Confidence

Antifragile/Grit

MORE...

MORE...

Rocks Balancing on boards

How to Help

Scaffold and Consider Development

What are we modeling

Developmentally appropriate communication

Facilitated activities targeting social interactions and communication skills

Increase Free Play

Experiential learning for managing situations and emotions

Controls (Firewalls/Parental)

Social Media Literacy

Conversation Topics

- Does social media mirror the real world?
- How do I know when information online is true?
- What does a "like" really mean?
- What is too much social media use?
- Which tools on social media platforms are the safest?
- How do I help prevent conflicts on social media (bullying)?
- How do we compare ourselves to what we see online?
- What if I see online discrimination?
- How can I talk about mental health safely?
- Why does social media exist?

Relationship with our devices

- Start with a simple question "Do I really need to do this right now?"

- Don't rely on willpower alone, set up the environment for success

- Make technology work for you and be intentional

Break the Behavior Chain

Relationship Development

Initiate

Maintain

Repair

Brainstorm alternatives with kids

Read	Walk outside	Would You Rather…
Empty box	Board Game	Draw/Color
Listen to music	Cook /Bake	Craft
Puzzle	Teach someone a game	Stare out a window
Write a letter	Ride a bike	Clean a room

Support for Parents

When do you need help?

How to find parental control resources?

Handouts or guidelines educators use (narrow it down)

Tips to Decrease Social Media Use

- Encourage mindful media use (not all content is created equally)
- Take the "mobile" out of your mobile devices
    - Leave the phone in another room
    - Keep the phone out of the bedroom
- Keep apps out of sight by removing them from phones or most-used devices
- Download apps that can limit the time spent on social media
- Find a hobby that does not require the use of screens
- Avoid taking the phone to family meals
- Turn off app notifications
- Remove all friends and follower's unknown in real life
- Ignore negative messages
- Take frequent breaks from social media / "tech breaks"
- Ask friends and family for help and support

Advocate and Educate

Good Reads

Antifragile: Things That Gain from Disorder – Nassim Taleb

Building Resilience in Children and Teens: Giving Kids Roots and Wings (2nd Ed.) - Kenneth Ginsburg

How Children Succeed - Paul Tough

Nurture shock: New Thinking About Children – PO Bronson & Ashley Merryman

Range – David Epstein

Start With Why: How Great Leaders Inspire Everyone to Take Action – Simon Sinek

The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness – Johnathan Haidt

** CEU - Training Your Brain to Adopt Healthful Habits: Mastering the five brain challenges (2nd ed.) Trafton, Gordon, & Misra Institute for Brain Potential.

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