



Screen Time Edition

"Screenagers" Film Screening on 11/30
Stanford Conference Presentation
Articles
Tips & Info from Challenge Success

TOMORROW NIGHT! Film Screening: "Screenagers"

Wednesday Evening, November 30th, 7pm at Sherborn Community Center



Click on Image to View
Trailer

One of our Challenge Success priority issues for this year is the impact of social media and technology on our students. This documentary film "reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance." Don't miss out - the screening is free of charge but **REGISTER IN ADVANCE** by clicking [here](#). We currently have a very strong turnout with only 25 seats remaining, so please rsvp now! There is no charge to attend.

DS Attends the Challenge Success Fall Conference at Stanford

On September 30th - October 1st, eight representatives from Dover-Sherborn traveled to Stanford University for the 2016 Challenge Success Fall Conference. Hannah Thompson, DS junior, was asked to represent the student voice at the Opening Night presentation and spoke in front of a crowd of 1,400 attendees. This year's theme was entitled **Media Rules: Healthy Connections in the Digital Age** which coincides with one of our current DS Challenge Success priorities: assessing the impact of social media and technology on our students.



View Hannah's
speech at 55:14

The entire Parent Education Event video "Media Rules: Healthy Connections in the Digital Age" can be viewed by clicking on the red box below:



6:00 - Introduction of program by Co-Founders
Dr. Denise Pope and Dr. Madeline Levine
19:00 - Keynote address by Dr. Catherine Steiner-Adair
55:14 - Hannah Thompson, Student Speaker
1:02:02 - Student vignettes and panel discussion with
Hannah, Denise, Madeline and Catherine

Good Reads on Screen Time

[*In 'Screenagers', What To Do About Too Much Screen Time*](#) by Jennifer Jolly, NYT, 3/15/2016

[*How To Deal With Digital Distractions*](#) by Quentin Hardy, NYT, 11/1/2016.

[*Kids who spend more time on screens are less likely to take initiative*](#) by Carly Sitrin, The Boston Globe, 10/26/2016

[*What Keeps Kids Up At Night? Cellphones and Tablets*](#) by Nicholas Bakalar, NYT, 10/31/2016

Info and Tips from Challenge Success National: Favorite Take-Aways from the Conference's Opening Night Presentation on Media:

Living in the Digital Age

1. In the US, the average age that kids get their first smartphone is 10 years old.
2. The manner in which teenagers use technology is generally positive, but the amount of time spent using technology is concerning. Middle schoolers are on devices for non-academic reasons from 2-5 hours per day. High schoolers are on screens for non-academic reasons for an average of 9 hours/day - more hours per day than they sleep!
3. Never before has it been possible to connect with friends and family 24/7. Technology can strengthen our relationships, but paradoxically, it can also strain them.
4. With unlimited access to technology, we have lost the boundaries between home and school, and home and work.
5. Kids have unprecedented access to the adult world via the internet. There is a premature loss of innocence that is occurring with widespread connectivity.
6. TV watching is passive; phones are stimulating. Human brains crave the stimulant.
7. A generation ago, kids would come home in the afternoon and have a break from the social drama at school. Today's kids don't have that luxury. Often, they return home and immediately log in to technology where the social pressures continue to play out.
8. Texting eliminates two of the most essential tools for healthy relationships - tone of voice and the opportunity to see the impact of your words on the recipient.
9. Kids experience FOMO (Fear Of Missing Out) if they do not check social media while studying.
10. Every time a student takes a "break" from studying to respond to a text, he/she loses the previous 9 minutes of what has been learned. These quick "breaks" are counterproductive to the learning process.

Tips to Manage Media

1. Restrict the use of devices in the car. Car rides offer a great opportunity for conversation with our children. When parents talk on the phone while driving with kids, we inadvertently tell them that a conversation with the person on the other end of the phone is more important than an in-person discussion with them.
2. Prohibit devices at the dinner table; this is sacred family time which should be preserved.
3. Talk with your children about appropriate online conduct. Many adults are naive about their children's exposure to harmful online behavior. Even if your own children's usage is benign, it's likely that they have observed poor behavior by others.
4. Don't text your kids during the day at school; it's distracting. It makes children anxious when parents innocently text, "How'd you do on the test, honey?" This takes away their independence and the parent-child separation they deserve during school time.
5. Avoid reaching for your phone first thing in the morning. What you see in your inbox instantly frames your day and doesn't allow you the opportunity to create your own agenda - it immediately places you in a reactive mode.
6. Have your kids disengage from technology at least 30 minutes, preferably an hour, before bed. The blue light that devices emit stimulates the retina and decreases the brain's production of melatonin, which makes falling asleep more difficult.
7. Set a time in the evening by which all devices are out of the bedroom. Not only will your teenagers get more sleep, but this "curfew" will help support time management skills.
8. Teenagers (and adults) should not use their phones as alarm clocks. If a phone is by their bedside, they will be tempted to respond to texts and social media, which will delay or interrupt sleep.
9. Through middle school, look through your children's texts and let them know you're doing it. Don't view this as policing, but rather trying to give them perspective that their online activity is never truly private.

