



Complimentary Digital Guide

A viewing and panel discussion for families
April 14, 2016

Dear Families,

Thank you so much for attending our event this evening. As we move to becoming a 1-1 school, and as our culture continually integrates technology into every aspect of our lives, we especially thank you for being the kind of family that wants to be even more conscientious around this issue.

This digital guide is intended to help further your education, promote healthy conversations, and give you practical tools you can implement immediately in your family. If you have any questions, or if we can be of any additional service, please don't hesitate to contact us.

In Christ's Service,



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Discuss (From www.ScreenagersMovie.com)

We believe that the only way we will be able to effectively help kids find balance is to commit to having ongoing calm and caring conversations about how tech best fits in our lives. We also believe that parents should share what issues around tech that they are struggling with in these conversations—moving in the direction of “we are all in this together” rather “us vs. you.”

The following items provide just a few ideas to help you continue the conversation after the film. To keep the conversation going even longer we have started a movement called Tech Talk Tuesdays where we provide ongoing topic ideas. We are eager to hear your ideas as well, so please visit www.screenagersmovie.com and click on “share” and also to learn how to join Tech Talk Tuesdays.

DISCUSSION QUESTIONS TO INSPIRE PARENTS AND KIDS TO TALK TECH

1. How do you think screen-time use differs between all of us in our family?
2. How do you find a balance between school, family time, and screen time?
3. What is an example of something in your life you used to not have much self-control around, but now do? What are examples of when you tell yourself you should get off a device but find it hard to have self-control?
4. Did you know about “fake likes?” How do you feel when something you post gets “liked” by others? Do you care if they are real likes or fake likes? Why or why not?
5. What is your absolute most favorite thing to do regarding tech time? Least favorite?
6. How often do you think your screen-time use is productive versus a “waste” of time?
7. Do you believe in screen-time restrictions? Why or why not?
8. What did you think of these facts in the film—
 - Kids spend on average 6.5 hours a day on screens and that does not include classroom or homework screen time.
 - The study that shows that baby mice exposed to screen time develop fewer cells responsible for memory and learning than non-exposed mice. Do you think this finding could also be true for humans?

SUGGESTED FAMILY ACTIVITIES

SOCIAL MEDIA / DEVICE FAST

- Set aside a day where the family agrees that it won't rely on a device for 24 hours: 100% media / device fast (excluding what is required at school and work).
 - It might be fun to think of an incentive to get kids excited about this—perhaps a special family meal or outing.
 - The key is to have people take a few notes of what they observe in themselves—cravings, feelings, fun non-tech alternatives, etc.

EXAMPLE FAMILY RULES

- Some parents find it useful to have an app that turns off all social media on a child's phone at a certain time at night. The filmmaker uses "Ourpact" with her daughter, Tessa.
- We believe that the best investment for a kid is a good alarm clock in their room—that way they have no excuse to comply with rule that phones should stay out of the room at a certain time at night. The filmmaker's son, Chase is now 16 and he keeps the phone out of his room and while he was frustrated about this at times, he now says how happy he is to have this rule. The whole family keeps their phones out of the bedroom.

TAKE ACTION

- GROW A MOVEMENT BY BOOKING A SCREENING AT WWW.SCREENAGERSMOVIE.COM. Whether through the community, workplace, or school, you can make a difference by booking a screening of the film! The film event can also be used as a fundraiser for your school or other worthy cause.

- SPREAD AWARENESS VIA SOCIAL MEDIA

Facebook: www.facebook.com/ScreenagersMovie

Twitter Handle: @ScreenagersMovie

Twitter Hashtags: #DigitalAge #DigitalCitizenship #ScreenTime

Instagram: Screenagers FilmDamon Horowitz calls for a "moral operating system"

Watch



Eli Pariser: Beware online "filter bubbles"

Damon Horowitz calls for a "moral operating system"

Sherry Turkle : Connected But Alone?



"Growing Up Online"

"Inside The Teen Brain"

"Digital Nation: Life on the Digital Frontier"



"Teens & Tech: What Technology Is Doing To Our Families And What To Do About It"

Download



www.screenagersmovie.com
www.commonsensemedia.org
www.digitalkidsinitiative.com
www.theprotectors.org

Covenant

The next two pages are sample agreements that you can use right now in your family. You can consider this a contract, a “user agreement,” or a “covenant,” whatever language works best for your family.

In addition, customizable templates are available at www.screenagersmovie.com.

Really Important Stuff:

- Have each person list what s/he sees as negotiable and non-negotiable. Then, discuss each item and agree first on the non-negotiables.
- Next, tackle the negotiable items by truly hearing each person out and weighing the pros and cons of their perspective against your goals.
- Once the contract is established, write it up and post or store it in a place where everyone involved can reference it.
- Determine reasonable consequences for breaking the contract, and rewards for adhering to it. **** Research shows that kids respond better to positive consequences than negative ones.*
- Periodically refer to the contract and discuss how everyone is doing. **These conversations are key**—they help everyone to become more mindful.

FAMILY DIGITAL COVENANT OF CONDUCT

I understand that my use of a computer/cell phone is conditional on following these rules. . .

- I will agree to follow my parents' guidelines for when and how I use the computer and other devices. I will not seek out, access, look at, download, copy, post, or send any inappropriate content, photos, or other material.
- I will obey all online age limits.
- I will not give out any personal information including my address, birthdate, social security number, passwords, phone number, or picture.
- I will not publicly post where I am during the course of the day.
- I will not respond to emails, texts, or instant messages from people I do not know.
- I will not arrange to personally meet anyone I encounter or meet online.
- I will immediately report any suspicious or uncomfortable advances by others, bullying, sexual messages, or requests to meet in person to my parents and some other trusted adult.
- I will not purchase apps, programs, products, or services online without my parents' permission.
- I will not install software without parental permission.
- I will not lie or deceive others online.
- I will obey copyright laws and not illegally download or upload music, movies, or other content.
- I will not use the Internet to illegally copy or plagiarize information.
- I will not use my cellphone while driving.
- I will obey all of my school's rules for cellphone use.
- I will always use discretion and kindness in how I communicate to others, only saying what I would be willing to say to them face-to-face.
- I will not bully or make others look bad.
- I will not bypass any online restrictions or filters.
- I understand that these rules apply not just to my use of the computer at home, but wherever and whenever and however I go online.
- I understand that violating any of these rules may result in the loss of my computer and/or cellphone privileges, and I will accept the consequences of my actions.

My Signature _____ Date _____
Parent(s) Signature(s) _____ Date _____

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An additional possibility in writing the covenant is to use “we” and “our” language. Below are a few examples.

Our Family Digital Covenant

We, the members of the _____ family agree together to the following terms and conditions for the express purpose of ensuring the spiritual, mental, relational, and physical health of the whole family as well as each individual member of our family.

- We will not use the cellphone or any other digital device while driving.
- We will honor all meal times together without any devices.
- We will not use any technological means to communicate with each other when family members are in the same house.
- We will not avoid or ignore each other by means of any electronic device.
- We will protect the family bond.
- We will not seek out, access, look at, download, copy, post, or send any inappropriate content, photos, or other material.
- We will not give out any personal information including address, birthdates, social security numbers, passwords, phone numbers, or pictures.
- We will not lie or deceive others online.
- We will obey copyright laws and not illegally download or upload music, movies, or other content.
- We will not use the Internet to illegally copy or plagiarize information.
- We will always use discretion and kindness in how we communicate to others, only saying what we would be willing to say to them face-to-face.
- We will not bully or make others look bad.
- We understand that these rules apply not just to our use of the computer at home, but wherever and whenever and however we go online.
- We understand that violating any of these rules may result in the loss of our computer and/or cellphone privileges, and we will accept the consequences of our actions.

Child's Signature _____ Date _____
Parent(s) Signature(s) _____ Date _____

Read & Study

The following are headlines of articles with a brief excerpt to give you an idea of the content. The links listed below the title. Most articles can be found simply by searching the title.

Kaplan Test Prep Survey: More College Admissions Officers Checking Applicants' Digital Trails, But Most Students Unconcerned

<http://press.kaptest.com/press-releases/kaplan-test-prep-survey-more-college-admissions-officers-checking-applicants-digital-trails-but-most-students-unconcerned>

"Our advice to college applicants is to run themselves through online search engines on a regular basis to be aware of what information is available about them online, and know that what's online is open to discovery and can impact them," said Basili. "Sometimes that impact is beneficial, if online searches turn up postings of sports scores, awards, public performances or news of something interesting they've undertaken. But digital footprints aren't always clean, so students should maintain a healthy dose of caution, and definitely think before posting."

When Technology Addiction Takes Over Your Life

<http://www.webmd.com/mental-health/features/when-technology-addiction-takes-over-your-life>

Multitasking can cause the brain to overheat, like a car engine, says Hallowell. "The brain needs periods to recover, not just sleeping at night," he says, "but during the day, [it needs] periods of rest and recovery. It simply can't run straight out all day long at peak performance." Type A people, who feel obliged to respond to every email, can work themselves into what Dr. Hallowell dubs the F-State - frantic, frazzled, frenzied. "They get toxic [stress](#) and burn up energy rapidly and wastefully," he says. "In that state, they do bad work, lose friends, and lose clients. It's bad for them in every measurable way."

Here's What A Constantly Plugged-In Life Is Doing To Kids' Bodies

http://www.huffingtonpost.com/2013/10/17/teens-on-screens_n_4101758.html

Here are some ways screens may be harming your kids' bodies and what you can do about it:

They're Hunched Over, And Their Necks And Upper Backs Are Sore

What To Do: Be conscious of ergonomics when kids are at their computers.

They're Less Active

What To Do: Kids and teens should get at least one hour of moderate to vigorous physical activity each day at least three times a week to increase strength and develop strong muscles.

Their Fingers And Wrists Are Suffering

What To Do: Two hours per day is too much for a 7- or 8-year-old. Additionally, [HuffPost Healthy Living has put together a comprehensive guide to alleviate pain from smartphone use](#) that you can share with your teen.



Their Sight Could Be Affected

What To Do: A computer user should shift focus away from a screen every 20 minutes and take 20 seconds to look at something that is at least 20 feet away. "This gets you blinking again," Epley said. "And restores moisture to the surface of the eye."

Their Sleep Is Disrupted

What To Do: Teenagers should get 9.25 hours of sleep each night (although for some kids, 8.5 hours is enough). [Discuss a nighttime plan with your kids](#) -- either phones off after 11 p.m., or requiring them to charge it in another room overnight.

They're Losing A Little Bit Of Hearing

What To Do: Parents can set the maximum volume on their kids' iPods and lock it with a code.

So, moms and dads, it's time to walk away from the computer, put the phone down and enjoy your kids face to face.

Kids & Technology: The Developmental Health Debate

<http://mashable.com/2011/08/09/kids-tech-developmental-health/>

Although he is a proponent for technology integration in modern child rearing, Rosen says there is the very real possibility of overdoing it. Many parents believe they're doing a great job raising their child if he is quietly playing video games in his room all day. That child will lose communication skills, he says. Technology must be "chosen correctly."

Although the debate rages on, Rosen and Rowan do agree on some things. Both referenced recent data indicating that extended use of [social networks like Facebook can result in a decrease in empathy](#) among teens, and thus an increase in narcissism. "[Overuse of Facebook by] teens can potentially lead to a problem psychologically," says Rosen. It's what he refers to as an iDisorder, a term he will discuss in his upcoming book about how to avoid tech-related psychiatric symptoms. However, it's not the platform's fault, he says. "It's the way we relate to the platform. It makes it easy to be narcissistic. You can type anything and not see a person's face crying on the other end."

Furthermore, neither believes that a complete unplug is necessary – or even safe.

What Can Parents Do?

1. Get the TV out of the children's bedrooms. 2. Talk about it. 3. Evaluate appropriate tech by age. 4. Institute "tech breaks." 5. Set aside "sacred time." 6. Encourage "healthy" technology. 7. Trust your kids

How To Coach Your Kids in their On-Line Behavior

http://mydigitaltat2.com/news_views_inthepress.html

Lean In *As for us parents, they coached us to lean in. Don't be fearful and frozen about your kids' life in the digital world. Engage and get involved. Be curious not furious*

Engage *We need to be with them as they venture into cyberspace. Of course having filters on our devices is critical, but nothing replaces being present while they are learning.*

Model balance and empathy *Our kids need to see us put down our phones and engage and connect with actual friends - not only Facebook "friends". We should continually ask ourselves, are we engaged or are we passive with our kids.*

In our on-line life and in our real life, we should ask ourselves if what we are about to do is: True, Helpful, Inspiring, Necessary and Kind?

5 Things You Must Learn To Help Protect Your Teen's Online Reputation

<http://parentingtodaykids.com/article/5-things-you-must-learn-to-help-protect-your-teens-online-reputation/>

To help protect your teen's online reputation, there are five things you must learn how to do:

- 1. Set Up a Google Alert**
- 2. Keep Track of Your Teen's Online Activities**
- 3. Use Social Networking Sites**
- 4. Get Damaging Information Removed From the Web**
- 5. Be Vigilant**

Setting up Google Alerts for your child

<http://www.risk-within-reason.com/2011/07/06/tip-using-google-alerts-to-monitor-your-childs-digital-footprint/>

Use a minus sign ("-") in front of any terms you want to exclude from the results (example: London -Ontario). You can also use a plus sign ("+") in front of a term that you want matched as precisely as you type it, excluding spelling variations and synonyms (example: +Alissa to exclude searches for Alyssa or Elisa or Alicia, etc.).

You can also use "site:" if you are particularly interested in a specific site.

"Alissa Sklar" site:facebook.com will return all of the publicly accessible mentions of my name on Facebook. Just typing in "Alissa Sklar" facebook will return all links that use both my name and the word facebook. It seems like a small distinction, but it can help weed out unnecessary results.

5 best apps to protect teens, kids online

<http://www.ksl.com/?sid=27523504&nid=148>

App Certain

Cost: Free

App Certain will email parents when their child downloads a new app, and will provide an analysis about that app like if the app has expensive in-app purchases or accesses your contact list. Parents can also utilize a "curfew mode" which gives the remote access ability to turn off their children's access to their apps and games.

Norton Family Parental Control

Cost: Free (\$50 option)

The free version allows users to see which websites their kids are visiting from their computer or mobile device and allows parents to block specific sites. Users also can receive a 7-day history of their child's online activities. For parents worried about cyber bullying, the paid version installs on all computers in the home and android phone users can see their child's text messages.

K-9 Browser

Cost: Free

K-9 Browser is a top-rated browser that individuals can use instead of the Internet Browser that comes with a phone service. The app will block adult content. It's available for the iPad, iPhone, iPod, Android and desktop computer.

Mobile Watchdog

Cost: \$5 per month

Mobile Watchdog allows users to monitor all cell phone activity on Android devices – text messaging, application use, and browsing use. The app will send you an email of a child's mobile phone activity.

Net Nanny

Cost: Apple: \$4.99; Net Nanny social: \$20; Android: \$12.99

Net Nanny has mobile monitoring services for Android and Apple that will help block adult content. It also offers Net Nanny Social which allows their software to screen for cyber bullying or unsafe activity. If anything unsafe is detected, parents receive an alert. Parents can also login and see all social media activity in a dashboard.

Multitasking may harm the social and emotional development of tweenage girls, but face-to-face talks could save the day, say Stanford researchers

<http://news.stanford.edu/news/2012/january/tweenage-girls-multitasking-012512.html>

Tweenage girls who spend endless hours watching videos and multitasking with digital devices tend to be less successful with social and emotional development, according to Stanford researchers.

But these unwanted effects might be warded off with something as simple as face-to-face conversations with other people.

There is good news in the recent survey, however. For the negative effects of online gorging, "There seems to be a pretty powerful cure, a pretty powerful inoculant, and that is face-to-face communication," Nass said.

"Kids in the 8-to-12-year-old range who communicate face-to-face very frequently, show much better social and emotional development, even if they're using a great deal of media."

Media multitaskers pay mental price, Stanford study shows

<http://news.stanford.edu/news/2009/august24/multitask-research-study-082409.html>

Think you can talk on the phone, send an instant message and read your e-mail all at once? Stanford researchers say even trying may impair your cognitive control.

So maybe it's time to stop e-mailing if you're following the game on TV, and rethink singing along with the radio if you're reading the latest news online. By doing less, you might accomplish more.

Cyberbullying Tips for Parents

<http://bullybeware.com/cyberbullying-tips.html>, & http://mydigitalat2.com/kids_voices.html

Here's how to work to keep kids safe in their online worlds:

- *The number 1 behavior - build caring and trusting relationships with your kids*

- Teach your children and talk to them frequently about safe online behavior, including both acceptable and unacceptable online behaviors (see below for more detailed outlines)
- Monitor your child's online chat rooms
- Google your child's name and nickname. Kids often build a "secret" facebook or other social page, separate from what their parents know about.
- Our youth often feel more attached to their peer group than the adults around them, and therefore, if they disclose any alarming behaviors or feelings, they tell their friends. Encourage your child to tell you if they read any messages from friends that are alarming or have content about self-harm, wanting to end it all, life being too challenging or any other comments that are negative
- Be sure to own the same or similar device that your child owns and know how to use it. Keep it with you.
- Check permissions - be sure your child has privacy settings
- Although we know that many youth have accepted strangers as friends, no one has 300 friends. Talk to your child about the content they are sharing with strangers. Remember - Amanda had friended several strangers, and one of these strangers coerced her into behaving in a way she never would have.

About on-line privacy:

"Do not share passwords or your cell phone even with your best friends."

"Privacy settings don't make it private."

"Nothing is really private online."

About digital reputation:

"Swearing online makes you look like someone you want to stay away from."

"If you do something now online and try to get a job later, people may not hire you if you post something they do not like. They will think you are not someone they want to hire."

"Tattoos are permanent, and what you put on the internet is permanent."

About the power of words both on and off-line:

"Sticks and Stones may break your bones, but words hurt like being hit by a tree trunk."

"Not everything on-line is true."

"Someone can still be smiling on the outside after being bullied, but be hurting on the inside and not tell anyone."

For the Least of These: The Church Must Speak Out Against Bullying

<http://www.cymt.org/for-the-least-of-these/>

There are five easy ways young people may live out the example of Christ, calling someone out and calling for accountability.

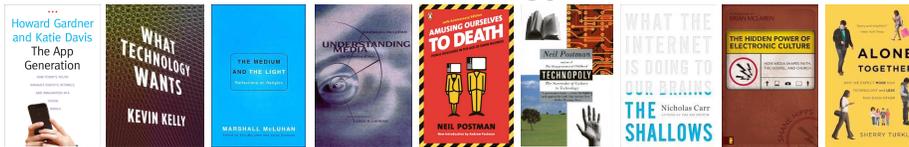
1. **Be a friend to someone who is being bullied.** *There is strength in numbers and this communicates to others that the bullying act is not the defining factor in life.*
2. **Tell a trusted adult.** *Adults are able to intervene in ways peers are not.*
3. **Help the one being bullied to get away.** *Walk with them, invite them to sit with you, or do whatever may be needed to remove them from the situation. But be careful, here, to raise awareness that they need to protect themselves from being in harm's way, as well.*
4. **Set a good example.** *Don't bully others and speak up when someone else tries.*
5. **Refuse to give bullying an audience.** *Bullies feed off the energy of a crowd. The more laughing and cheering takes place, the more bullying becomes entrenched. Let a bully know it is unacceptable by walking away. [5]*

Books for Adults, Parents, Teachers



- Catherine Steiner-Adair. *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*. Harper, 2013. (374 pages)
- Kara E. Powell & Dr. Chap Clark. *Sticky Faith: Everyday Ideas to Build Lasting Faith in Your Kids*. Zondervan, 2011. (222)
- Laurence Steinberg. *The 10 Basic Principles of Good Parenting*. Simon & Schuster, 2004. (207 pages)
- Patrick Lencioni. *The 3 Big Questions for a Frantic Family*.
- Paul Tough. *How Children Succeed; Grit, Curiosity, and the Hidden Power of Character*. Mariner Books, 2013. (231 pages)
- Reggie Joiner & Carey Nieuwhof. *Parenting Beyond Your Capacity: Connect Your Family to a Wider Community*. David C. Cook, 2010. (199 pages)
- Walt Mueller. *The Space Between: A Parent's Guide to Teenage Development*. Zondervan/YS, 2009.
- Wendy Mogel. *The Blessing of a Skinned Knee: Using Jewish Teachings To Raise Self-Reliant Children*. Scribner, 2008.
- Daniel J. Siegel & Tina Payne Bryson. *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. Bantam, 2012. (192 pages)

Books on Technology & Culture



- Howard Gardner and Katie Davis. *The App Generation: How Today's Youth Navigate Identity, Intimacy, and Imagination in a Digital World*. Yale University Press, 2013. (244 pages)
- Kevin Kelly. *What Technology Wants*. Viking, 2010. (405 pages).
- Marshall McLuhan & Lewis H. Lapham. *Understanding Media: The Extensions of Man*. MIT Press, 1994. (392 pages)
- Marshall McLuhan. *The Medium and the Light: Reflections on Religion*. Gingko Press, 2002. (224 pages)
- Neil Postman. *Amusing Ourselves to Death: Public Discourse in the Age of Show Business*. Penguin Books, 1985. (183 pages)
- Neil Postman. *Technopoly: The Surrender of Culture to Technology*. Vintage Books, 1992. (222 pages)
- Nicholas Carr. *The Shallows: What the Internet is Doing to our Brains*. W.W. Norton & Company, Inc., 2010. (276 pages)
- Shane Hipps. *The Hidden Power of Electronic Culture: How Media Shapes Faith, The Gospel, and Church*. Zondervan, 2005 (176 pages)
- Sherry Turkle. *Alone Together*. Basic Books, 2012. (384 pages)

Books for Students

- Alex and Brett Harris. *Do Hard Things: A Teenage Rebellion Against Low Expectations*. Multnomah Books, 2008. (241 pages)
- Zach Hunter. *Be The Change*. Zondervan, 2007.

