



Screen Time

Merri Guggisberg
Youth Service Bureau



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WHAT IS YOUTH SERVICE BUREAU?

Youth Service Bureau helps youth and families learn the skills they need to be more successful at home, in school, and throughout their community.

Services

- Youth-Focused Family Counseling (In-person and Tele-therapy)
- Diversion Services, including Awareness Classes
- Youth and Family Education, including video podcast messages
- Military Family Program
- School-Based Chemical Health Support

Locations

- Cottage Grove
- Stillwater
- Woodbury

Contact Us!

651-439-8800

www.ysb.net

www.facebook.com/YSBKnowsKids



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Stats



Image: www.brandwatch



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Highlights

- Benefits & Concerns around Screens
- Brain Development & Devices
- Screen Guidelines
- Balance



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Benefits to screen time?

- Webcam (Face Time / Skype)
- Express creativity
- Independence and empowerment
- Enhanced learning
- Entertainment



Image: worldvision

*"Whatever the brain does a lot of
the brain gets good at."*

Dr. David Walsh



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Video Games (positives)

- Problem solving and logic
- Hand eye coordination
- Quick thinking and decision making
- Responding and challenges / frustrations
- Math and reading skills
- Self confidence & self esteem



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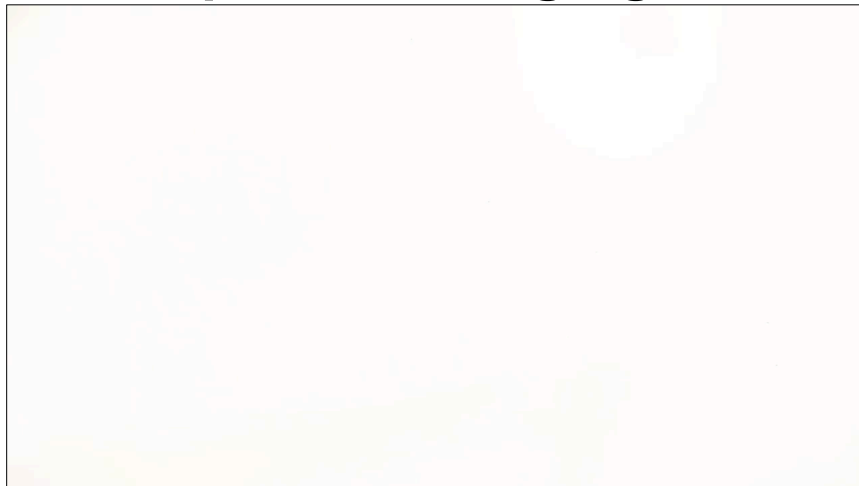
Screens - concerns

- Concerns around screen use?
- What worries you about your child's gaming?



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Cellphone changing us?



Source: AsapSCIENCE



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Effects on the brain

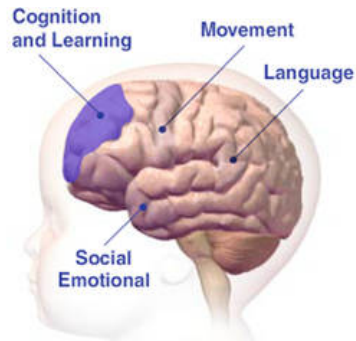


Image: babybrainmap

- Dopamine
- Technology limits development of social skills
- Lack of practice can lead to anxiety



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Before you post

THINK

T = Is It True?
H = Is It Helpful?
I = Is It Inspiring?
N = Is It Necessary?
K = Is It Kind?



**Remember your
DIGITAL TATTOO!**
 The Internet is
 written in ink,
 not pencil.



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Guidelines

The American Academy of Pediatrics (AAP) recommends the following:

- Preschoolers age 2-5
have no more than 1 hour of screen time per day
- School Age kids age 5-18
AAP recommends parents/caregivers place **consistent** limits on **any** media (entertainment and educational)



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Importance of reading

Student A reads	Student B reads	Student C reads
20 minutes per day	5 minutes per day	1 minute per day
3,600 minutes per school year	900 minutes per school year	180 minutes per school year
1,800,000 words per year	282,000 word per year	8,000 words per year
Scores in the 90 th percentile on standardize tests	Scores in the 50 th percentile on standardize test	Scores in the 10 th percentile on standardized tests



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Guidance in the digital age



- How can we create screens-free time? (*suggestion: device free family dinners?*)
- What hobbies / activities can you do without screens?
- Keep screen time & bedtime separate
- What do you need of me (parent) to take a break from screens?

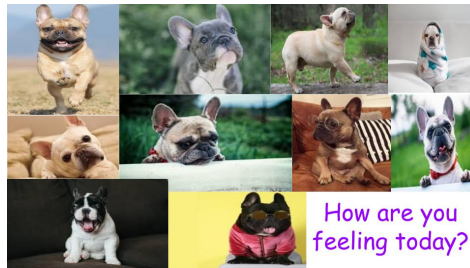


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Well-Being Coping Skills

- Spend time in nature
- Play a board game
- Cook together
- Read a book
- Color, Draw, Journal
- Create own scavenger hunt using senses
- Play catch or games with your family members
- Take a hot bath or shower
- Create a calm down strategies list (deep breathing)
- Build a support tower (*name who supports you and see how tall of a tower you can build*)
- Give compliments
- Reflect on what you are grateful for



How are you
feeling today?



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Family Dinner



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Digital Wellness

- Lead by example
- Set limits
- Teach self-regulation
- Develop healthy habits
- Find one thing you and your child can do together without technology
- Help set technology goals
- Model healthy alternative activities to social media
- Positive role model

Managing Support
Digital Wellness
Experiences Time Wellbeing
Choices Online
Screentime Boundaries Behaviour



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Resources for family share time:



- Responsible Use of Technology for Kids – First mobile, cyberbullying, fake news, online privacy https://youtu.be/JkkTN0pQ_Ug
- Read aloud books for Social Emotional Learning:
 - The Way I feel by Janan Cain (ages 2-8)
 - The Most Magnificent Thing by Ashley Spires (ages 3-7)
 - All Are Welcome by Alexandra Penfold (ages 4-8)
 - The Day You Begin by Jacqueline Woodson (ages 5-8)
 - Franklin Wants a Pet by Paulette Bourgeois (ages 3-8)



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Scavenger Hunt Using Your Senses!



2 things that are blue	4 leaves that are different	2 sounds from outside	4 things that are round	2 things that are smooth
6 things that are smaller than your hand	3 books that mention animals	2 movies that have a happy ending	1 thing that has wheels	2 toys that play music
3 things you can recycle	2 things that feel rough	4 things that are white	2 things that taste sweet	3 toys that are bigger than your feet
2 things that are soft	3 things that are square	4 different shaped sticks	2 different flowers	3 different shaped rocks
1 book that makes you laugh	2 things that are shiny	1 thing that tastes salty	3 things that are yellow	3 things that smell good



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Questions?

- **Evaluation ~ Using chat**
 - **What stood out to you?**
 - **How will you use this information?**
 - **Any additional questions / comments?**

Thank you!

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www.ysb.net



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YOUTH SERVICE BUREAU

Youth Service Bureau helps youth and families learn the skills they need to be more successful at home, in school, and throughout their community.

How you can help:

- Donate today – our work is made possible by donations like yours!
- Share what you have learned with others
- Bring YSB to your school, faith community or business

ysb.net

YSB is a 501c3 non-profit, all donations are tax-deductible



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Sources

Online:

- Spark and Stitch Institute
- Child Mind Institute (search social media and teen brains)
- Common Sense Media
- NAMI National Alliance on Mental Illness namimn.org
- Healthychildren.org
- Change to chill

Article:

- Have Smartphones Destroyed a Generation? By Jean M. Twenge (the Atlantic.com)

Books:

- Screenwise by Devorah Heitner
- #Lookup A Parenting Guide to Screen Use by Judy Stoffel
- iGen by Jean M. Twenge
- “Why Do They Act That Way?” by David Walsh

Screen Time Settings:

- Apple iOS 12 <https://www.pcmag.com/feature/363837/how-to-use-screen-time-in-apple-s-ios-12>
- Android <https://support.google.com/families/answer/7103340?hl=en>

