

Screenagers:

Teens with screens!

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Look Familiar?



Learn By Doing

So tonight we are going to have a “device free dinner.” Yes, we aren’t all eating, but we would love for you to be present for this meeting. We are coming around to collect your devices in this basket.

How do you feel about that?



How many electronic media devices are in — your house?

- Did you include all cell phones?
 - TVs hooked to internet?
 - Chromebooks?
- iPads, Kindles, other tablets?
 - Xbox, PS3, Nintendo?
- Gameboys or handheld gaming?
 - IWatch?

Thinking about Technology

How long do you think you look at a screen every day?

What else do you use your cell phone for besides calling?



Turn and Talk

- Take 2 minutes to talk about what you learned from the Screenagers with your family.
- Now we will all stand up...
- Find another family to share your thoughts with about Screenagers.
- Now give the group a “tweet” (280 characters or less) on your biggest take away so far.

PBS News “The Drug-like Effect of Screen Time on the Teenage Brain”



Key Points to Remember

Drugs on the brain

Multitasking

Impulse (self) control is teachable

We have to open the lines of communication not just take away devices.

“Screenagers” KQED Newsroom



Key Points To Remember

Develop empathy

Learning and memory

On-going conversations between parents and kids

Model what you want your kids to do

Technology Use Contract

Healthy Children has detailed information and contracts

[Healthy Children](#)

Printed Contract has online survey

[Parent Contract](#)

You Are In Control

- ❑ You can take away the electronics and follow up with a conversation
- ❑ Central plug in location...not in bedrooms!
- ❑ You can limit the time used....find an app for that.

