

Ways to manage screen time this summer

Summer break is here, and many of us are looking forward to having a little more free time. Youth will have more time to breathe and explore their interests beyond school, but so often downtime becomes screen time. Summer's wide open time spans can heighten battles over technology use. Here are some ideas for managing screen time this summer:

- 1) **SET GOALS** - Take a moment to ask your kids (students) if they have anything they want to do, people they want to see, projects they want to take on, or finish during summer time? See if you can get them to say one or two specific things.
- 2) **LIMIT SCREEN TIME** - The more you can have systems in place to have tech go off at defined times, the better. It is not fun to police screen time. For those of you battling the Fortnite obsession don't forget that if your child plays it on XBOX, the console does have a way to set screen time limits.
- 3) **HOUSE HELP/CHORES** - Now is a good time to get more creative about possible "house help" projects for the summer (aka chores but I prefer house help)...thinking up new tasks that will give your children new skills. Given that it is completely normal for kids and teens to be frustrated and angry to have to do house help, consider bringing up the following when you are having a calm dinner, Julie Lythcott Smith, former Stanford University Dean of Freshmen, said in her TED Talk about raising adults: "The longest longitudinal study of humans ever conducted is called the Harvard Grant Study. It found that professional success in life, which is what we want for our kids, that professional success in life comes from having done chores as a kid, and the earlier you started, the better, that a roll-up-your-sleeves-and-pitch-in mindset, a mindset that says, there's some unpleasant work, someone's got to do it, it might as well be me...I will contribute my effort to the betterment of the whole, that that's what gets you ahead in the workplace."
- 4) **GET CREATIVE** - Summer is a great time to encourage creative projects using technology. Did you know that on average kids only spend 3% of their screen time doing "content creation" such as making videos or composing music on the computer? You might suggest that your video gamer consider learning how to design and code their own video game. Or, how about your kids that love to listen to music, see if they will try to write their own songs on Garageband? Your YouTube watching tweens and teens might enjoy shooting their own movie right on their phone camera and then learning how to edit it on the computer in iMovie or another program.
- 5) **READ** - Reading—sure enough, reading has gone way down over the past few years but it does not have to be that way. Encourage your youth to READ!

SCREENTIME MANAGEMENT APPS

Screen time (on apple phones) -<https://www.screenagersmovie.com/tech-talk-tuesdays/finally-apple-releases-screen-time-controls>

Circle with Disney WiFi router - <https://meetcircle.com/>

OurPact - <https://ourpact.com/>

Moment - <https://inthemoment.io/>

Pocket Points - <https://pocketpoints.com/>

Bark - <https://www.bark.us/>

unGlue - <https://www.unglue.com/>

Protect Your Kid - <http://protectyourkid.co/home/>

Screen Time Parental Control - <https://screentimelabs.com/>

Mobicip - <https://www.mobicip.com/>

Curbi - <http://www.curbi.com/>

NetSanity -<https://netsanity.net/features/>

FamilyTime - <https://familytime.io/>

For more information, please visit: <https://www.screenagersmovie.com/tech-talk-tuesdays/ways-to-manage-screen-time-this-summer?>

For more parent resource articles on teen trends, mental health, screen time, substance use, etc. please visit: <https://coopersvillebroncos.org/parents-community/neo-forum/>