# Families
## MANAGING MEDIA

*Rethinking Screens. Reclaiming Kids. Reconnecting Families.*

Families Managing Media empowers parents to confidently develop a healthy digital media lifestyle. Focusing on the connection between brain development and childhood media use, we provide practical solutions to reclaim kids and reconnect families in today's digital world.

**EDUCATIONAL SEMINARS & SOLUTIONS**
**PARENTS • TEACHERS • COMMUNITIES**

FamiliesManagingMedia.com

## WARNING SIGNS for Childhood Screen Addiction

- Only thing that puts them in a good mood
- Unhappy when forced to unplug
- Screen use is increasing over time
- Only thing that motivates child
- Sneaks around to use screens
- General increase in anxiety and stress
- Secret accounts, apps and passwords
- Interferes with family activities, friendships, or school

## HOW to BUILD STRONG KIDS in the DIGITAL AGE



### Lead with a Coach's Heart

- Remember that parents, not kids, are in charge of all screens.
- Equip your child through conversations, not by allowing experimentation on a screen.
- Give a basic phone before a smartphone.

### Build Life Skills and Independence First

- Teach life skills before handing over digital devices.
- Develop grit through extracurricular activities and hard work.
- Choose non-screen entertainment options.

### Prioritize Family-Time over Screen-Time

- Delay isolating video games and social media.
- Ensure screen habits reflect family core values.
- Create mindful connection times with family.

# THE IMPACT OF MEDIA ADDICTION

TEEN SCREEN TIME **PER DAY**

9 total hours

only **16 minutes** of educational content

STUDENTS CHECK SOCIAL MEDIA **100 TIMES** PER DAY

**1** IN **8** GAMERS ARE ADDICTED

## EXCESSIVE SCREEN USE **REWIRES** A CHILD'S BRAIN

**HEALTHY CHILD'S BRAIN**

**CHILD'S BRAIN ON SCREENS**
DEPRESSION & AGGRESSION

DOPAMINE

## POOR EMOTIONAL WELLBEING LEADING TO A MENTAL HEALTH CRISIS

insignificance
isolation
depression

**CONFLICT AT HOME**

6.3 Million Teens Suffering **ANXIETY DISORDERS**

**30%** GIRLS **20%** BOYS

**ELECTRONIC SCREEN SYNDROME**
**is contributing to the rise of ADHD diagnoses**

**53%**
**increase in the last 10 years**

**KIDS WITH SMARTPHONES**

**100%**

**ARE MORE LIKELY TO VIEW PORN**

34% of kids experience **CYBERBULLYING** of which 30% have **SUICIDAL** thoughts.

**Sources:** Cyberpsychology & Behavior, Common Sense Media, Kaiser Family Foundation, #Being13, ADDA, CDC, McAfee, Cyberbullying Research Center