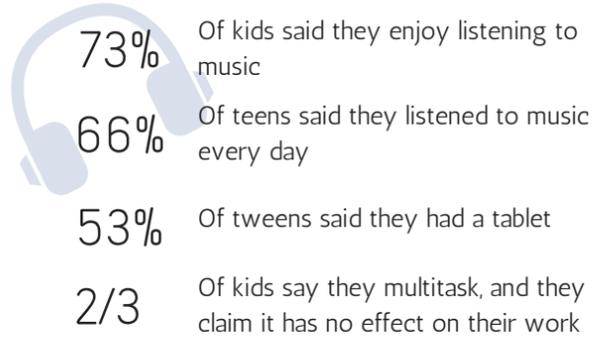
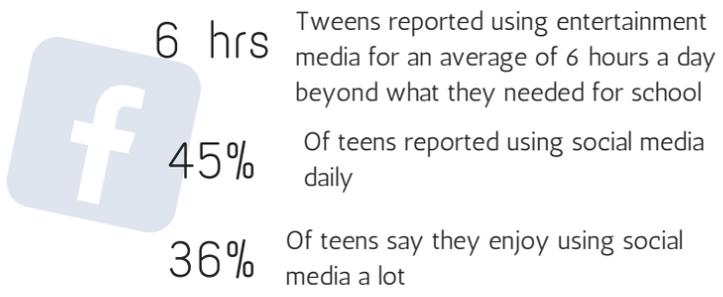


# Screen Time, Social Media & Minecraft Mania

## Technology & Your Kids

### SCREEN TIME

#### The Common Sense Census



*"In a world where "screen time" is becoming simply "time," our policies must evolve or become obsolete."*

"Beyond 'Turn it Off': How to Advise Families on Media Use"  
Brown, Shifrin & Hill

#### (SOME) KEY MESSAGES FOR PARENTS

~Brown, Shifrin & Hill

- Treat media like any other environment
- Set limits
- Model appropriate behavior
- Participate as a family
- Content matters
- Read reviews of apps/media before use
- Prioritize unplugged play time
- Create tech free zones



#### NOT ALL SCREEN TIME IS EQUAL

Identified by the Common Sense Census

Kids who are creating are reaping greater rewards than those who are consuming

- Passive consumption: watching TV
- Interactive consumption: playing games and browsing the Internet
- Communication: video-chatting and using social media
- Content creation: using devices to make digital art or music

*Consider turning tech off at least an hour before bed time. Studies indicate that light, even low-intensity light like back-lit tablets, suppress levels of melatonin and shifts the circadian rhythm back.*

"Evening Use of Light-Emitting eReaders negatively affects sleep, circadian timing and next-morning alertness"  
~Chang, Aeschbach, Duffy, Czeisler

### SOCIAL MEDIA



## COPPA

The Children's Online Privacy & Protection Act essentially protects kids under the age from personal "data mining" & advertising. Instagram, Snapchat & Facebook all require that children be older to join & do not protect users from data mining and advertising.

#### BEFORE YOUR TWEEN SIGNS UP

- Check out a review site like Common Sense Media for practical information
- Research privacy settings, and help your son/daughter establish strictest form privacy settings
- Follow/Friend your son/daughter so that you can be their guide
- Discuss your expectations for their social media usage
- Remind kids to THINK before posting: is it True, Helpful, Inspiring, Needed & Kind?
- Consider a Social Media Contract - like that found at Common Sense Media

#### TIGHTEN UP YOUR SECURITY

- Clean up your friend list
- Take advantage of privacy settings & share info about your children with only close friends and family
- Protect kids from identity thieves - avoid oversharing details about them online, consider giving them a social media nickname
- Be picky about the photos you share online and especially those that you make your profile picture which is and remains public unless you change the privacy settings later

*"The best educational interventions are those that meet youth where they are and use the energy associated with that space to encourage learning"*

~"Beyond Screen Time: What Minecraft Teaches Kids"  
Ray Junco

## MINECRAFT

#### Minecraft Builds

- Creativity
- Problem solving
- Collaboration
- Math skills - especially with crafting
- Basic programming skills
- Research Skills
- Story telling
- Spatial reasoning
- Community

*Essentially the goal is to build - and in survival mode students build but also have to survive while managing hunger, exploring the biome and collecting resources to help build and manage an inventory.*