



Emily Cherkin, MA Ed.

www.thescreentimeconsultant.com

info@thescreentimeconsultant.com



*Child development
is **relational**.
Adults matter.*

In 2018:

- About **95%** of U.S. teens have access to smartphones
- **50%** are online “practically all the time, including nights”
- Teens spend **9 hours per day** consuming media
- **50%** of teens say they are addicted to their phones
- Depressive symptoms among teens increased **50%** between 2010-2015

Sources: Common Sense Media, Pew Research Center, Center for Media and Child Health, Jean Twenge

Recommend Websites

- www.common sense media.org (Ratings)
- www.healthy children.org (Family Media Plan)
- www.humanetech.com (Tristan Harris)
- www.commercial free childhood.org (Resource)
- www.screenschooled.com (Joe and Matt)
- www.screentimenetwork.org (Resource)

Three Critical Questions

When we choose a technology-based option:

1. What do we gain?
2. What do we lose or replace?
3. What do we model?

Books and Articles

- Adam Alter Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked (2017)
- Dr. Jenny Radesky “*Patterns of Mobile Device Use by Caregivers and Children During Meals in Fast Food Restaurants*” (American Academy of Pediatrics, 2013)
- Erika Christakis “*The Dangers of Distracted Parenting*” (Atlantic Monthly, July 2018)
- Maryanne Wolf “*Skim Reading is the New Normal*” (The Guardian, August 2018)
- Science News/The Lancet “*Limiting Children’s Recreational Screen Time to Less than Two Hours a Day Linked to Better Cognition, Study Finds*” (September 2018)
- Jean Twenge “*Have Smartphones Destroyed a Generation?*” (Atlantic Monthly, September 2017)
- Amy Wang “*A Lawyer Rewrote Instagram’s ‘Terms of Use’ in Plain English so Kids Would Know Their Privacy Rights*” (Washington Post, January 2017)

6 THINGS YOU* CAN DO TONIGHT:

1. Screen-free bedrooms.
2. Delete social media apps.
3. Turn off notifications
4. Use your Screentime app.
5. Go grayscale.
6. Live your life out loud.

*the parent!

Teachers Want You To Know

1. *Please don’t text your kids at school.*
2. *Let your kids fail sometimes.*
3. *Get screens out of their bedrooms.*
4. *Set screentime limits. And enforce them.*
5. *Kids are watching you.*