

Gilbert Intermediate

Thinking About Buying Your Kid a Cellphone?

Are Smartphones Safe for Students?

- ❖ Depression/Cyberbullying
 - Researches find connection between excess screen time and mental health issues
 - "Adolescents who spend more than three hours a day on social media report high levels of internalizing behaviors, marked by social withdrawal and difficulty coping with anxiety or depression." - John Hopkins University
- ❖ Sleep Problems/Distracted Driving
 - People can get addicted easily to smartphones especially those with less impulse control
 - They can be beneficial if they are used for a purpose and not only as a pastime
- ❖ Future lives
 - Educating tweens and teens how to use smartphones safely will have a positive effect on their future college, internships, and career as they shape their online footprint
- ❖ Online Predators
 - Predators are using the same apps
 - "Online child abuse and exploitation, already one of the biggest and growing crime challenges nationally, has spiked as the pandemic has forced more people indoors with abusers and children spending more time on the internet."
-USA Today

How Families Can Be Proactive

- Set digital boundaries and restrictions with iPhones or iPads
 - Screen time use
 - Downtime
 - Restricted apps
- Set digital boundaries and restrictions with Android devices or a Chromebook
 - Link parent and student devices through Family Link
 - Monitor your kid's usage
 - Share location
- Create a family social media agreement
 - A social media agreement can help families create healthy internet habits
 - Keys
 - Set family expectations for all devices
 - Encourage your child to think before they post
 - Create guidelines for when and where the device can be used
 - Require permission to download new apps
 - Encourage that respectful behavior can earn more online privileges
 - Have kids and parents sign an agreement and keep it somewhere visible to remind kids the commitment they made and the consequences they could face

The best way to help your child develop a healthy relationship with their smartphone and their social media is to model positive behavior yourself!