



SOCIAL EMOTIONAL DEVELOPMENT
AND TECHNOLOGY (SET) PROGRAM

February Family Events

The event will begin soon.

**Because seeing each other makes for better conversation, we invite you to have your camera on during the more interactive times during the event.*



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SOCIAL EMOTIONAL DEVELOPMENT AND TECHNOLOGY (SET) PROGRAM

How are you feeling about your family's current tech use? Please choose the answer(s) that you feel best describes your feelings. You may choose more than one answer.



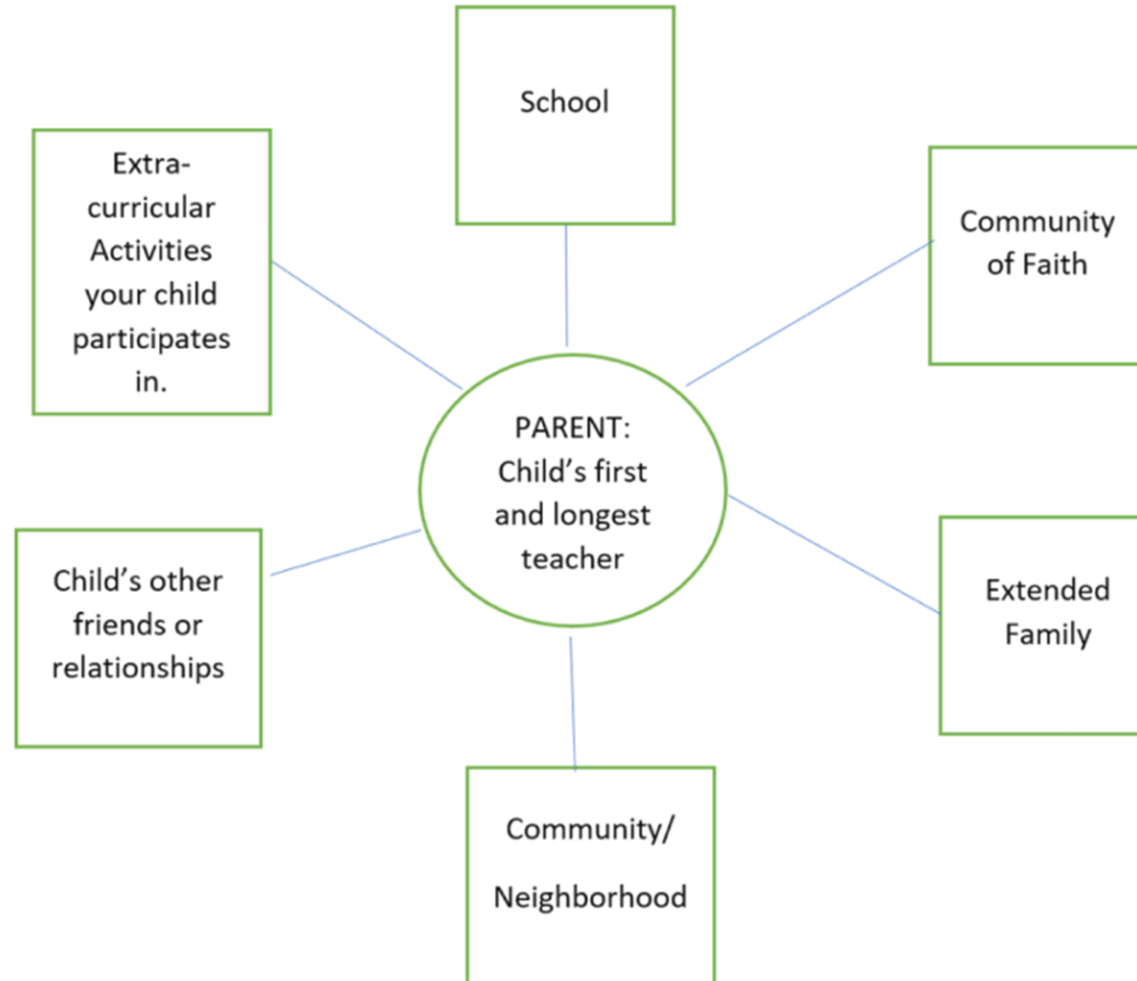
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Things we know to be true

- Navigating distraction and other remote school challenges with your student is hard.
- Pandemic screentime overload is real—for us and for our student.
- Social issues for kids related to gaming, texting and social media were complicated even before the pandemic.

Systems that impact our children. You, as parent, are at the center with supports and influencers around you.





Screen Time should be thought of as *Screen Use*

Important new way to conceptualize screen time, important during these special pandemic times:

Screen Time = numerical measurement

Screen Use = goal-directed behavior!

- Communicate practical, procedural information (e.g., when child will be picked up)
- Social Use/Social Connections
- Educational Uses
- Chill time
- More?

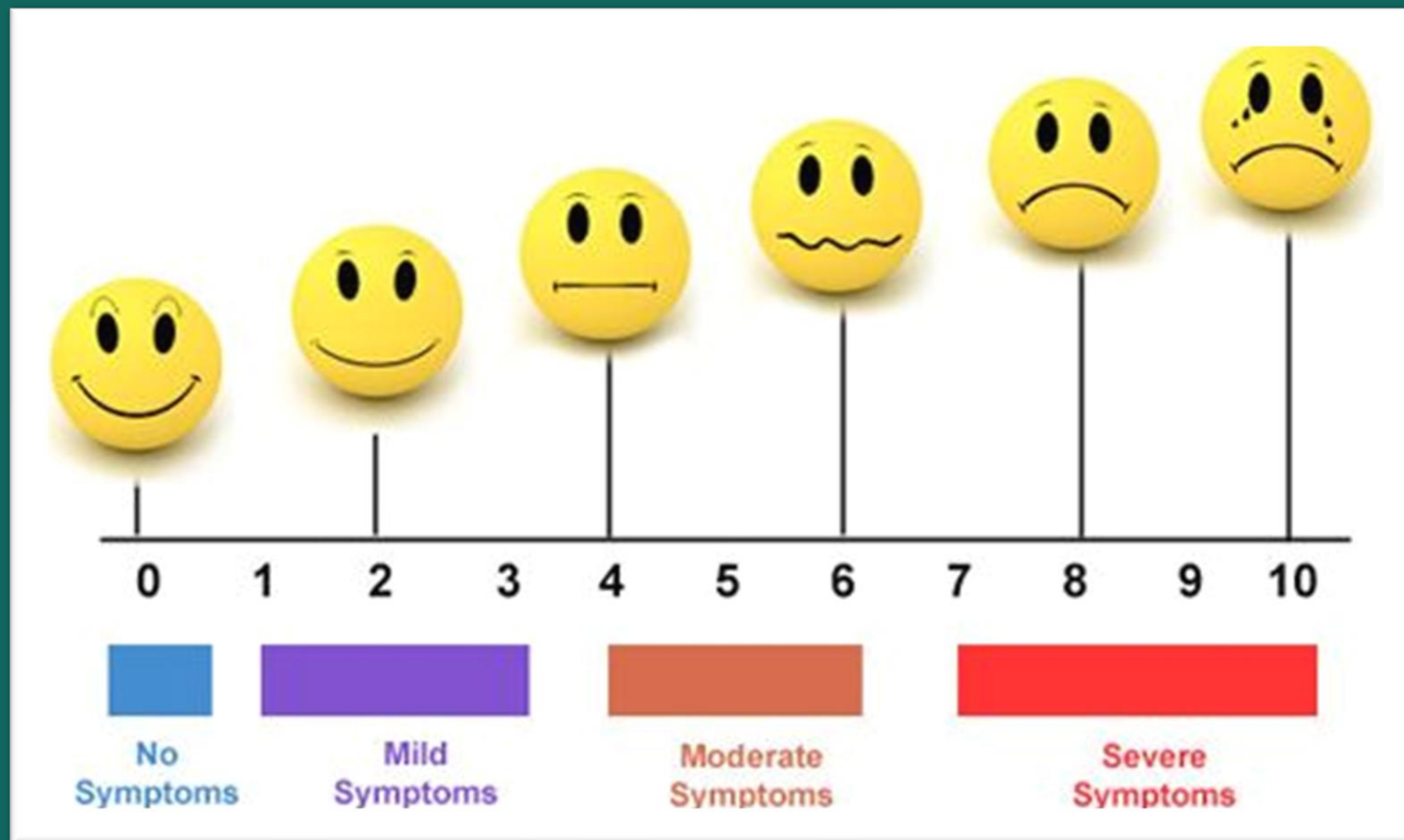
Scenario

Your child is on a cell phone late at night or FaceTiming with friends during the school day.

How do you feel?

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

How Big Is the Feeling?



What does research say?

Building blocks of self-care:

Sleep

Exercise

Nutrition

What does research say?

- Using mobile screen ≥ 8 hours/24 hours
- Using the mobile for at least 30 minutes before sleeping after the lights have been turned off
- Keeping the mobile near a pillow are positively associated with poor sleep quality.

Altogether, the data suggest a connection between increased technology use at bedtime with decreased sleep quantity and quality. In conclusion, kids should not sleep with their phones/iPads/computers etc. And screens should be off 30 minutes before bedtime

What can I do?

- **What's the underlining need?**
- **How else might we support them fulfill that need?**
- **How do we establish and maintain healthy boundaries and expectations?**
- **Mentoring is more powerful than monitoring**

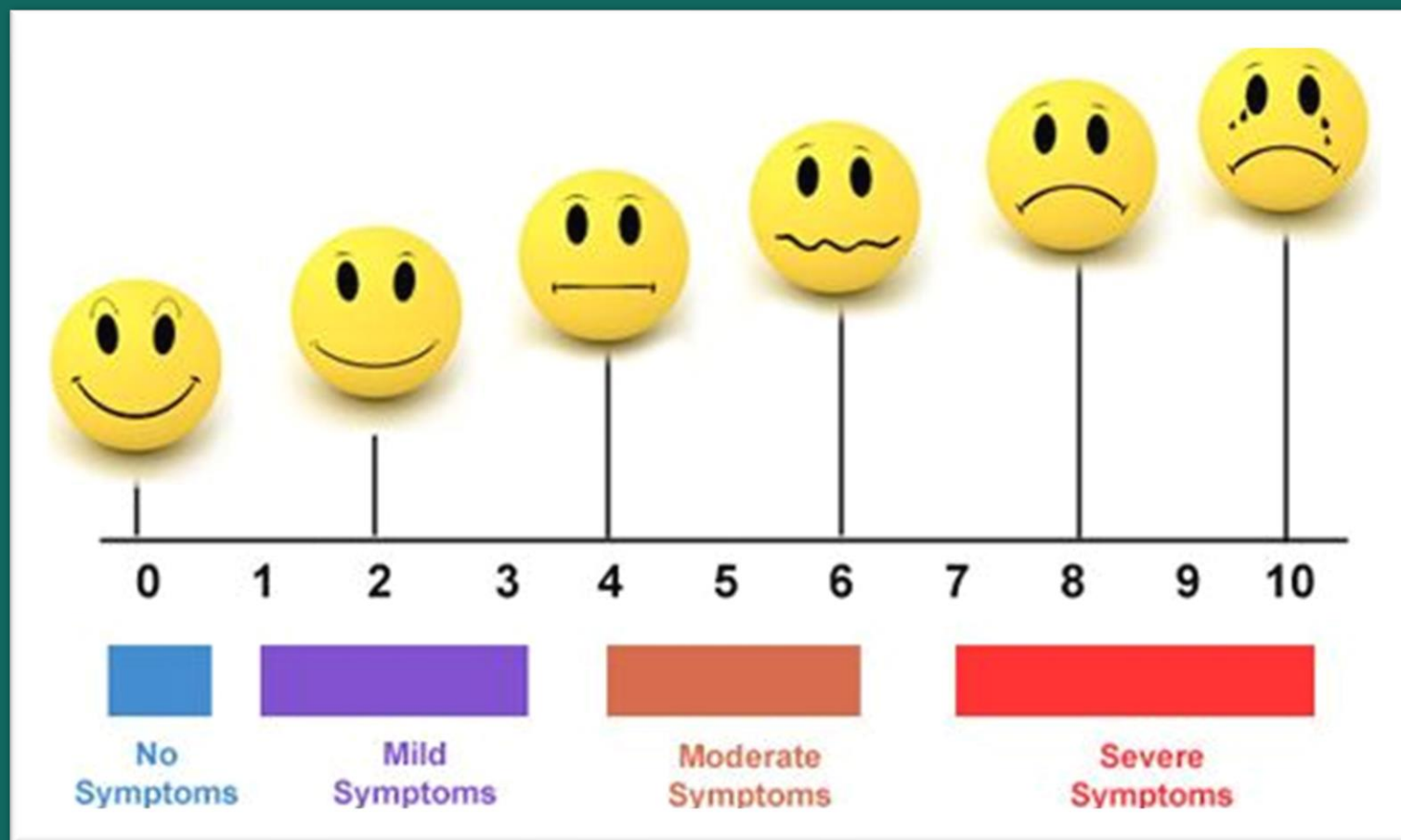
Scenario

Something intense, scary and/or hard to talk about happens in the world.

How do you feel?

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
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How Big Is the Feeling?



What do I do?

- Give facts
- Acknowledge feelings
- Share values
- Look for helpers

**Silence sends its own message and speaks volumes.*

Where to look for language?

- **NPR LifeKit podcast episodes**
- **learningforjustice.org (formerly *Teaching Tolerance*)**
- **Common Sense Media “Explaining the News to our Kids”**

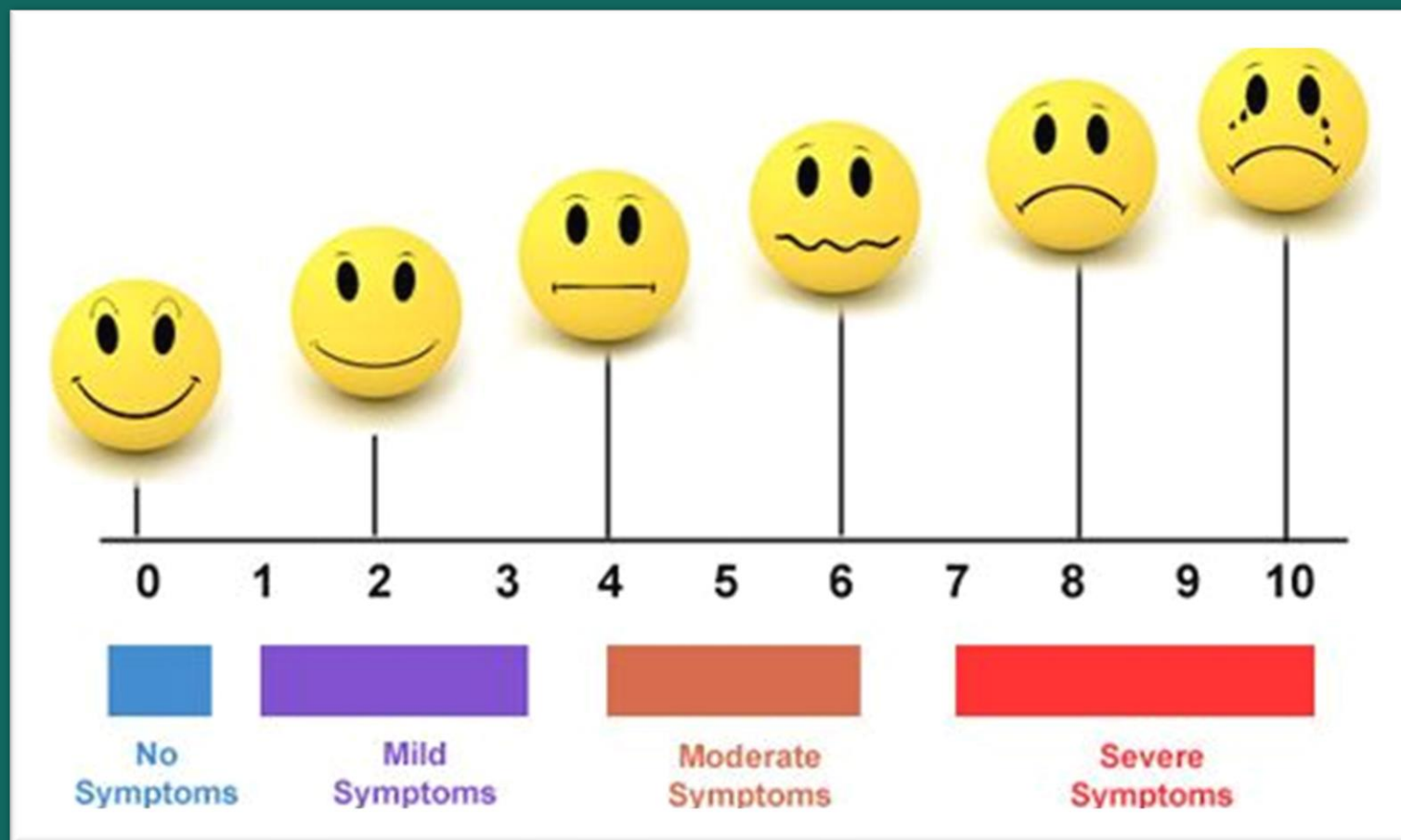
Scenario

It feels like your child is on video games all the time. This is the main way they connect with their friends.

How do you feel?

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
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How Big Is the Feeling?



What do I do?

- Continue to have the *Connection vs. Consumption* conversation.
- What are the alternatives to gaming or tech use in your house? What is the family doing? What purpose is the gaming serving? Can they get the connection, joy, etc. in other ways?
- If you are doing this, you aren't doing that. Making choices about balance in your day.

- 1. If we accept we are on screens more, what are things we CAN move around and change?**
- 2. What is one takeaway to act upon?**



SET Jam



Set background

Clear frame

**Grab a
post-it!**



Q & A

Please add questions to the chat.



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