



CATHOLIC SCHOOLS
CENTER OF EXCELLENCE

Technology, Social Media, And Parenting

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Who is CSCOE?

EST. 2015

Enhance **EXCELLENCE**
Increase **ENROLLMENT**

WE SERVE:

152 preschool–8th grade Catholic schools

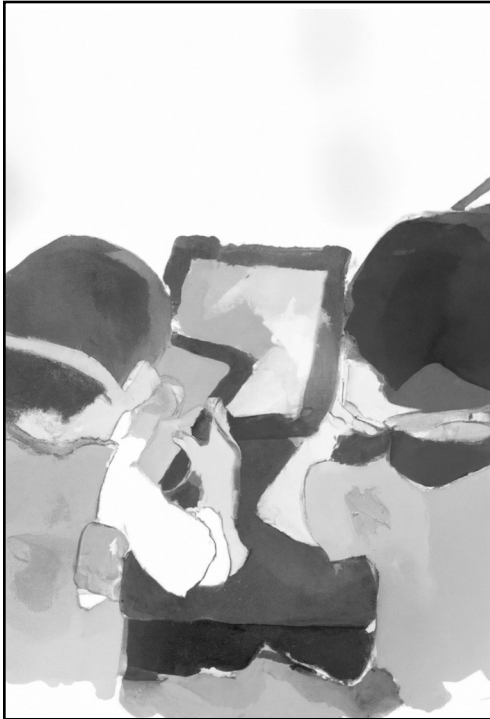
4,500 faculty and staff

35,000 students

IN THE STATE OF MINNESOTA



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How Much Is Too Much Screen Time?

- Age 2 and under: avoid media use (except video chatting).
- Preschoolers: No more than one hour of high-quality programming per day.
- Grade-schoolers/Teens: Don't let media displace other important activities such as quality sleep, regular exercise, family meals, "unplugged" downtime.
- All ages: Be a media mentor. Co-view media with your kids.

(APA.org)

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Protect The Essentials: Sleep

- Infants 4 months to 12 months should sleep 12 to 16
- Children 1 to 2 years of age should sleep 11 to 14 hours
- Children 3 to 5 years of age should sleep 10 to 13 hours
- Children 6 to 12 years of age should sleep 9 to 12 hours
- Teenagers 13 to 18 years of age should sleep 8 to 10 hours

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Protect The Essentials: Boredom

- Boredom is essential in childhood!
 - Encourages imagination
 - Teaches grit
 - Develops problem solving skills
 - Helps form relationship skills
 - Improves confidence
 - Creates a sense of “belonging”
 - Protects mental health

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Protect The Essentials: Outdoors

- 30 to 60 minutes of outdoor play time per day but even 10 minute “chunks” are a good idea.
- It builds confidence.
- It promotes creativity and imagination.
- It teaches responsibility.
- It provides different stimulation.
- It gets kids moving.
- It makes them think.
- It reduces stress and fatigue.

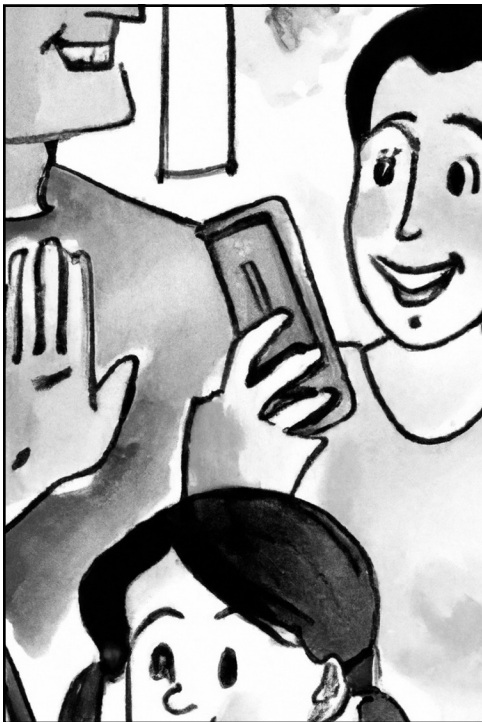
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Protect The Essentials: Family Time

- Meal-time
- Family play time
- Responsibility for chores
- Car time
- Model what you want to see

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What We Can Do

- Parents modeling healthy media use — including limiting phone interruptions.
- Design a plan with children that includes media free time and limits exposure one to two hours before bedtime.
- Co-viewing media and discussing it when possible, to enhance learning.
- Pandemic permissiveness
- What will we protect? Screens will seep into the rest.

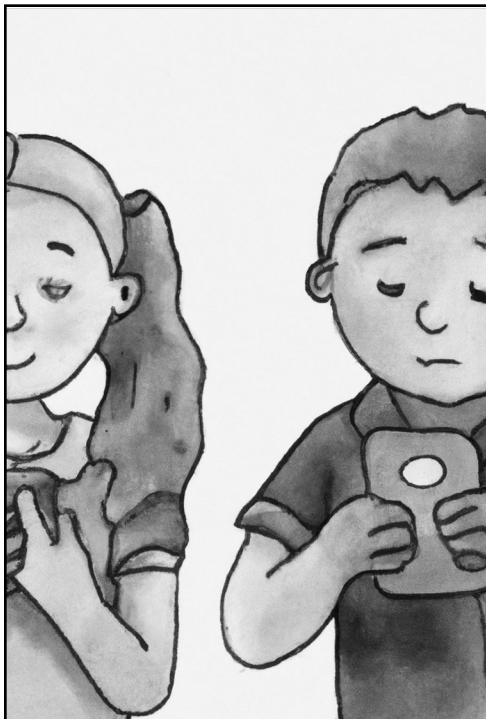
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How To Keep Them Safe

- Use parent controls – through internet carrier and through router, but trying to fight it with crafty tech can fail
- Secret spying on them can cause trouble – especially as they get older
- Say it....repeatedly.
- Watch and play with them
- Most importantly, TALK

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Snapchat, Instagram, Tik Tok Are Where It's At...for Now

- Wait 'til 8 - 8th grade
- Familiarize yourself with your adolescent's favorite social media by reading reviews or downloading it yourself and playing around with it.
- Friend your child as a condition of use, or have older cousins keep tabs
- Make time for regular check-ins when you can ask what's new on Tik Tok Snapchat and Insta and share your feeds with them.
- Talk to other parents, follow trends, Common Sense Media

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Upside Of Social Media

- Kids feel connected – gives them a voice and a chance to participate in social issues
- Promotes creativity – posting drawings, poems, photography, art, even baking
- Helps isolated kids feel connected – building community for kids with disabilities, kids outside mainstream, AND in pandemic
- Useful in education – kids actually use it to study together or quiz each other
- Tik tok has “sides” that can be helpful or harmful. Know your kid’s algorithm.

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Downside Of Social Media

THREATS

- Constant comparison
- Focus on superficial
- Anonymity breeds bad behavior
- Feeds insecurity
- Overly sexualized tik toks
- Predatory threat

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Downside Of Social Media

WHAT WE CAN DO

- TALK – show them reality vs. Instainage
- TALK – remind them that too much time on this puts too much focus on the least important part of themselves
- Remind them they are not allowed to comment in a demeaning, insulting, way
- TALK about expressing yourself in a way that will not be embarrassing later
- Remind them that who someone says they are online may not be true. NO talking with strangers, no personal information

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Thumbs Mostly Up...from Them

- Few say social media has a negative effect on how they feel about themselves
- 25% say social media makes them feel less lonely (3% say more)
- 18% say it makes them feel better about themselves (4% say worse)
- 16% say it makes them feel less depressed (3 % say more)

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What You Can Do

- **Check In**
- Ask open-ended questions about their social media lives: What's good? What's not so good? What do you wish you could change?
- And remember, social media is only one contributor to kids' overall well-being.

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They Know

- 70% use social media more than once a day (34% in 2012).
- Most adolescents think technology companies manipulate users to spend more time on their devices.
- Many of them also think that social media distracts them and their friends.

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THEY WON'T STOP

What you can do

- They know it's getting in the way of important things, but they have a hard time regulating their own use. So, help them!
- Encourage them to be mindful of how they feel before, during, and after a social media session.
- If a certain friend or topic bugs them or brings them down, they can block that person or mute the thread.
- Challenge them to do a task with focused concentration and without getting distracted for longer and longer periods (set a timer!).

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Managing Devices Can Be Hit Or Miss

- Many turn off, silence, or put away their phones at key times such as when going to sleep, having meals with people, visiting family, or doing homework.
- But many others do not: A significant number of adolescents say they "hardly ever" or "never" silence or put away their devices.

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What you can do

- If your adolescent is the kind who can manage their own use, keep encouraging them. If not, set specific screen rules for around the house.
- Establish screen-free times (such as during homework) and areas (such as the bedroom). Have device-free-dinner nights -- and make sure to follow the rules yourself.

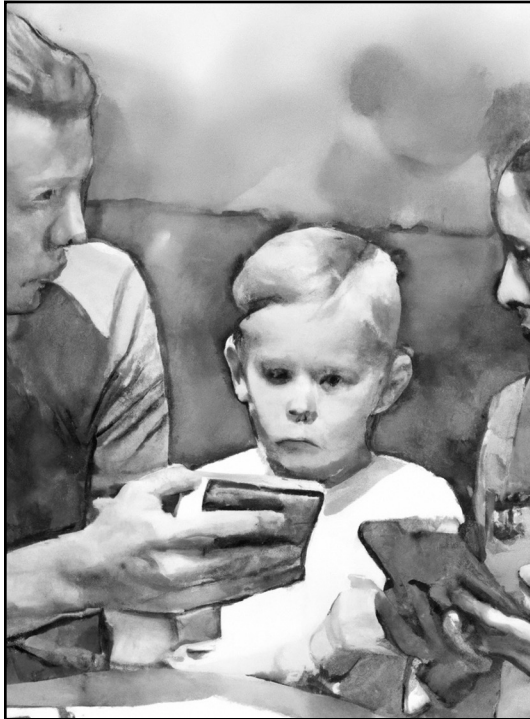
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Technology And Pornography

- 90% of 16-year-olds report having seen porn
- Widely available, easily accessed and can be hugely harmful – violent, anti-women, shocking, misrepresentation of human anatomy, objectifies, misrepresents normal sexual relationships,
- TALK about it before 10 years old
- Porn is NOT sex – it is acting
- Rules about no using phones or computers at other people's homes
- NO SCREENS IN BEDROOMS

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Talking about Pornography

- Tell them you need to talk about exposure to pornography when they first get a phone – this will last 2 minutes
- Kids are repulsed by and also interested in finding out about sex – confusing feelings
- Some older kids show younger kids because they are shocked and want to shock others
- Can make young kids afraid to tell you. They know it is wrong and they are worried about their curiosity
- Tell them you are there to talk, answer any questions, but don't go into detail. **2 MINUTES**

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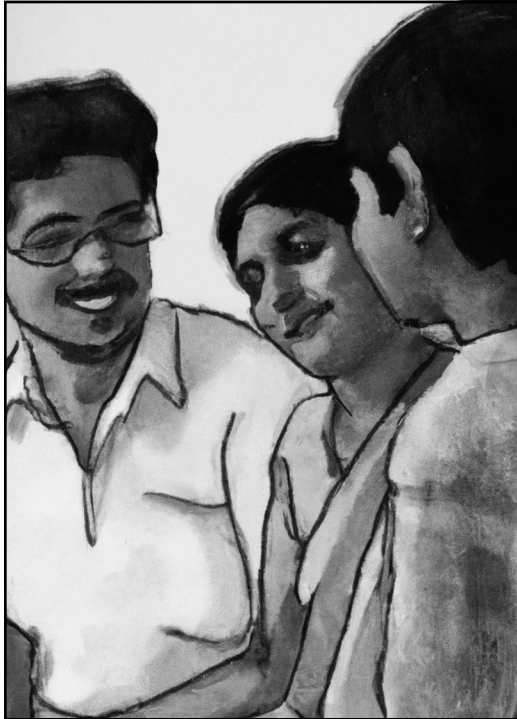


Exposure To Hate Speech In On The Rise, While Cyberbullying Is Less Common.

- Only 15-16% of teens report ever being cyberbullied.
- Nearly 2/3 say they often or sometimes come across hate content in social media.
- Fortunately, some tech companies are changing features to try to stop online abuse. Most social media platforms allow you to block, mute, or report bad behavior.
 - Instagram allows users to report posts and delete unwanted comments from their feeds.
 - TikTok lets you filter out comments with negative keywords. And
 - Roblox has different safety settings for kids 12 and under and teens.

Source: Common Sense Media

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What you can do

- Talk to your kid about being a force for good on the internet.
- Explain that it reflects poorly on them if they like, share, or otherwise support messages of hate -- even as a joke.
- If your kid knows the person spewing hate speech, then encourage them to block, report, or simply unfriend that person.
- Practice how to disagree with people respectfully and constructively.
- Encourage them to stand up for people who've been denigrated -- without getting into an ugly flame war. How to be an interrupter or upstander instead of a bystander

Source: Common Sense Media

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How To Prevent Cyberbullying

- Keep home computer(s) in easily viewable places, such as the family room or kitchen.
- Talk regularly with children about their online activities and Internet etiquette in general.
- Talk specifically about cyberbullying and encourage children to notify adults immediately if they become victims of cyberbullying.
- Tell children that you may review their online communications if there is any reason for concern.
- Help children understand that cyberbullying is harmful and unacceptable behavior.
- Emphasize expectations for responsible online behavior and make clear the consequences for violations of Internet etiquette.

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Cyberbullies

- Just as likely to be female as male
- More likely to be older than younger teens
- Poor relationship with parents/caregivers
- More likely to be targets of traditional bullying
- More likely to engage in delinquent behavior
- More likely to be frequent/daily internet users
 - Vengeful angel
 - Power hungry
 - Mean girls
 - Inadvertent

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Cyberbully Victims

- more vulnerable to manipulation
- less attentive to Internet safety messages
- less resilient in dealing with a difficult situation,
- less able or willing to rely on parents
- Likely to have m/h issues
- As likely to be female as male
- Likely to be older teens
- May be victims of traditional bullying
- Likely to be unpopular, isolated, depressed, anxious, and fearful
- Likely to be searching for acceptance and attention

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What To Do: Cyberbullying

- Clean up the instant messaging buddy list to help reduce the number of other people who have access to the victim's e-mail location.
- File a complaint with the website, Internet service provider (ISP), or cell phone company.
- Enlist the help of the school psychologist, school counselor, principal – try to work it out in a community approach, teach respectful dialogue, how to be an upstander.
- Contact an attorney if less drastic steps are ineffective.
- Contact the police if the cyberbullying includes threats of harm.

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"Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus."

– Philippians 4:7

Peace of MIND

www.CSCOE-MN.org

www.PhoenixSchoolCounseling.com

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SOCIAL MEDIA RED FLAGS

- <https://www.common sense media.org/articles/11-social-media-red-flags-parents-should-know-about>
- Ads and in-app purchases: [Instagram](#), [Snapchat](#), [TikTok](#)
- Age-inappropriate content : [Instagram](#), [Hive Social](#), [Snapchat](#), [TikTok](#), [Tumblr](#)
- Anonymity: [Lipsi](#), [LMK: Anonymous Polls](#), [Tellonym](#)
- Cyberbullying: [Instagram](#), [Snapchat](#), [Roblox](#), [Twitter](#)
- Location Sharing [Find My Friends](#), [Instagram](#), [Snapchat](#), [Twenty \(formerly Mappen\)](#), [Twitter](#)
- Public Default Setting [Instagram](#), [Snapchat](#), [Twitter](#)
- Random video chat: [HOLLA](#), [Monkey](#), [Wink](#)
- Real time video streaming: [YouNow](#), [Instagram](#), [Twitch](#)
- Secret rooms: [Discord](#), [IMVU](#)
- “Temporary” videos or pics: [Confide](#), [Instagram](#), [Facebook Messenger](#), [Telegram Messenger](#)
- Toxic culture: [4Chan](#), [Discord](#), [Twitch](#)

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RESOURCES

- **APA Digital Guidelines: Promoting Healthy Technology Use for Children**
<https://www.apa.org/topics/healthy-technology-use-children>
- **Media and Child Health Clinician Toolkit**
<http://cmch.tv/clinicians>
- **APA Div. 46 (Society for Media Psychology and Technology)**
www.apa.org/about/division/div46.aspx

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