

Notes from GPS Presentation

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Screenwise: Helping Kids Thrive (and Survive) in Their Digital World

- Technology can help three things (among others):
 - Relationships
 - Reputation
 - Time Management
- The difference between:
 - “You don’t know what I’m going through” (ex: picture of themselves posted they don’t like, not invited to a friend’s party, etc.) → “You’re right, I haven’t lived through that, but I *have lived through conflict*” (ex: there are spouses, family members, and co-workers who we get in fights with and still see each other/maintain the relationship)
 - “I know everything” → (some of the time, that may be true), but you *can offer guidance*
 - In the teen years, this means LISTENING more than Speaking
- The notion of Mentoring vs. Monitoring
 - A true mentor is interested in what their mentee (child) can do and shows interest
- Sparkle Chat (app)
 - → Ask yourself “are you sure you want to send that?” (aka empathy)
 - Texting is not a good way to apologize
- Boundaries for parents who have kids without cells (junior high)
 - Tell your kids what *you* do on your cell (you’re not on social media all the time)
 - Tell your kids when you read (especially if you are a digital reader)
 - If you ever find yourself texting in the car in front of your kids (1st off don’t BUT you have to make a verbal acknowledgement of it, and NOT endorse it); otherwise you cannot expect them to follow your rule if you don’t set the example
- Tips for Parents
 - Don’t post pics that purposely make people feel like they’re missing out
 - FOMO (fear of missing out)
 - We enculturate our kids, so set a good example
 - Ex: ask your kid how many pictures is appropriate to post from one social event? (there is no right answer, it varies by social circles)
 - Teach kids it’s okay to be in pictures that aren’t the best of you (show them you aren’t narcissistic, so they won’t worry when that happens to them)
 - Sexting:
 - Always think consent first (if you forward it, you are now violating the sender’s consent)
 - if a picture comes up, always remember they have feelings, just delete it
 - there are legal ramifications, of course

- model grace and humility as a parent, don't isolate/ judge/ avoid parents or their kids who made poor choices
 - Understand the landscape of your kid's technology
 - Cell phone use doesn't need to be in their bedrooms all day
 - If you rely on taking technology away as the only punishment, you could just be hurting yourself because technology is used/ needed for school (removing technology can't be your only plan)
 - Distractions (with technology) are real
 - It's not multi-tasking, it's toggling → which actually makes us more dumb
 - We all think we're smart because we can do it (multi-task)
 - Shut off Wi-Fi
 - Write your big ideas on paper first
 - Take an app off the phone for a while (ex: delete Instagram from phone for a week to study, your account is still there)
 - → Take a break from technology app (snapchat) it's okay
 - Enforce time limits ("you only have 2 hrs., then you have to go to bed")
 - Did you know some apps have an age minimum? (ex: Instagram must be 13 y/o to join); in middle school you can say, if you're friending someone I have to know about it
 - Security
 - Have your kid help you with your privacy settings (also is a good Segway to ask about their privacy settings)
 - Side note: Musically
 - A new app for all ages where you can lip sync
 - Repair
 - When a student misuses technology, give them the opportunity to repair and try again to make it right (ex: writing to professor "hey, can you add me to your class?" → instead of ignoring them, give them the chance to correct it, "please try that again")
 - Family life in the digital age (when everyone is in the same room on their own device) → it's okay sometimes but should not be the norm
- Main takeaways
 - Mentor over monitor
 - Boundaries = Clarity
 - Work it out face to face
 - Be here now