



**THE PARENTING
PARTNER**

Fiona Doman
PSYCHOLOGIST

DIGITAL MEDIA SCREEN HABITS AND YOUR FAMILY

**WEBINAR
31 AUGUST
(ONLY R100)**

**FULL
BOOKLET ON
WEBINAR
AVAILABLE**



Compiled by Fiona Doman Olivier



WHY DO PARENTS AND CHILDREN NEED TO BE UPDATED AND INFORMED?

This is just a summary of the most important reasons

1

Unavoidable exposure Digital technology is part of all aspects of our lives and here to stay

2

Parents might be more unaware of what their children experience online
(See next page for more info)

3

The speed at which technology is developing - keep track or fall behind

4

Various consequences

5

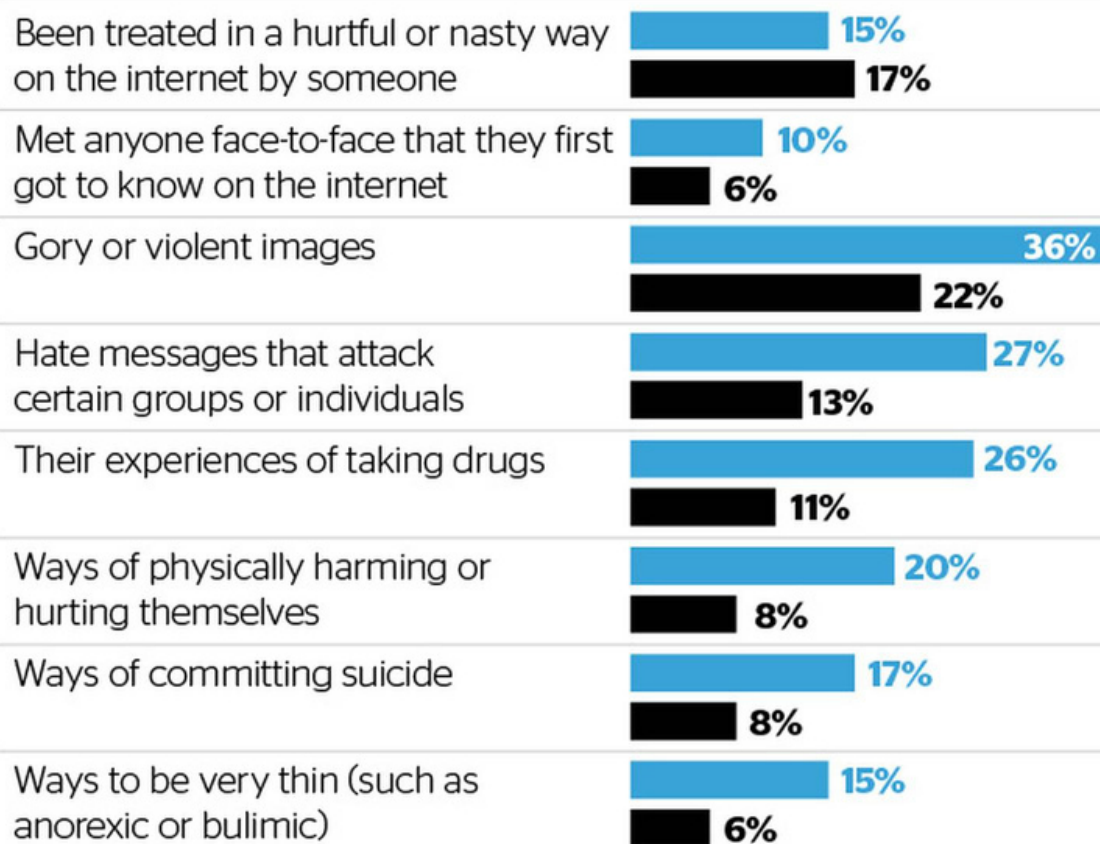
Dangers

WHAT DOES RESEARCH SAY ABOUT PARENTS' AWARENESS OF THE ONLINE EXPERIENCES OF THEIR CHILDREN

Online experiences

Netsafe's Global Kids online report

■ Children's experiences online ■ Parental awareness

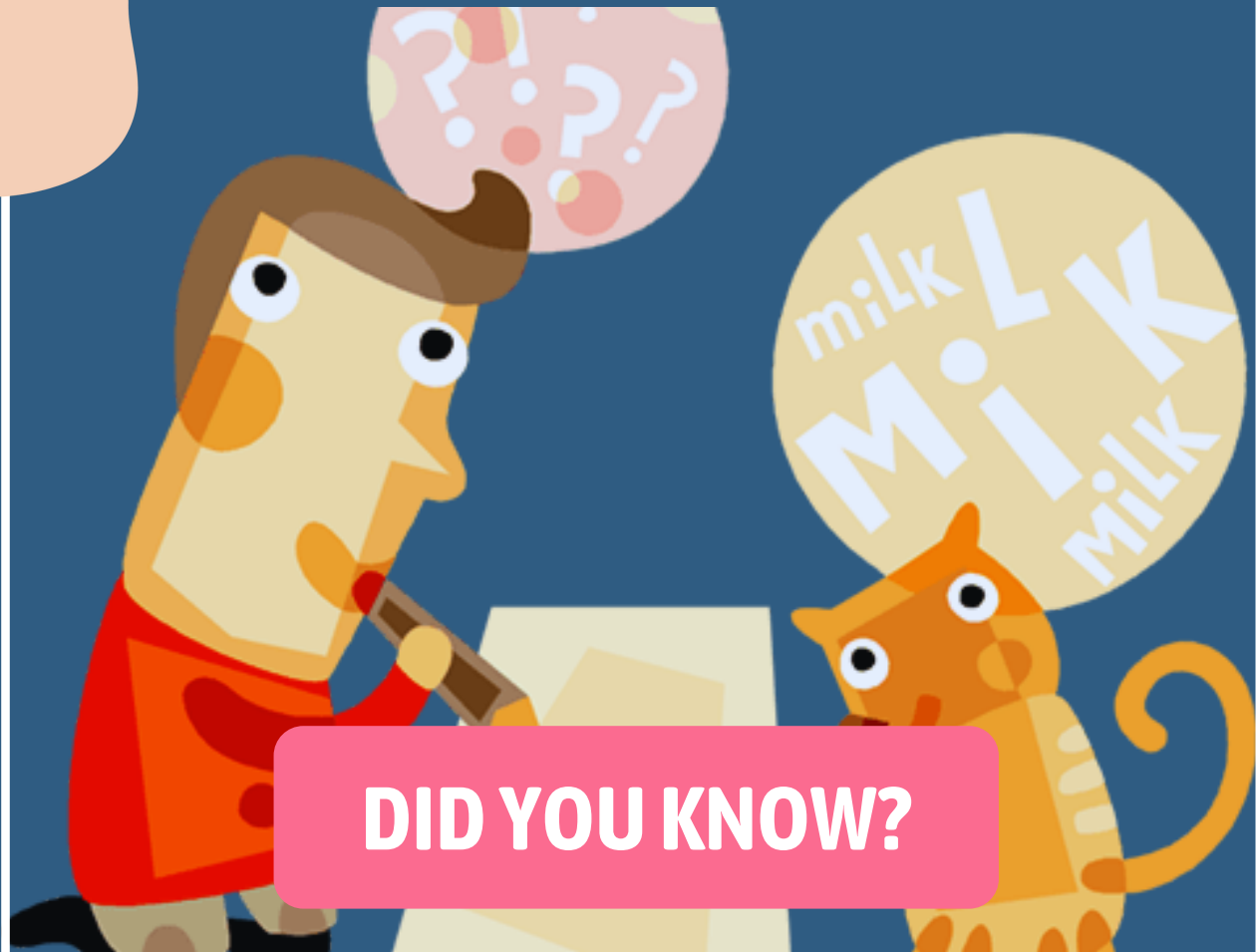


Source: Netsafe / Herald Network graphic

(2019-2020 STUDY AMONGST 2000+ 9 - 17 YEAR OLDS AND THEIR PARENTS: NEW ZEELAND)

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SA children spend a bit more than 3 hours per day on screens (excluding academic screentime). This is according to a 2018 study.

**3 hours per day
= 1095 hours per year
= 45.625 full 24 hour days per year
= 12.5% of the year is spend on screens**

= 1 year of a 10 year old's life is spend on screens if he/ she is allowed to spend 3 hours per day on screens since he/she was 2 years old.

INDICATION OF EXCESSIVE USE OF SCREENS

Repeated and constant requests or attempts to use digital media or devices.

Struggles to keep self busy for a meaningful and age appropriate period of time with activities that do not include screens. Person shows little interest in other activities - person might walk or sit around aimlessly or only keeps attention for a short period.

Isolation or limited attempts, need or interest in socializing or doing other physical activities.

Use digital media or screens **in private or with secrecy** - **children hide** with devices and older children seek for and use other ways or devices to get access.

Excessive need or behaviors to use **platforms or to view profiles** - during the day and night.

The first thing they do when waking at night or in the morning is to **view their profiles** or applications / platforms.

Regular disregard for rules or boundaries in terms of using screens or digital media - which may also lead to **conflict or isolation.**

Physical health related issues - neck and shoulder pain and spasms, sight or vision problems, being tired, being over-weight, etc.



PROs

in terms of using digital media and screens

CONs

in terms of using digital media and screens

Remember: There are a lot of variables which should be considered when looking at the research findings.
Still most studies have the following in common.



Visual -motor integration benefits and development
- with the use of educational activities and games

Health issues
Being overweight
Vision or sight problems
Growth and posture concerns

Development of problem solving abilities
Especially through games and activities where there are levels to complete by solving problems (e.g. puzzles) in order to move to the next level

Decrease in amount and quality of sleep and rest

Forming and building friendships and support networks other than what is immediately available in your vicinity

Under developed muscles
Pain
Spasms

Extending knowledge and fields of interest, as well as technology skills

Decrease in the need or want to interact or socialize with others if it is not on screens - decline in deep and meaningful relationships

Decrease in attention and concentrations as more stimulation needed to hold attention

GENERAL DANGERS

Cyberbullying

How does cyberbullying behavior look?

- **Share and distribute false info** about someone.
- Share and distribute photos, messages or comments which can be degrading or offensive.
- **Unwanted communication.**

"Online Predators"

What are the online behaviors and profiles of predators?

- It is usually **adults**, but can also be **older teenagers** - they may or may not pose as children.
- Usually **create false profiles (with a lot of detail and content)** where they may lie about their age.
- **Befriend younger person** on social media, online games and chat rooms.
- Shows a lot of **attention, interest or empathy.**
- These people have the **goal of doing harm** to children or young people **and serve their own interests or "needs" - usually of a sexual nature (like pornography or pedophilia).**

OTHER DANGERS INCLUDE: EXPOSURE TO UNAPPROPRIATE CONTENT / "GROOMING" / "SEXTING" / OTHER PSYCHOLOGICAL DANGERS LIKE DEPRESSION AND ADDICTIONS...)

Indications that someone is a victim?

- **Isolation or not interacting as usual** - especially with family members.
- **Change of mood.**
- Spend **excessive or very limited time** online.
- Attempts or behaviors which indicate that they **want to hide their online activities** from others. (They may close the computer or phone when someone enters the room where they are or they want to spend time in their rooms with devices).

What can you do when you become aware of the above mentioned?

! **Stay calm and get some help** ! - this is important for children, teens and parents

(More information available on dangers and how to prevent or cope with it during the webinar)

Protect yourself when you are online



Do not click on any or all "pop-ups"

Be very careful when on free apps as advertisement space are sold.

Be careful and aware of what you download

Be sure to update your anti-virus / firewall protection.

Be aware of the privacy setting on applications or platforms

A lot of the social media apps will be set to "public" and not "private" when you start off.



Do not share personal / identification information

Do not share too much information. If something looks "fishy" and you have a gut feeling that it is not right - rather inquire or report.

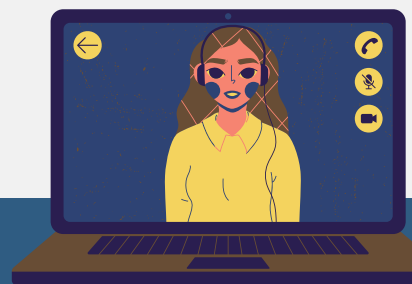
Use good passwords

Refrain from using the same password for all applications. Try not to use personal information like names or dates in the password.

Additional guidelines will be shared during the webinar

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When children start to understand or learn about the concept of time and time management, they are usually ready to be included in discussions around screen time as well as rules or boundaries when it comes to digital media and screens.

This age is indicated as 5 - 6 years by many researchers and experts.

GENERAL CONSIDERATIONS WHEN HAVING DISCUSSIONS AROUND SCREEN TIME

Be proactive rather than reactive.

Include **all family members** in the discussion.

Choose the **best time, place and approach**. Rather talk when everyone is calm, relaxed and without screens in front of them.

Set the goal to have **simple and easy guidelines** - things that everyone will understand and follow.

Be fair in terms of time allowed for different ages or needs - revise or make exceptions from time to time when needed.

Use legal and platform guidelines as a starting point.

Consider appropriate age guidelines: 0-2 years (none), 2-5 years (1hour), 5+ (2hours max per day). - Try to stick to 20 minute blocks.

Identify, consider and discuss the **pros of less screen-time**.

Talk about **consequences** if guidelines are not adhered to BUT also whether there will be a **reward or benefit** if they do adhere.

Be consistent but also revise.

Parents always have the right to look at profiles and have access to devices in order to check and make sure of safety.

More info will be shared during
webinar



Hi, I need more information on the topic!

- Our next **WEBINAR** will be on **31 August (20:00)**
- **Cost = R100**
- Please send a whatsapp or email **073 258 3862 / fiona.doman@gmail.com** in order to book or inquire

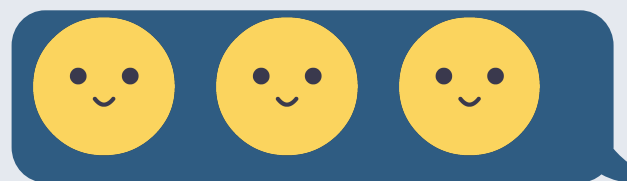
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Psychologist FB / Instagram pages**

What will be included in the WEBINAR?

- Differentiate between **GOOD** and **BAD** screen time.
- Detailed discussion on more **DANGERS**.
- **RISK AND PROTECTIVE** factors.
- **PREVENTION STRATEGIES**.
- More **GUIDELINES** on screen time discussions.
- Very important **TERMS** and **PLATFORMS / RESOURCES**.

and more....

- **Suited for parents of children 0 - 21 (Content can be shared with children form 13year+)**





Remember
WEBINAR 31 August

**(Booklet on webinar
content available)**

Phone or contact on
073 258 3862 /
fiona.doman@gmail.com
to book or inquire

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