

The Center for Family Safety and Healing

Kids, Tweens and Teens:
Our Digital World



2019

THE COMMON SENSE CENSUS: MEDIA USE BY TWEENS AND TEENS

Amount of daily screen use, not including for school or homework



Tweens:

4 hours, 44 minutes



By socioeconomic status

Tweens in higher-income homes: **3:59**

Tweens in lower-income homes: **5:49**

Young people in lower-income homes use nearly two more hours of screen media a day than their peers in higher-income homes.

Note: "Lower income" is <\$35,000; "higher income" is \$100,000+ per year.



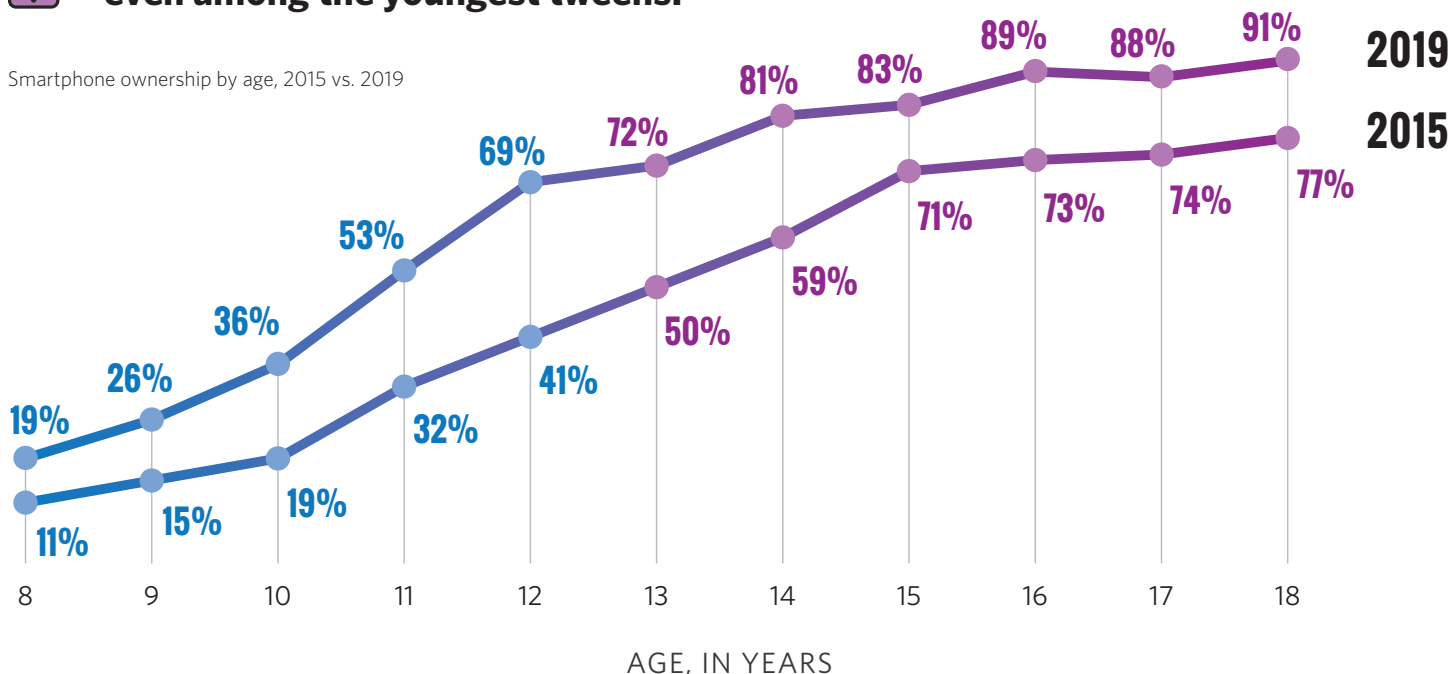
Teens:

7 hours, 22 minutes



Smartphone ownership has risen dramatically, even among the youngest tweens.

Smartphone ownership by age, 2015 vs. 2019



Homework gap

Teens in lower-income homes spend less time using computers and more time using their phones for homework than their peers in higher-income homes.

Average minutes per day 13- to 18-year-olds spend using each device for homework, by income, 2019



:55



:12



:34



:21

■ Computer
■ Smartphone

HIGHER INCOME

LOWER INCOME

Note: "Lower income" is <\$35,000; "higher income" is \$100,000+ per year.

Top screen media activities for tweens and teens

Proportion of screen time devoted to various media activities, 2019

#1

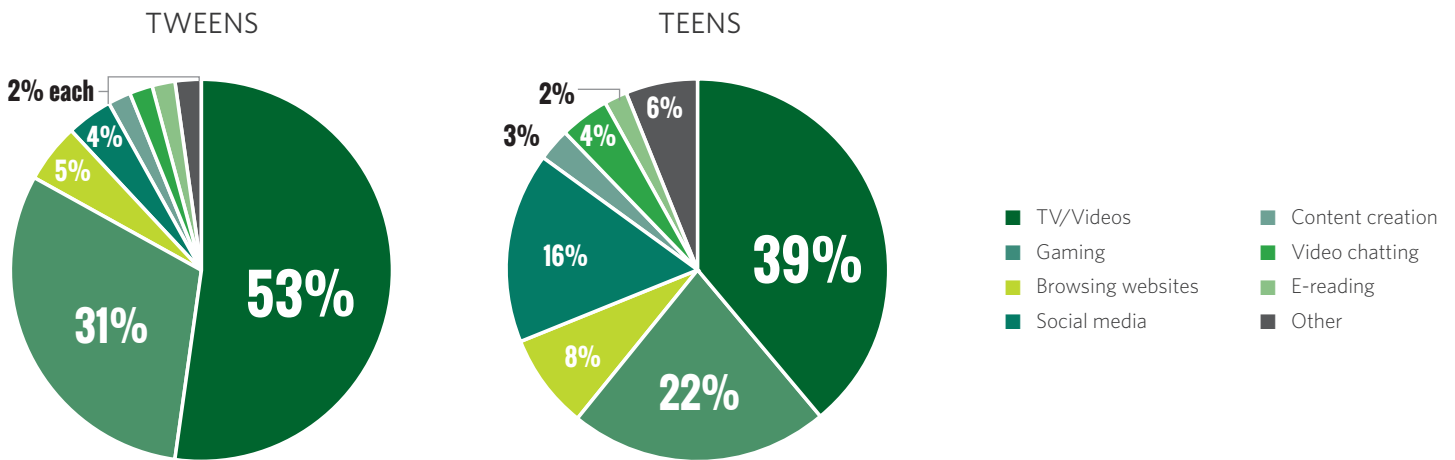


Watching TV/videos

#2

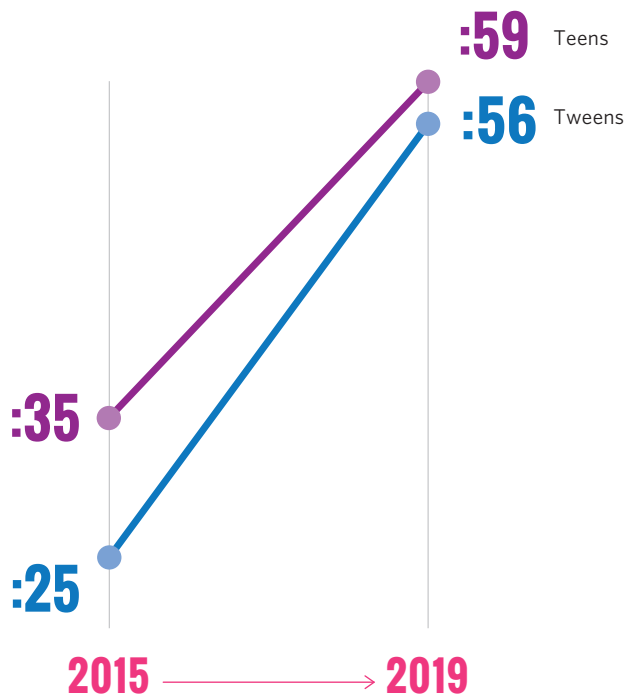


Playing games



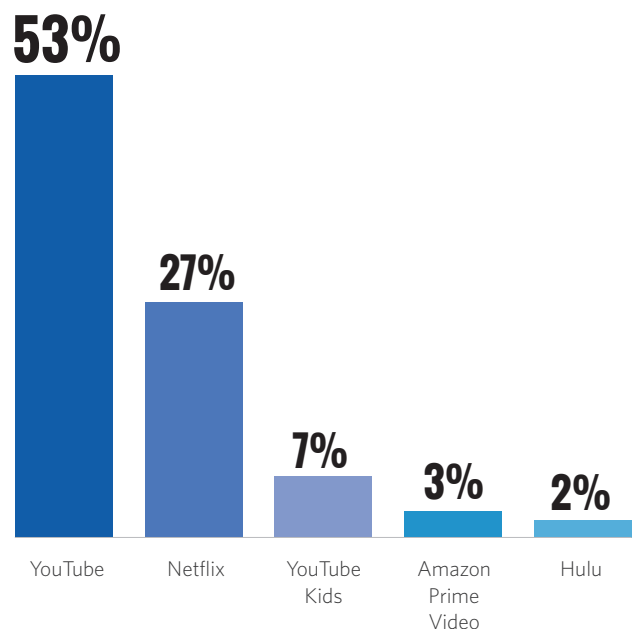
Note: Content creation includes writing on digital devices, making art, or creating digital music. "Other" includes using GPS or other functional apps, using email, shopping, and doing any other digital activities not specifically asked about in the survey.

Time spent watching online videos has increased substantially.



For tweens, YouTube dominates the online video space.

Online video or subscription platforms used "the most" by 8- to 12-year-olds



FIVE STEPS

Supporting Healthy Youth in a Digital World



STEP ONE:

Understand how youth use technology, including in friendships/relationships.



Grandmaster Flash was mentioned in a post.



Weldon Plath

February 15 at 2:39pm · 🌐

TO ERIKA EMOND: Just want to wish you a very HAPPY BIRTHDAY, Honey,. I can't believe you are 22 already. OMG where did the time go? Heard about Devon . Hope he will be all right, soon. Enjoy birthday, sweetie,and keep nice and warm. Lots of LOVE from Grandpa and Grandmaster Flash

Share

👍 4 people like this.



Weldon Plath From Grandma and Grandpa to Erika Emond

February 15 at 2:40pm



Weldon Plath I don't know what made that crazy word come up there...grrr!!

February 15 at 2:42pm



Karen Thom Happy Birthday Erika

February 15 at 6:16pm



Facebook (12+)



34% of teens have a Facebook account in 2021, compared to 94% in 2012.



Parents approve
all contacts.



Video chat with fun,
kid-appropriate features.



Parents and grandparents
use Messenger
to connect.



Decorate photos
and videos to bring
messages to life.



Messenger Kids (4+)



Messenger Kids provides more parental control features and works on all tablets and smartphones.



A world of learning and fun, made just for kids

We created YouTube Kids to make it safer and simpler for kids to explore the world through online video – from their favorite shows and music to learning how to build a model volcano (or make slime ;-), and everything in between. There's also a whole suite of parental controls, so you can tailor the experience to your family's needs.



YouTube Kids (4+)



YouTube Kids provides curated selections of content, parental control features, and filtering of videos not deemed to be appropriate to the target audience.



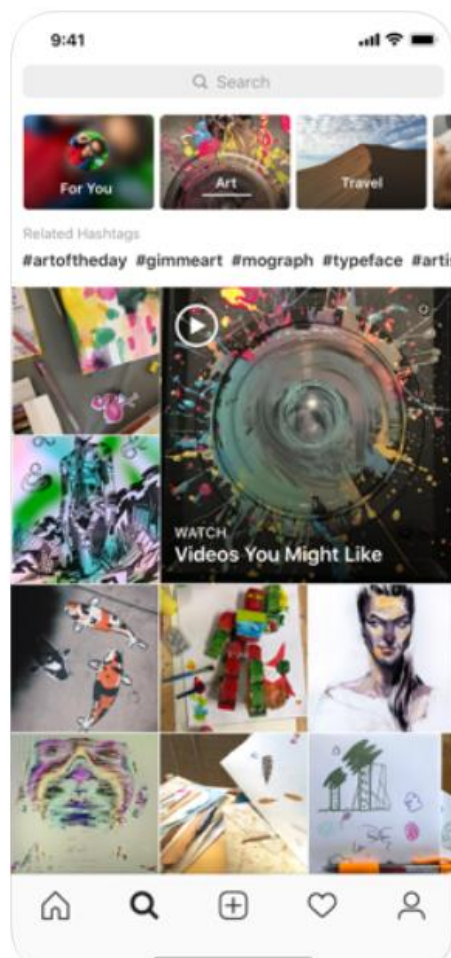
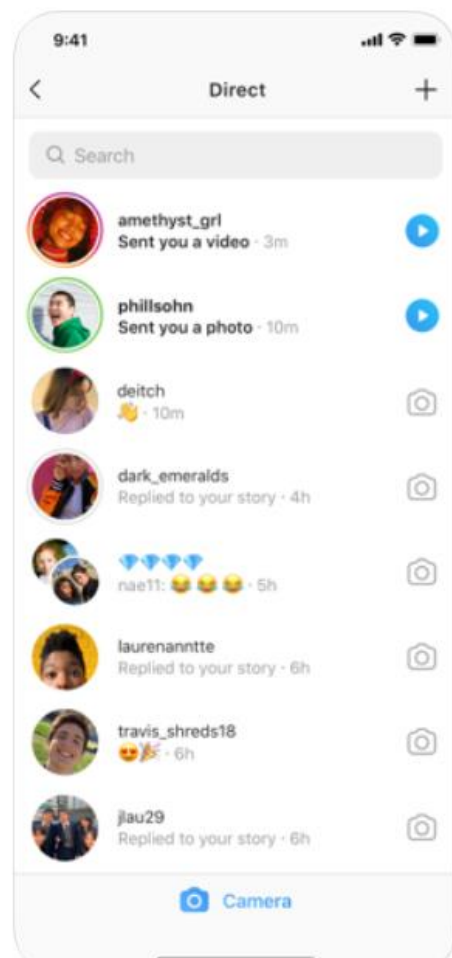


Twitter (17+)



A recent survey found that only 6% of teens rate Twitter as their favorite app. Teens are more likely to view Twitter as a source for news and entertainment.





Instagram (12+)



Some users have more than one account – a main account as well as a “finsta” or “spam” account. The recent Rooms feature in the chat can be used for bullying.



Snap

Share the moment



Chat

With your real friends



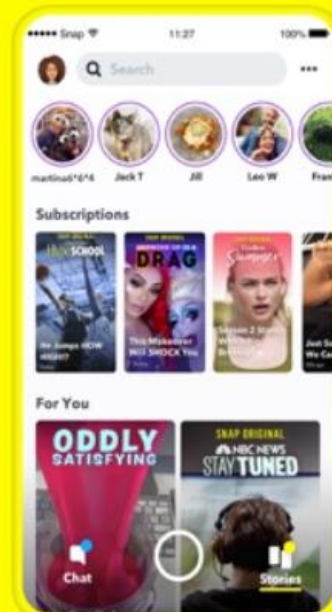
Have Fun

Reimagine your world



Discover

Stories and original shows



Snapchat (12+)



App used to share stories and videos with captions among friends. These images can only be shared with select friends and will “self-destruct” in 3-10 seconds.



< NEIL

TODAY

ME

hey man I just want to tell you that you mean the world to me and if I ever lost you I would listen to Coldplay all day and cry

SCREENSHOT! ←

Answer me plz

I'm crying

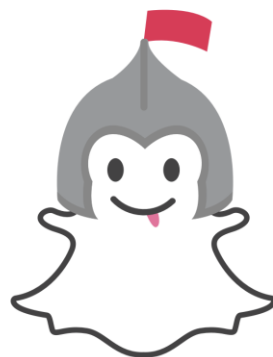
HEYYYYYYYYY

SCREENSHOT! ←

Send a chat



My Eyes Only



Move Snaps to My Eyes Only so they're out of the way when you're showing Memories to your friends.

Quick Setup

[learn more](#)



< Create Passcode

If you forget your passcode, Snapchat won't be able to recover it or your private Snaps for you.

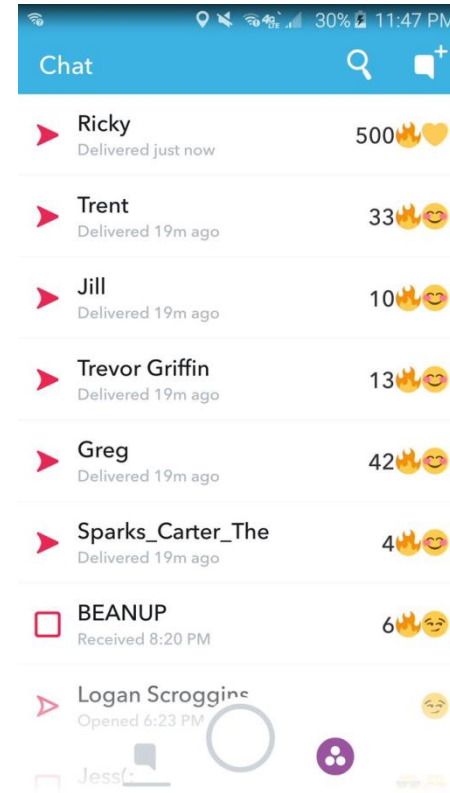


1	2	3
4	5	6
7	8	9
0	⌫	

☐ Use Passphrase 🗨️

Snap Streak

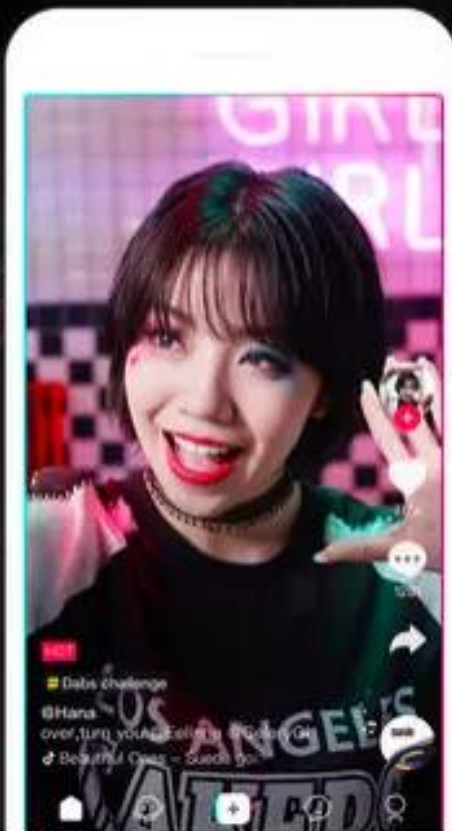
A Snap Streak starts after three days of sending at least one Snapchat every 24 hours.





Tik Tok

Watch millions of musical clips



Shoot short clips

Powerful tools to get you started



Special Effect

Easy to create magical clips



TikTok (12+)



TikTok purchased Musical.ly but many of the same features exist including 15 second lip sync videos using popular songs for teens. Videos can be searched through hashtags.



STEP TWO:

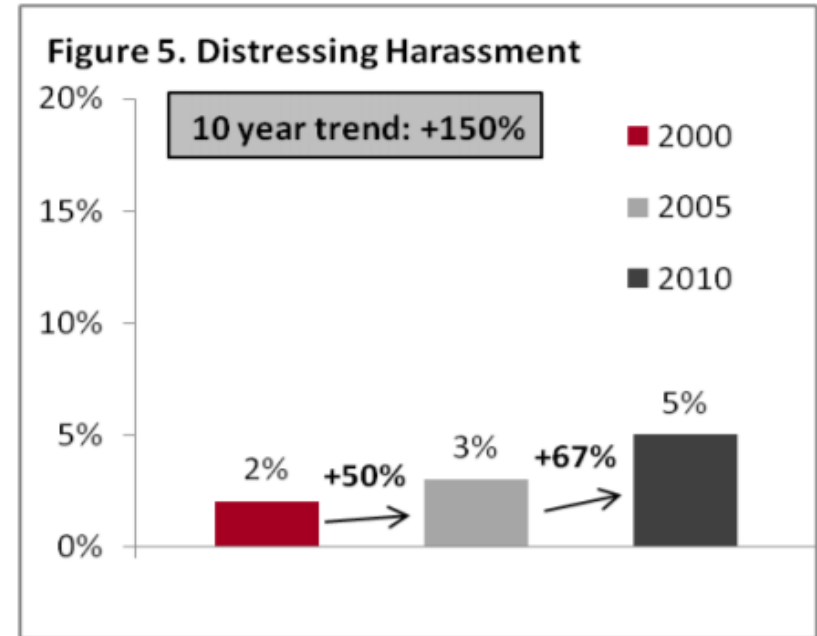
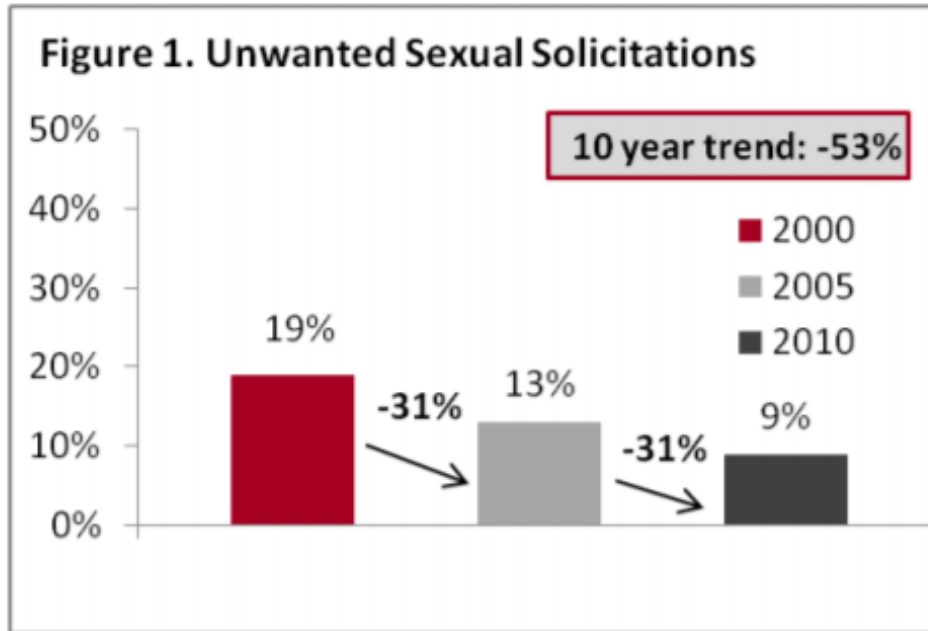
**Recognize technology can be
used for power or control**



What is ONLINE SEXUAL SOLICITATION?

Online sexual solicitation involve requests via technology to engage in sexual activities or sexual talk or give personal sexual information that were unwanted or, whether wanted or not, made by an adult.





Mitchell, K. J., Jones, L., Finkelhor, D., & Wolak, J. (2014). Trends in Unwanted Online Experiences and Sexting. Durham, NH: Crimes





**1 IN 4 TEENS IS
HARASSED OR ABUSED
THROUGH TECHNOLOGY**



STEP THREE:

**Consider what screen time
means for your family**



“All screen time is not equal. We encourage parents to think less about the blunt measurement of screen time, and more carefully about **how their children spend time on devices and what that means for their social development.**

...consider whether or not online activities are **enhancing social support** and **facilitating social connectedness** versus negative interactions that focus on social comparisons and reduce time spent in in-person interactions.”

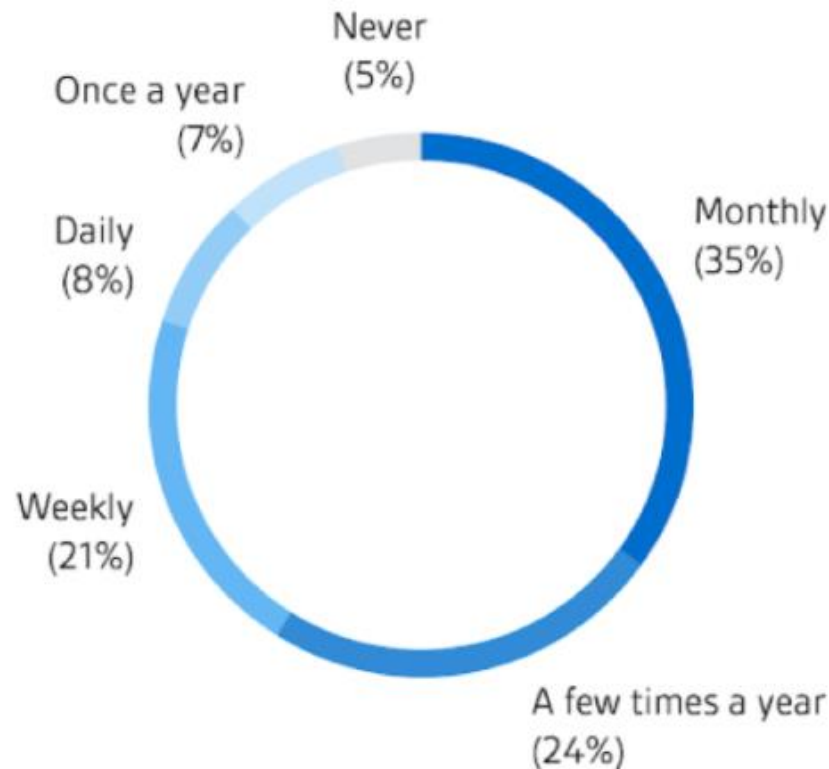
-Dr. Claire Coyne, Ph.D.
Lurie Children’s Hospital



Parenting Teens in the Age of Social Media

Ann & Robert H. Lurie Children's Hospital of Chicago- 2020

How frequently do you talk to your teen about their experience on social media?



STEP FOUR:

Communicate family values and expectations.



Device Free Dinner



#DeviceFreeDinner





Create a Family Media Agreement and Device Contract

commonsense.org



Family Media Agreement: K-5

I will ...

stay safe.

- ☐ I will not give out any private information, such as my full name, date of birth, address, or phone number, without my family's permission.
- ☐ I will keep my passwords private and only share them with my family.
- ☐ I will tell a trusted adult if anyone online makes me feel uncomfortable, sad, or unsafe. I will recognize that my safety is more important to my family than anything else.
- ☐ _____

think first.

- ☐ I will communicate kindly when I use the Internet or my cell phone. I will not tease, embarrass, or bully others.
- ☐ I know that the Internet is public, and I will respect myself and others when I'm using it.
- ☐ I will not pretend that I created something that's not actually my own work.
- ☐ _____

stay balanced.

- ☐ I know that not everything I read, hear, or see online is true.
- ☐ I will respect my family's decisions for what I'm allowed to watch, play with, or listen to, and when.
- ☐ I will continue to enjoy the other activities – and people – in my life.
- ☐ _____

In exchange, my family agrees to ...

- ☐ recognize that media is a big part of my life, even if they don't always understand why.
- ☐ talk with me about what worries them and why, before saying "no."
- ☐ talk to me about my interests and help me find stuff that's appropriate and fun.

X

signed by me

X

signed by my parent or caregiver

Family Media Agreement: 6–8

I will ...

stay safe.

- ☐ I will not create accounts or give out any private information – such as my full name, date of birth, address, phone number, or photos – without my family’s permission.
- ☐ I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- ☐ If anyone makes me feel pressured or uncomfortable, or acts inappropriately toward me online, I’ll stop talking to that person and will tell a friend or family member I trust about it.

☐

think first.

- ☐ I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.
- ☐ I know that whatever I share online or with my cell phone can spread fast and far. I will not post anything online that could harm my reputation.
- ☐ Whenever I use, reference, or share someone else’s creative work online, I will give proper credit to the author or artist.

☐

stay balanced.

- ☐ I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- ☐ I will help my family set media time limits that make sense, and then I will follow them.
- ☐ I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.

☐

In exchange, my family agrees to ...

- ☐ recognize that media is a big part of my life, even if they don’t always understand why.
- ☐ talk with me about what worries them and why, before saying “no.”
- ☐ talk to me about my interests and embrace my world, including helping me find media that’s appropriate and fun.

X

signed by me

X

signed by my parent or caregiver

Family Media Agreement: 9-12

I will ... stay safe.

- ☐ I know that there are scams online that I can avoid. Therefore, unless I am filling out a trusted form with my family's permission, I will not give out my private or financial information.
- ☐ I will read the privacy policies of any social network sites or apps that I want to use, and I will pay attention to the types of information these companies can collect about me.
- ☐ I know that I have a choice in the kinds of relationships I have online. I will stop talking to anyone who makes me feel pressured or uncomfortable, or acts inappropriately toward me.

☐

think first.

- ☐ I will model kind behavior online. I will not bully, humiliate, or upset anyone online or with my phone – whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles – and I will stand up to those who do.
- ☐ I know that the photos and videos I post, and everything that I write about myself and others online, can be saved and shared without my knowing. Therefore, I will not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see.
- ☐ When I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist. I also know that I have a right to receive credit for any original work that I share online.

☐

stay balanced.

- ☐ I know that not everything I read, hear, or see online is true. I will consider whether a source is credible. As an author, I will also contribute information thoughtfully and honestly.
- ☐ I will be open with my family about how I spend my time with media and show them that I use it responsibly.
- ☐ I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities – and people – in my life.

☐

In exchange, my family agrees to ...

- ☐ recognize that media is a big part of my life, even if they don't always understand why.
- ☐ talk with me about what worries them and why, before saying "no."
- ☐ talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.
- ☐ let me make some mistakes and help me learn from them.
- ☐ respect my privacy and talk to me if they have concerns.

X

signed by me

X

signed by my parent or caregiver

Customizable Device Contract

Things to keep in mind...

Before creating a family contract about your kid's personal or school-issued device, talk about how the device will be used at home. Use the suggested guidelines below to help make sure that you and your kid are on the same page. Then use the customizable form to outline your agreed-upon expectations.

Where, When, & How Long?

- **Decide where you're comfortable having your kid use the device.** Can they only use it in family spaces, like a family room or kitchen? Can they bring it into their bedroom or the bathroom? Can they use it at the dinner table?
- **Consider the difference between using a device for homework and using it for entertainment.** Your kid's school may have specific policies for what a device is to be used for and by whom (e.g., no siblings!).
- **Talk about what it means to "balance" time spent with technology, media, and other activities.** What are some steps your family can take to balance screen time with face-to-face time? Do you want to make the dinner table a device-free zone, in which no family member (not even the adults) may use a cell phone, tablet, or computer? Do you want to set a curfew for when devices need to be shut off?

Checking In

- **Explain that as the parent or caregiver, part of your job is to guide them.** Identify ways to maintain open, honest communication with your kids about their device.
- **Discuss how you'll monitor the device.** Do you want to check up on your kid's activity? If so, how? Will you ask your kid to give you access to emails, texts, and IMs? Will you review his or her search history (which can be deleted) from time to time?
- **Talk with your kid about the kinds of apps they'll be using and accounts they'll have.** Ask them to show you their favorites, as well as the ones they use most. How do they work? What's so cool about them? How do these tools support their learning?

Privacy Settings

- **Practice creating a strong password together.** Use at least eight characters (mixing letters, numbers, and symbols) and avoid including any private information such as names, addresses, birth dates, etc. Remember to have your kid write down usernames and passwords and keep the information stored in a safe place.
- **Discuss the importance of not sharing passwords with others,** and decide whether parents should be an exception to the rule. One idea is to have kids create their own passwords but then keep them accessible to parents in a sealed envelope for emergencies.
- **Review privacy policies and privacy settings together.** Make sure your kids understand what private and personal information companies may or may not be collecting. Decide how public or private an audience you all are comfortable with when it comes to sharing and posting.

Care & Maintenance

- **Discuss what you consider to be responsible care and maintenance of what are often expensive tools.** Where will the device be stored and charged at home? Why is it important to treat the device gently and not shove it into a backpack?
- **Outline the responsibility factor.** Discuss what will happen and who's responsible if the device gets stolen, lost, or broken — even if by accident.

Communicating Responsibly Online

- **Talk about the difference between using the device to communicate with classmates for school-related work and using it for hanging out** or goofing off with friends. What are the school's guidelines for appropriate use? How will you enforce similar expectations at home?
- **Discuss your family rules for social networking and messaging** – with people they know, sort of know, or don't know at all. What does it mean to be respectful to and respected by others? What does that look like? Use this as a springboard for a discussion about cyberbullying, privacy, and safety.

Our Contract

This contract outlines my family's expectations for how I use my device at home. We agreed upon the following:

Where, When, & How Long

We talked about what it means to use the device appropriately and respectfully at home. We agree to:

Checking In

We talked about how we, as a family, will stay involved in how the device is used and what it's used for. We agree to:

Privacy Settings

We talked about what kinds of accounts I'll have and how I can best protect my private information. We agree to:

Care & Maintenance

We talked what it means to take good care of my device at home, and what might happen if it's broken, stolen, or lost. We agree to:

Communicating Responsibly Online

We talked about the different ways I might communicate with other people using my device, and what safe, responsible, and respectful communication looks like. We agree to:

X

signed by me

X

signed by my parent or caregiver

Online Safety as a Developmental Process

Approximately Ages <8-12

Use device or app-based tools for safety when giving access to technology

Institute of Digital Media and Child Development



Google Digital Wellbeing

Access settings at:

<https://safety.google>



Apple – Restrictions (Screen Time)

Use parental controls on your child's iPhone, iPad, and iPod touch

With Content & Privacy Restrictions in Screen Time, you can block or limit specific apps and features on your child's device. And restrict the settings on your iPhone, iPad, or iPod touch for explicit content, purchases and downloads, and privacy.

Set Content & Privacy Restrictions	Prevent iTunes & App Store purchases	Allow built-in apps and features
Prevent explicit content and content ratings	Prevent web content	Restrict Siri web search
Restrict Game Center	Allow changes to privacy settings	Allow changes to other settings and features






Privacy and settings

ACCOUNT


 Manage my account

 Privacy and safety

 Balance


 Share profile

GENERAL

 Push notifications

 Language

 Digital Wellbeing

 Accessibility

 Data Saver




Vodacom SA 

   16:32





Digital Wellbeing

 Your passcode will remain valid for 30 days and then must be reset.

Features

 Digital Wellbeing includes Screen Time Management and Restricted Mode.

 Screen Time Management helps you hold yourself to 2 hours on the app per day. With this setting enabled, you will need to enter your passcode to continue using Tik Tok past that time limit.

 Enabling Restricted Mode will limit the appearance of videos that may not be appropriate for all audiences.

Turn On



Online Safety as a Developmental Process

Approximately Ages <13-15

Set clear boundaries. Focus on risk coping skills and exit strategies

Institute of Digital Media and Child Development



Parental Apps & Online Safety

University of Central Florida Study

Authoritarian
Parenting Styles

Less Responsive to Teen
Autonomy Needs

Use of Parent Control apps

Teens more likely to experience:

- Unwanted Explicit Content
- Harassment
- Online Sexual Solicitations

“Teens, and even younger children, told us loudly and clearly that they would **rather their parents talk to them** than use parental control apps,” (Arup Kumar) Ghosh said. “Not because they wanted to get away with something bad, but **because they wanted their parents’ trust and respect.**”

UCF News - University of Central Florida Articles - Orlando, FL News. (2018). *Apps to Keep Children Safe Online May be Counterproductive*. [online] Available at: <https://today.ucf.edu/apps-keep-children-safe-online-may-counterproductive/>



Shared Vision

Shared Vision unites relational frames of language and thought – putting everyone on the same page and eliminating misunderstandings.

Paxis Institute



Shared Vision

1. Predict the positive steps and outcomes of the upcoming activity.
 2. Establish what we would like to see, hear, do and feel more.
 3. Establish what we would like to see, hear, do and feel less.
 4. Allow young people to drive the conversation but offer guidance.
 5. Ensure the more ***outnumbers*** the less.
-



Online Safety as a Developmental Process

Approximately Ages <16-18

Try to withhold judgment and let them know that you are there to help if they need you.

Institute of Digital Media and Child Development



Approach with Curiosity

- Tell me about how this app is important to you?
- What is appealing about this app?
- What does this app do that another app doesn't?



Remind Teens of Their Digital Rights

- You have the right to turn off your phone and spend time with friends and family without your partner getting angry
 - You have the right to say no to sending pictures or information digitally to your partner that you are not comfortable with
 - You have the right to keep your logins and passwords private
 - You have the right to control your own privacy settings on social media
 - You have the right to feel safe and respected in your relationship
-



STEP FIVE:

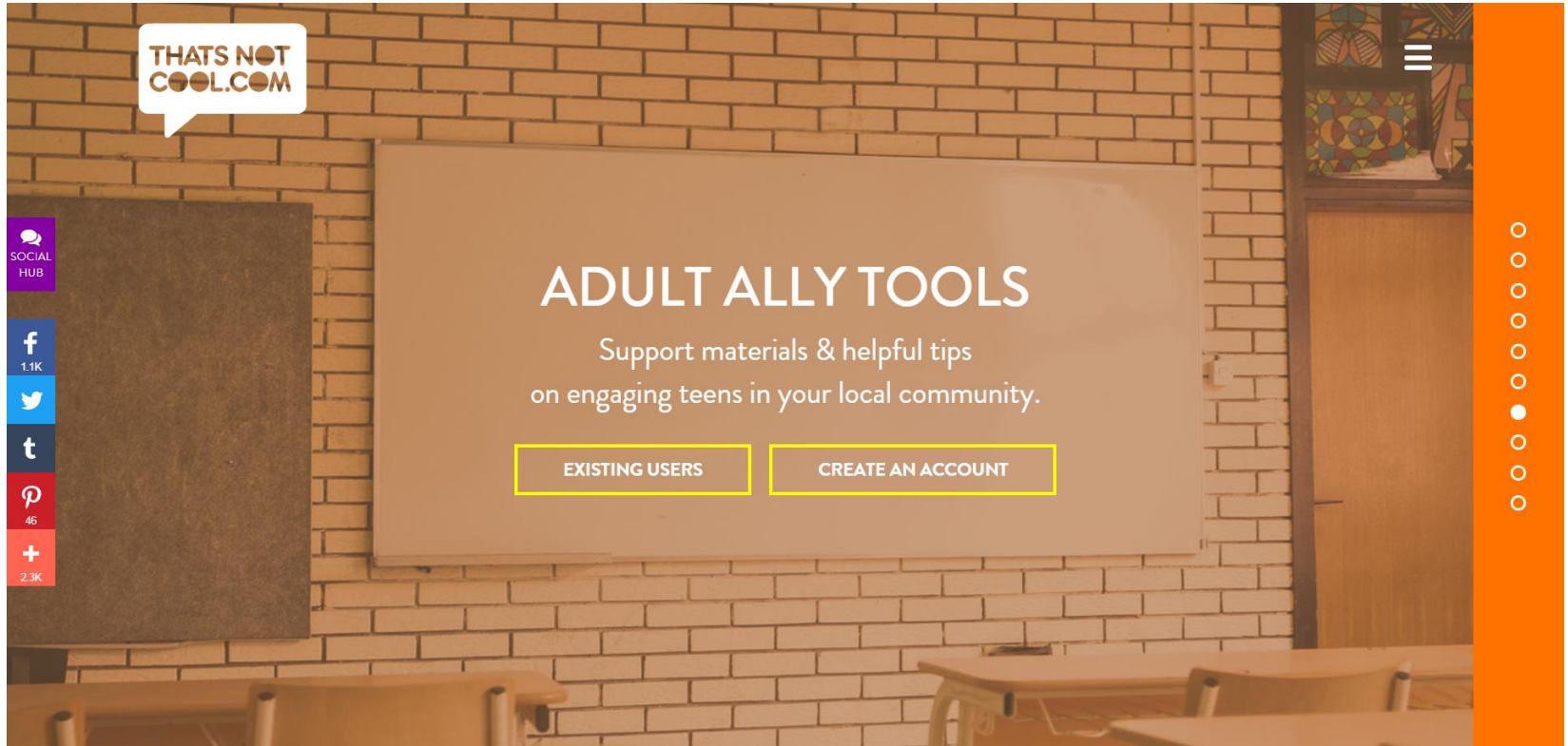
**Know the resources available
for families.**



Calm



www.thatnotcool.com



endtechabuse.org

CYBER SAFETY PLAN

TABLE OF CONTENTS:



	What is a safety plan?
	Things I can do to keep myself safe
	My personal resources
	Reporting abuse online



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Call: 844-234-LINE
(5463). Monday-
Friday 10AM-6PM.



Text: 87028.
Monday-Friday
10AM-6PM.



Chat: Click here to
view the online chat
tool.



Questions???

Thank you!!

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