

# staggering stats

## Screen Time

Kids aged 5-16 spend an average of 6.5 hours a day on a screen. A typical teen spends 3 months out of a year on a screen.

## Social Media

4 out of 5 tweens are on some form of social media by the age of 12.

## Smartphones

The average age of a child to get their first smartphone is 10.3 years old (and falling).

## Creating vs. Consumption

Only 3% of what kids do online is actually content creation. 97% is brain drain.

## Mental Health

Reducing screen time to one hour or less per day significantly reduces depression and anxiety in young people.

# TECH Smart

Working to  
Bridge the Digital  
Divide to Create  
Healthy Children

by

Amanda  
Madden  
& Amy  
Stevenson

using tech  
wisely and  
strategically

I'm a  
tool  
not a  
toy!

# helpful resources



## Tech Talk Tuesdays

weekly conversation starters about social media, video games, tech tips, research, and more

## National Online Safety

informative guides from the UK about social media apps, online games, and trending issues



## Family Media Plan

create your own personalized family media plan for a balanced family life for your loved ones



## Common Sense Media

go-to site for everything "parents need to know" for navigating all forms of media



## Be Internet Awesome

Google's resources to keep families safe and smart online while building good digital habits



# TIPS & routines

## Wait Until 8<sup>th</sup>

Don't put added pressure on your child or yourself. Delay the ownership of a smartphone until at least 8<sup>th</sup> grade.

## Parking Lots

Create a "parking lot" and/or common charging station at your home so devices aren't available 24/7.

## Set Limits

Set time limits (use your phone settings to help with this) and stick with them. Have consequences in place.

## Family Time

Designate certain hours as "family time" when devices (including cell phones) are off limits. Start small with dinner and build from there.

## Practice What You Preach

Modeling less screen time on your end goes a long way. Have your screen time while children are at school or in bed – out of reach, out of mind.

# creation apps



## Stop Motion Studio

(animate inanimate objects to create movies)



## Green Screen by DoInk

(use a simple green background to create photos & videos from fantastical locations)



## Pic Collage EDU

(create picture collages of trips, events, activities and caption them to share with others)



## Shadow Puppet EDU

(create slideshows from pictures and narrate your show to tell about your story)



## Scratch Jr.

(allows young students to begin learning programming language by creating their own games and stories)



## Book Creator

(a simple app for creating eBooks on iPads, Chromebooks or the web)