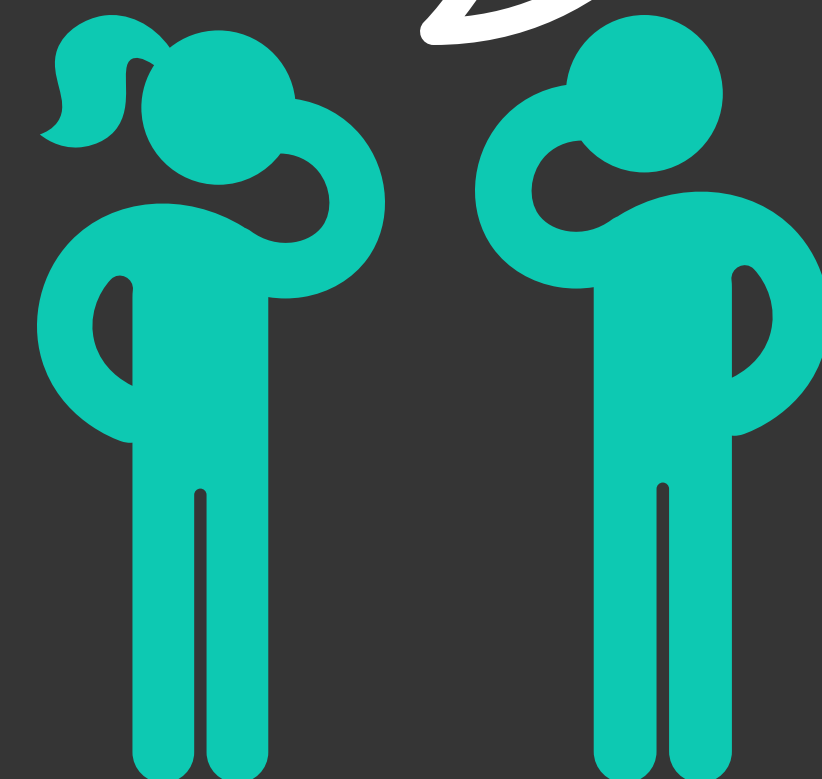
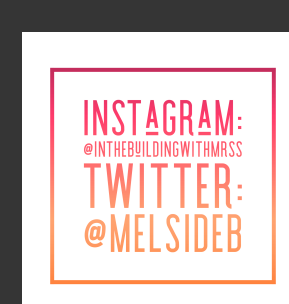
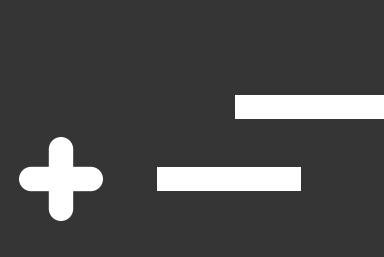


Screen Time and Digital Citizenship

How to make a plan that works for your family. Based on a free workshop by Melissa Sidebotham with Stratford Schools



Reflection

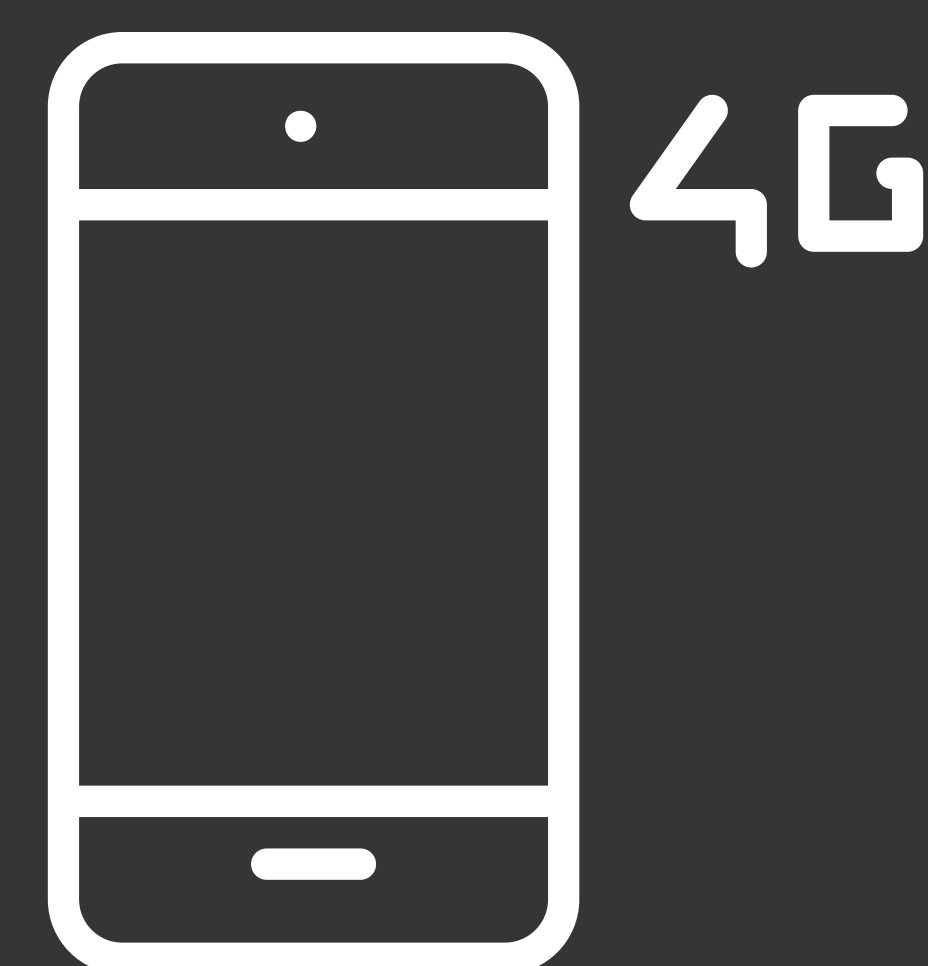
What are you seeing in your family?

How much time are your children spending in front of screens?

How about the adults?

Are they interactive (games, social media, texting) or passive (watching a TV show or a movie)?

What kind of device are you using (handheld, tablet, computer, TV)?



Is this a BIG problem or a small problem?

That depends...



Go back to addiction theory. Is it a want or a need?



Can this be solved with small interventions and boundaries?



Does it interfere with eating, sleeping, chores, homework, or activities that used to be enjoyed?



Why we should care.

- So many reasons...
- Hyper arousal from constant stimulation can cause withdrawal-type symptoms when removed (lack of dopamine release)
- How does the constant stimulation translate to other situations? School? Could ADD or ADHD symptoms be mimicked?



It is difficult to navigate the digital social landscape due to lack of cues.



Limits the practice of face to face social skills. Can rob people (not just children) of making actual connections.



Without face to face practice, will we lose the ability to read those cues?

How can we help?

- Now we have some background
- Determine the plan: guidelines and mentorship like suggested in [Screenwise](#), or is it time to implement an "electronic fast" like suggested in [Reset Your Child's Brain: A Four Week Plan](#)?
- Once you determine the direction you want to go in, there are several great resources to help you on your way.

Here are some of my favorite resources on this subject:

