

“Screen Time”

Parent’s Forum
7th & 8th Grade
San Antonio Academy

MEDIA

Social Media

Is the avenue from which a “relationship” is established for the purpose of marketing products, expressing opinions, providing consumer information as well as social conversation/relationship. It is an outlet that allows direct connection to build loyalty, create value, address concerns and to build goodwill.

Examples of Social Media:

Blogging	Facebook
You Tube	My Space
Digg	Google Maps/Mapquest

According to a study by Kaiser Family Foundation (2005)

- The average 7th grader in the US watches three hours of television daily.
- 30% of young people say they either talk on the phone, instant message, watch TV, listen to music, or surf the Web for fun “most of the time” while they are doing homework.
- 75% of children willingly share personal information over the Internet.
- 70% of the 20 most-watched shows among teens include sexual content.
- Children view an average of 40,000 TV ads each year.
- 63% of US families keep the TV on while eating dinner.

Text Messages

Children are often tired and will fall asleep during classes. When faculty approaches parents with this problem they are often confused. Their children are in bed most nights at a reasonable hour. So, what is happening?

Most middle school and high school students have television, computers and cell phones available to them in their rooms 24/7. Mom and Dad see them head for bed and they go to bed while their children are up using any and all of the above forms of entertainment until the wee hours of the morning!

The temptation is too great to keep from communicating with their friends or watching a movie before sleeping. It is during this time that most problems occur.

Common “text speak” that’s GTK (good to know)

aeap – as early as possible	lol – laugh out loud
afaik – as far as I know	mos – mom over shoulder
ayt – are you there?	pir – parents in room
em? – excuse me	p911 – parent alert
fyco – for your eyes only	prw – parents are watching
gal – get a life	rme – rolling my eyes
jk – just kidding	
kpc – keeping parents clueless	

How many hours a week does your child watch TV? _____
How many hours a week does your child spend on Video Games? _____
How many hours a week does your child spend communicating with his cell phone? _____

Most parents under estimate their child's screen time by 50%.

THE AFFECTS OF MEDIA ON A CHILD'S DEVELOPMENT

Taken from "The New Six-Point Plan for Raising Happy, Healthy Kids"

By John Rosemond

Human beings are programmed for achievement in nearly every conceivable area: intellectual, artistic, musical, athletic, interpersonal and spiritual. During the formative years, these programs are activated by exposing the child to environments and experiences that push the right genetic buttons, so to speak.

TV has become a primary environment for our children and will therefore influence their developmental years.

TV inhibits the development of initiative, curiosity, resourcefulness, creativity, motivation, imagination, reasoning and problem-solving abilities, communication skills, social skills, fine and gross motor skills, and eye-hand coordination.

When watching TV we stare at the screen. We do not scan as we do when reading. Therefore, visual tracking skills are not being developed. We also see the lack of logical sequential thinking being developed because a TV program moves backward, forward and laterally in time. Sequential thinking is necessary for cause and effect relationships. This causes trouble in following directions as well as anticipating consequences.

TV, Video Games and Computer Use are addicting. The more they use these, the more they want to use them. When taken away they become irritable, argumentative and "bored". Each of these weakens a child's tolerance for stress.

Children are very impressionable and want everything they see advertised on TV. Children watch an **average** of two hours of TV a day. This is 14 a week or 728 hours a year.

Research recommends that computer skills not be introduced into the child's education until 4th grade.

"Screen Time" for any age child through 8th grade should be kept to a minimum or not at all.

The Bottom Line: When anyone is using TV, computers or Smart Phones they are not doing it "together." There is little to no social interaction. Side by side, parallel play, but not truly interacting with face to face, eye contact and verbal interchange.

PARENT TIPS:

- Place computer and television in a common room. Do not allow televisions, cell phones, computers, video games, etc. in a child's bedroom to be used in "private".
- Monitor your child's computer usage, television shows as well as text messages.
- Establish computer curfews, especially if parents go to bed earlier than their kids.
- Make your expectations clear if you do not believe your child knows what your beliefs are about their behavior.
- Do not apologize for your beliefs or expectations for their behavior.
- Make sure you are discussing your child's activities, plans, parties and friends with other trustworthy parents.
- Make sure the child's or teen's profile and blog are set to "private," a security setting that only allows "invited" friends to view the profile.
- Make sure the child or teen is only listing his or her home state on the profile rather than a specific location.
- Make sure the child or teen is posting his or her correct age.
- Tell the child or teen to accept only friends on their profile – NO STRANGERS
- Tell the child or teen to keep personal information to a minimum.
- Inform children and teens that not all photos are appropriate for online or phone use.
- Be familiar with "text speak" or e-mail/texting shorthand.
- Parents know their children's real life friends and they should know their online friends as well.
- Set aside a regular time during the week that becomes known as "family time". This could be used for outdoor activities played together, or for a game night (board games!) or even a talent show!