

# Parent Hacks:

*Taming the Technology Monster*



**Shallowford Falls  
Elementary School**

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**Daughter:** Alexa, play “Let it Go.”

**Me:** When I was your age, I had to call the radio station, wait on hold for 30 mins to request a song, then sit by my boom box for an hour with a blank cassette tape for my song to play, so I could record it.

**Daughter:** I don't know what that means...

# Tonight we will....

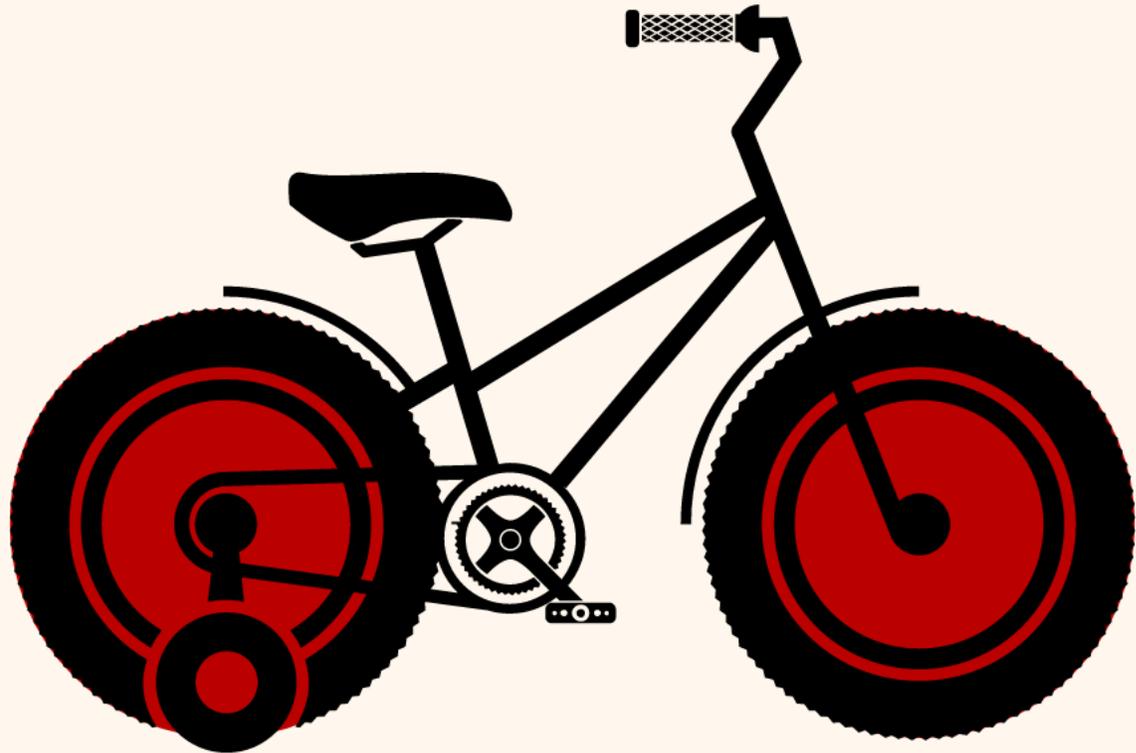
- Remember why we need to be mindful about technology
- Reflect on technology usage in our lives
- Rewrite our technology family plan



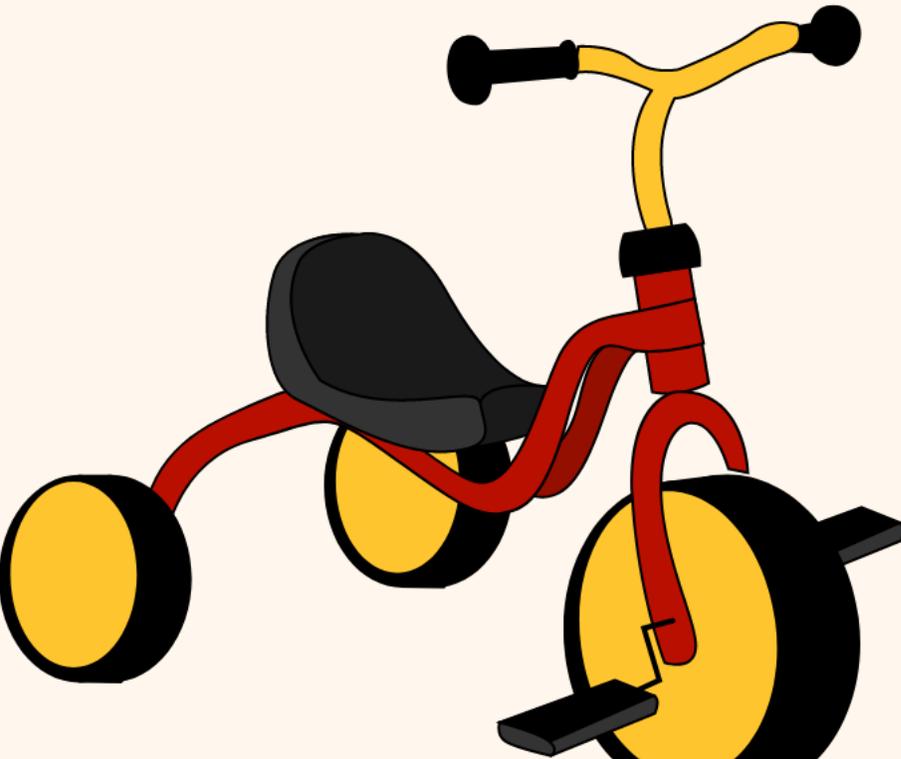
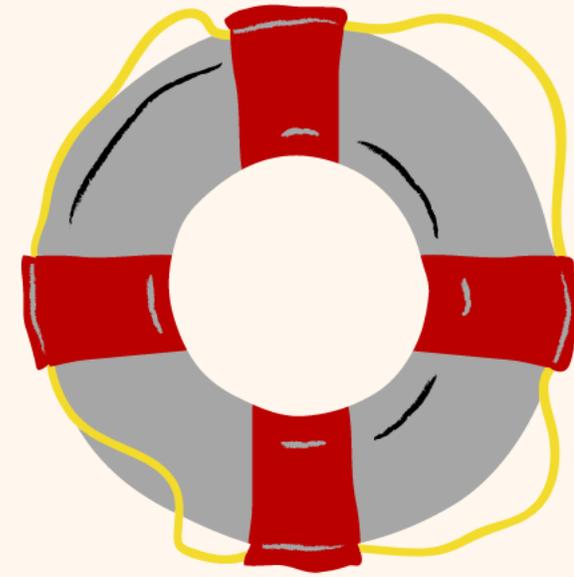
- Adults spend approximately 10 hours 39 minutes a day on screens/social media
- American Academy of Pediatrics reports children spend 7 hours a day on entertainment related media
- 69% of children under 5 know how to use computer mouse, 11% know how to tie their shoes
- 58% know how to play a computer game, 20% know how to swim
- *“there is growing evidence that social media use is associated with harm to young people’s mental health,”* said U.S. Surgeon General Dr. Vivek Murthy
- Increase of ADHD, learning difficulties, anxiety, depression, and sleep disorders

Technology is here to stay.

And that's okay.

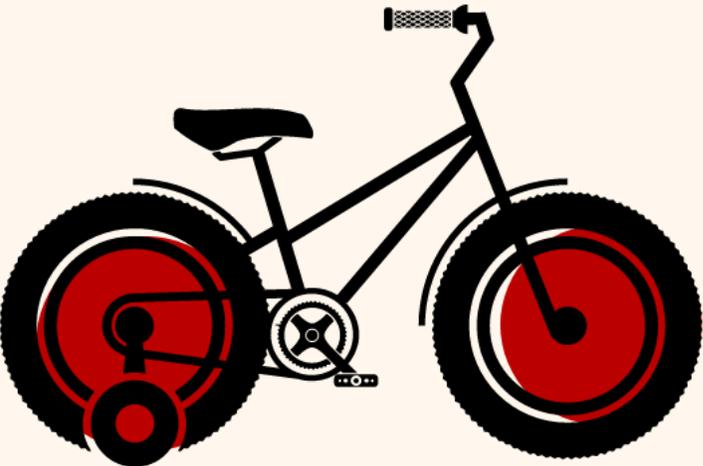


**Think of it as learning to ride a bike  
or swim!**



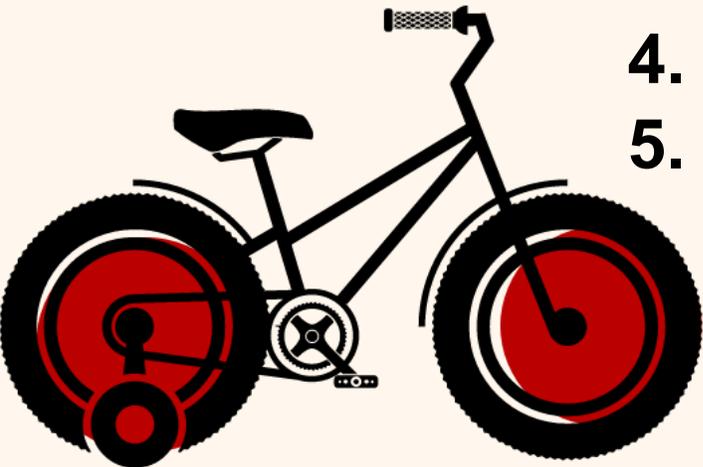
# When should I let my child have \_\_\_\_\_?

- No magic age
- Traditional “social” apps require 13 years old
- [Contracts](#)- new one for each new gadget
- Create a [family media plan](#)
- Give them more freedom as they earn it



# Role of Guardians

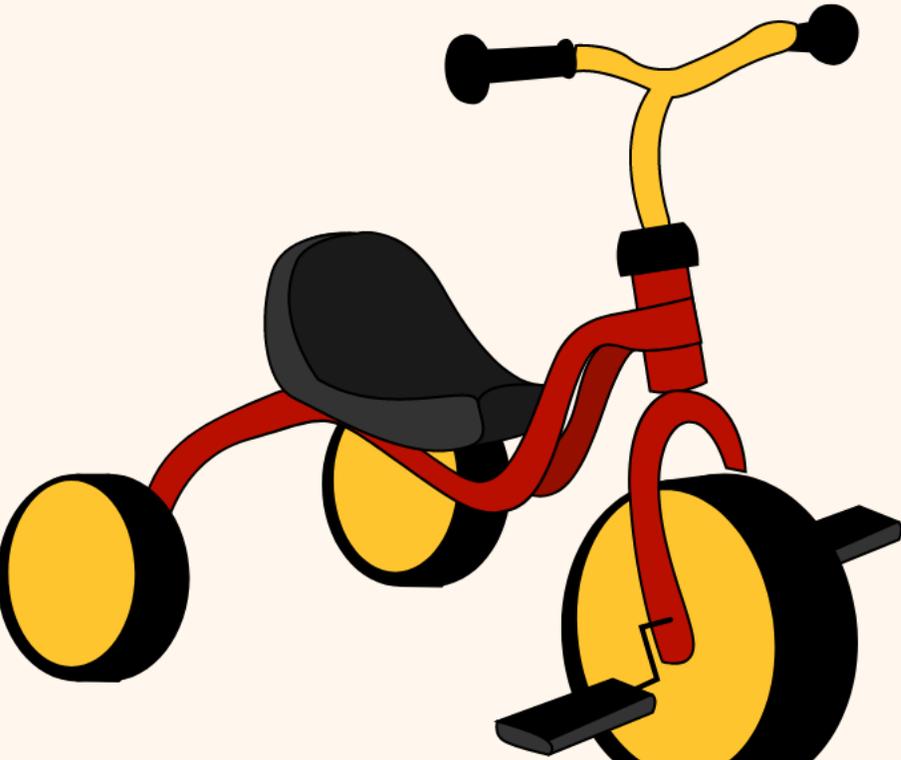
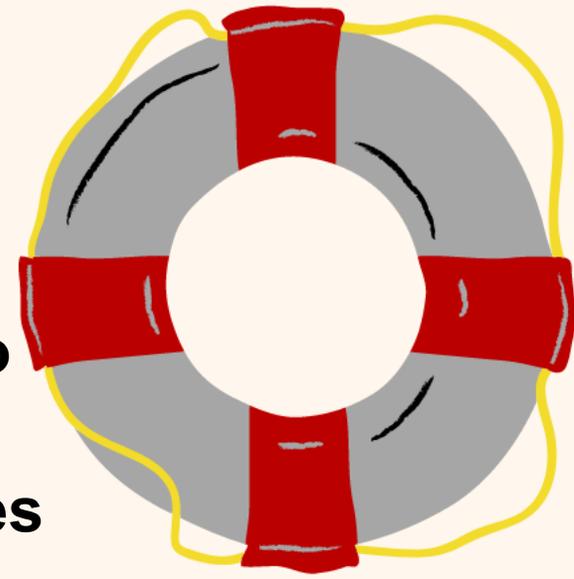
1. **Keep their technology as dumb as possible, as long as possible**
2. **Before you let your child download the app, you download it yourself**
3. **Wherever your kids are on technology, you need to be there too**
  - **More than just following them or “friending them”**
  - **Have their password**
4. **Screens in common spaces for accountability**
5. **Use technology as currency**



# Already Using Social Media?

Create the following boundaries...

- Set downtime- what time of day do certain apps need to be shut down
- App limits- set daily time limit on specific apps or games
- Communication Limits- limit who your child can communicate with during specific times
- Different for each child and age



# Resources

**Teensafe.net**

Real time location, SMS monitoring, no go zones, browser history

**Bark.us**

Monitor content, manage time, filter websites, location alerts \$5 monthly

**Meetcircle.com**

Bed time, focus time, reward time, \$8 monthly

**Ospreykids.com**

Online parent "nest" for tech free families

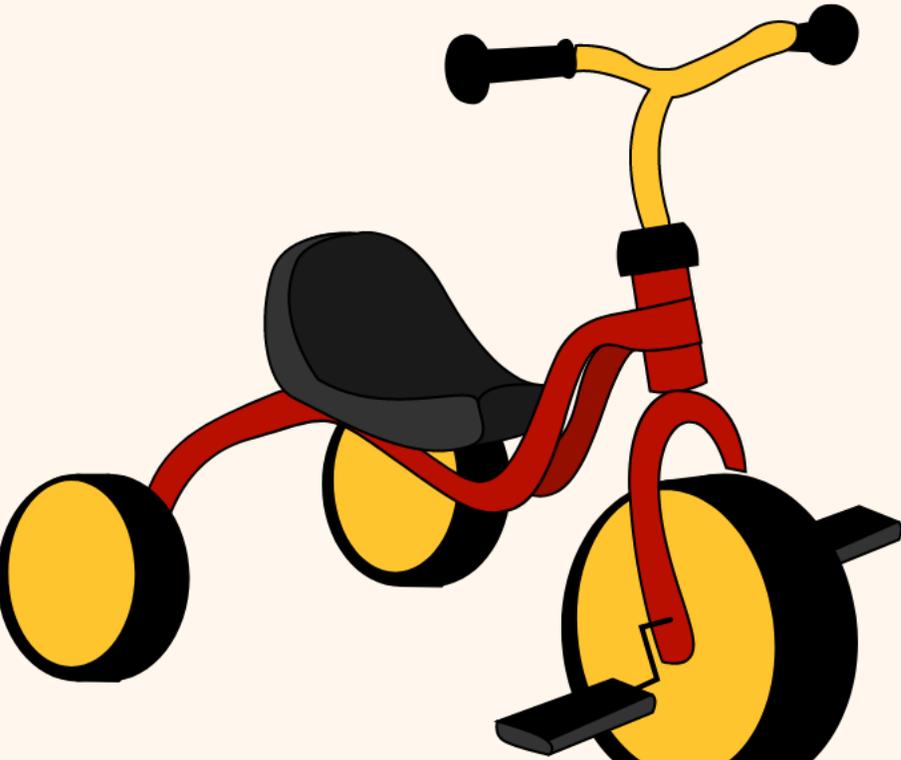
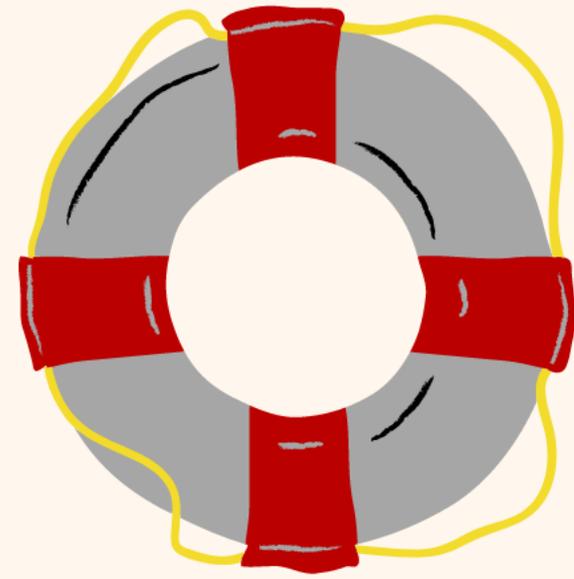
**Commonsensemedia.org**

Parenting resources, data, alerts



# Think Tank

**What technology managing questions do you have?  
What apps or games do you want to know about?  
What are some questions you need help answering?**



# School Counseling Lesson



# Verizon and AT&T Representatives



**AT&T**

