



**Educational Psychology**

# Managing Technology and Social Media with Children and Young People

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**Bournville Village Primary School, Thursday 11<sup>th</sup> February**

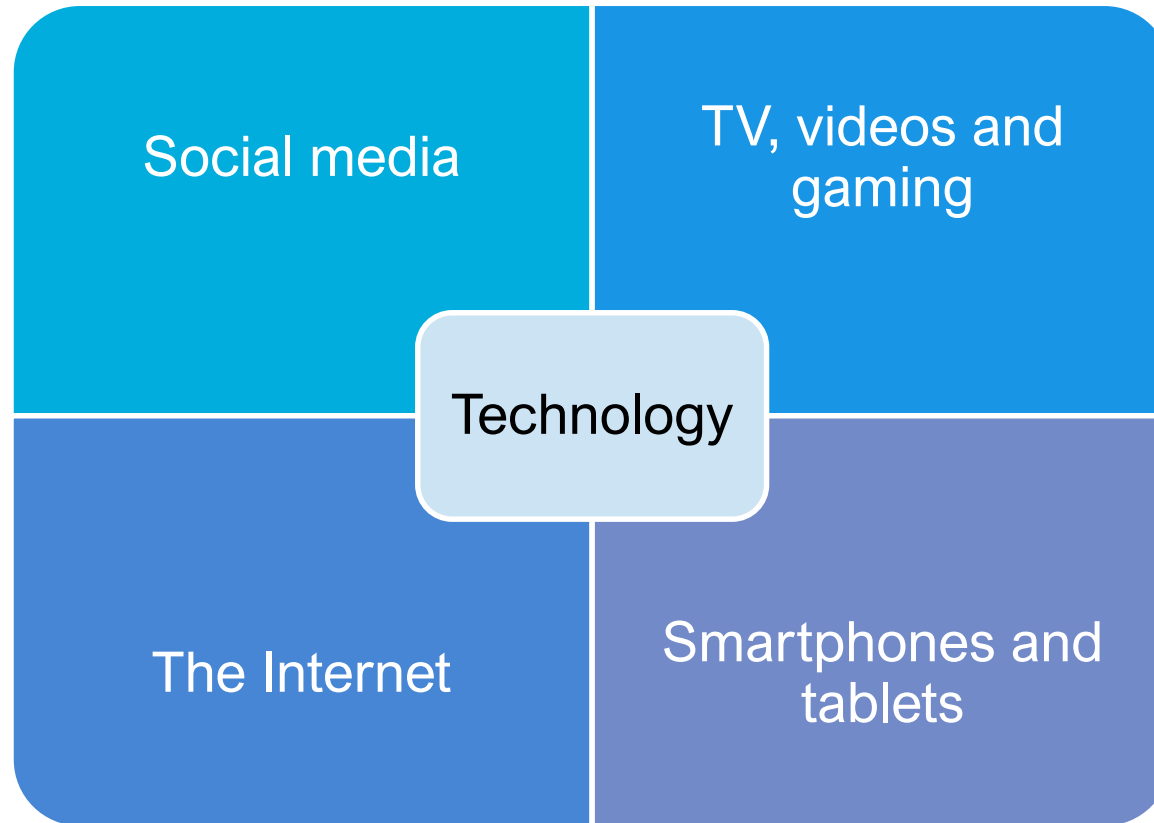


**Making a positive difference** everyday to people's lives

# Welcome

- House-keeping
- Introductions

# Definitions



# COVID and the Context of Home-Learning



## Psychology and Research Around Technology



# Psychology Around Technology

Important to start by reframing technology as a tool to be used and managed together



Engage



Communicate



Learn



Create



# Psychology Around Technology

Technology is like a bike:





# Psychology Around Technology; The Effects

## Positives

- Enhanced feelings of social support and connection.
- Reduces feelings of social isolation.
- Promotes and educates on mental and emotional well-being.
- Higher visio-spatial cognition when playing video games.

## Negatives

- Increased difficulties with attention and focus.
- Associated difficulties with sleep.
- Correlations with increased difficulties with self-esteem and self confidence.

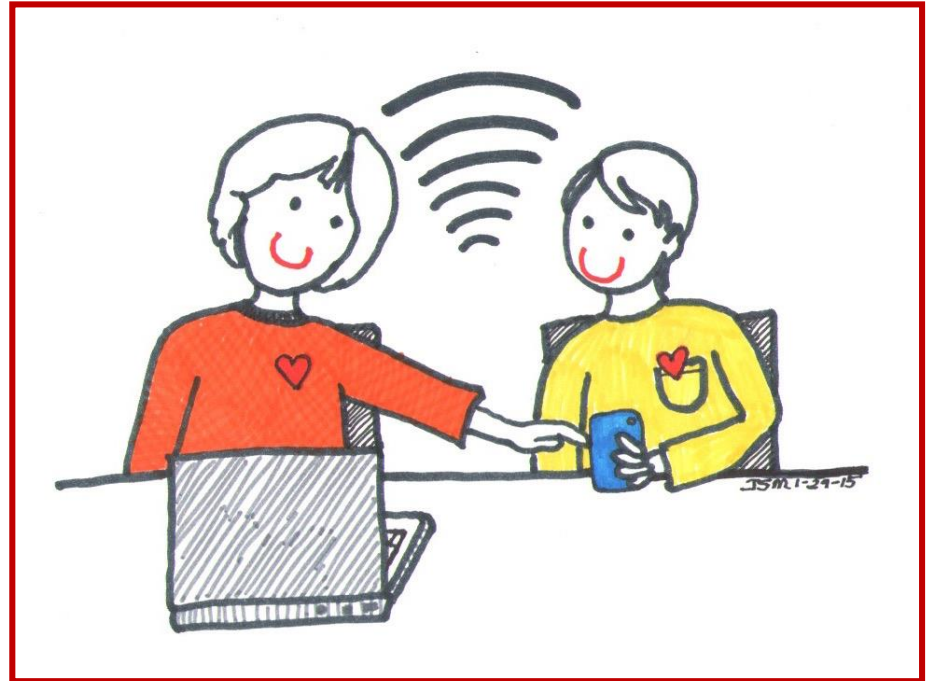


# Positive Examples of Technology

- Connection and normality during COVID!



## Setting and Managing Boundaries



# **We Are Absolutely In Control!**



We can hear lots of messages that detail we and our children are powerless to combat a sinister technology seeking to colonize our lives.

If we take that mindset, we'll stay plugged in, waiting for someone else to fix the problem and feeling helpless.

In reality, you could be fixing the problem yourself quickly and effectively!



## Open and Honest Conversations

What makes you happy when you use technology?

How do you find videos/games/profiles you like online?

What can we do as a family to keep each other safe online?

How do you feel after doing X or Y for a long time?

Have you ever seen something online that worries you?

I'd like to talk about X or Y with you, but I'd like to hear what you think first.

What are the things you like about technology?

What are the things you don't like?

What do you think about how we use technology as a family?

What do you think about how I use technology?

Is there anything you want to be different as a family?



## What is the Purpose of the Behaviour?

Relaxation?



Escapism?

Sense of control?

Social connection?



Challenge?

Boredom?





## Plan Replacement Behaviours

Social connection?

Sense of control?



Escapism?

Relaxation?

Challenge?

Boredom?





## Developing Social Media Literacy

How do we keep ourselves safe online?

How do you know someone is who they say they are?

Why do you think you are seeing this?

Who do you go to if you don't understand what you have seen?

Why might someone be saying or doing that?

What do you know about adverts online?

How does seeing X or Y make you feel?

How do you feel after doing X or Y?



# Setting Boundaries

The way we interact with screens today is so varied it doesn't make sense anymore to start a stopwatch and say 'At this point, you are done'

American Academy of Pediatrics, 2016

**Boundaries need to be agreed as a family, with flexibility and understanding of the families current context, and with both parents and children agreeing and co-constructing the boundaries together.**

## General Guidelines

Flexibility is always needed with this, but generally recommendations are:

- No screens at least 1 hour before bedtime;
- No sleeping with devices in bedrooms, including TV's, phones, tablets and laptops (where possible);
- Ensure 1 hour of exercise daily and 8-12 hours of sleep per night to help regulate and counter-balance use of technology;
- Designate technology free times for every family member, and technology free areas (again where possible);
- Reduce time spent on passive use of technology, and instead...

## General Guidelines

Increase time on active use of technology that falls into one of these four areas:



Engage



Communicate



Learn



Create



## Family Timetabling

## Daily Schedule

Before 9	<b>WAKE UP</b>	Eat breakfast, make your bed, get dressed, put PJs in laundry, brush teeth
9.00-10.00	<b>Morning walk</b>	Family walk with Gizmo – Yoga if raining
10.00-11.00	<b>Academic Time</b>	<b>NO ELECTRONICS</b> Sudoku books, flash cards, study guide, journal
11.00-12.00	<b>Creative Time</b>	Legos, drawing, crafting, play music, cook or bake
12 noon	<b>Lunch</b>	
12.30pm	<b>Chore time</b>	A. Wipe all kitchen table and chairs B. Wipe all door handles, light switches, desktops C. Wipe both bathrooms, sinks and toilets D. Tidy bedroom
1.00-2.00	<b>Quiet time</b>	Reading, puzzles, nap
2.30-4.00	<b>Academic Time</b>	<b>ELECTRONICS OK</b> iPad Games, Educational show, Doodle Maths
4.00-5.00	<b>Afternoon Fresh Air</b>	Family walk with Gizmo – Yoga if raining
5.00-6.00	<b>Dinner</b>	
6.00-8.00	<b>Free TV time</b>	Free TV movies, or electronics, including YouTube
8pm	<b>Bedtime</b>	Connor and Logan
9pm	<b>Bedtime</b>	If you followed the daily schedule without complaining AND didn't fight

## Practical Tools to Help Co-Management I

Part of managing this is having children manage their own use alongside you. You can use:

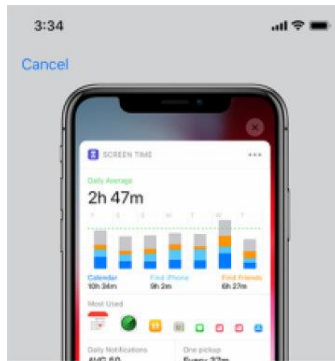
- Self-control apps on phones and tablets; Flipd, Offtime, Breakfree, Forest
- Parental controls on the internet and YouTube
- Distraction Free for YouTube; Chrome browser that stops recommendations
- Kitchen timers, phone timers, Alexa/Google Home timers
- Outlet timers to turn-off routers at set time at night





## Practical Tools to Help Co-Management II

- Screen time on iOS



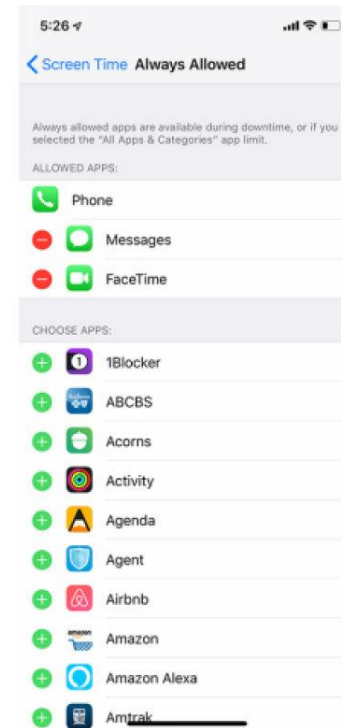
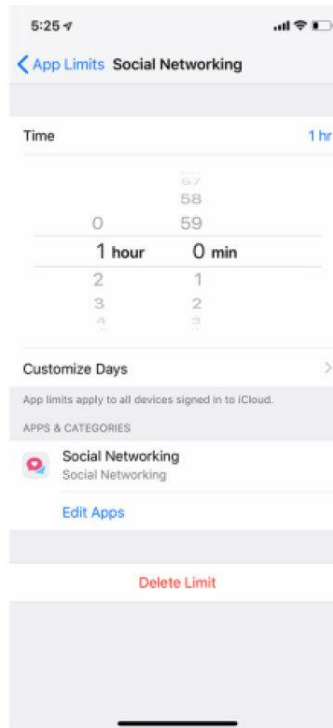
### Screen Time

Get a weekly report with insights about your screen time and set time limits for apps you want to manage.

If you're a parent, you can get reports for your child's screen time, and set limits and restrictions for apps, content, and privacy settings.

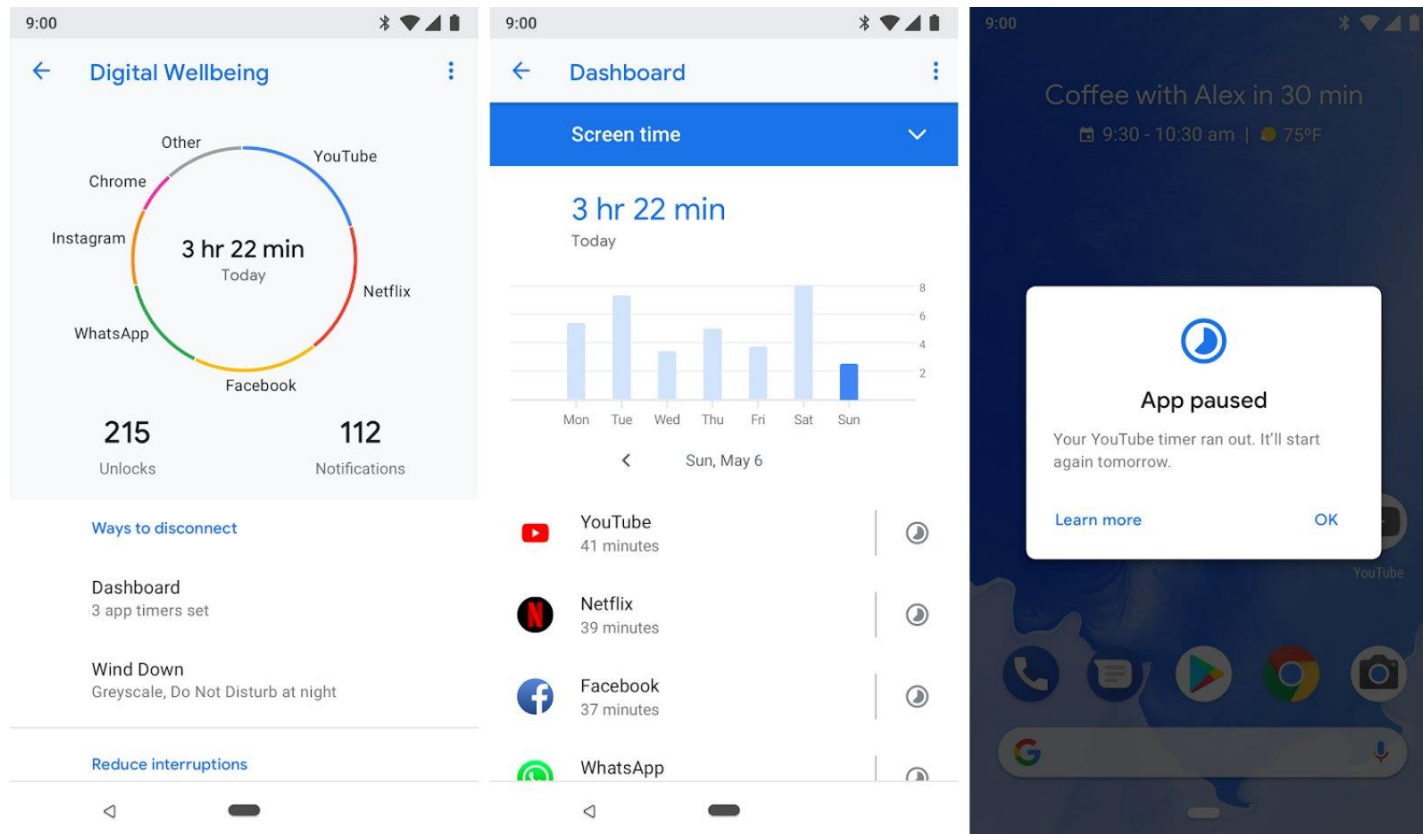
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Set up as Parent



# Practical Tools to Help Co-Management III

- Digital Well-being and Family Link on Android



## Key Questions to Check if There is an Issue

- a. Is my child physically healthy and sleeping enough?
- b. Is my child connecting socially with family and friends (in any form)?
- c. Is my child engaged with and achieving in school?
- d. Is my child pursuing interests and hobbies (in any form)?
- e. Is my child having fun and learning in their use of digital media?

Blum-Ross & Livingstone (2016) Families and screen time: Current advice and emerging research.



## Further Resources I

Family Media Plan's and Agreements:

<https://www.healthychildren.org/English/media/Pages/default.aspx>

<https://www.childnet.com/ufiles/Family-Agreement.pdf>



## Further Resources II

### General Websites:

- <https://www.saferinternet.org.uk/>
- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

### Managing Gaming:

#### Parental controls for Xbox:

<https://support.xbox.com/en-US/browse/xbox-one/security>

#### Parental controls for Playstation:

<https://www.playstation.com/en-gb/get-help/help-library/my-account/parental-controls/play-time-settings/>

#### Parental controls for Nintendo Switch:

[https://en-americas-support.nintendo.com/app/answers/detail/a\\_id/22508/~parental-controls-overview-%2F-faq](https://en-americas-support.nintendo.com/app/answers/detail/a_id/22508/~parental-controls-overview-%2F-faq)

