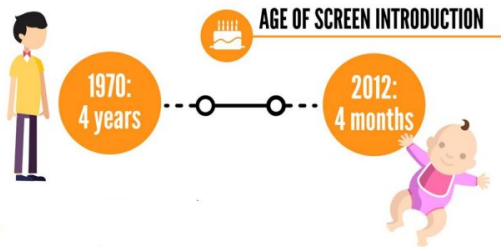
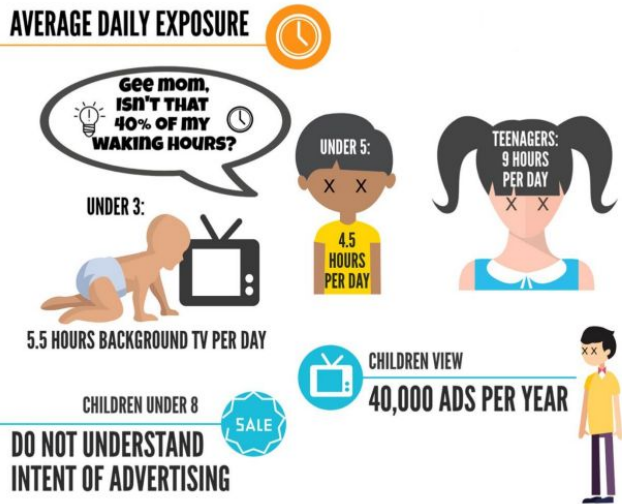


# WHY DOES IT MATTER?



## AVERAGE DAILY EXPOSURE



Too much screen time is linked to:

- Obesity
- Irregular Sleep
  - The blue light from screens inhibits melatonin. Tablets and phones suppress melatonin more than TV because the screen (and blue light) is closer to the face
  - Children with a TV in their room have been found to sleep 31 minutes less per day
- Behavioral Problems
  - Raise your child's risk for attention problems, anxiety and depression
  - Toddlers with high screen use have been shown to have a harder time avoiding distractions while trying to complete a task on a screen
  - Screen time has been linked to a decrease in children's "mental imagery skills"
- Impaired Academic Performance
  - Children who watch a lot of television during the elementary school years perform more poorly on reading tests

## Selecting Appropriate Video Games

ESRB Ratings have three parts:

- Age rating categories
- Content descriptors
- Interactive elements (such as)
  - In-game purchases
  - User interaction
  - Location sharing
  - Unrestricted internet

Other suggestions:

- Play the game yourself
- Stick to a brand you trust
- Look at gameplay videos and reviews online



## Establish Rules for Video Games



Most parents have household rules for video game play.

92%

Permission Required to make In-Game Purchases

91%

No Sharing of Personal Information with Online Players

82%

Permission Required Before Playing a New Game

79%

Screen Time Limitations

76%

Permission Required to Communicate with Others Online

Source: 2021 Hart Research Associates

## Use of Parental Controls on Game Consoles



**58%**

Limit or block purchases using real money



**54%**

Block games by ESRB-assigned age rating



**46%**

Limit or prevent online communication with other players

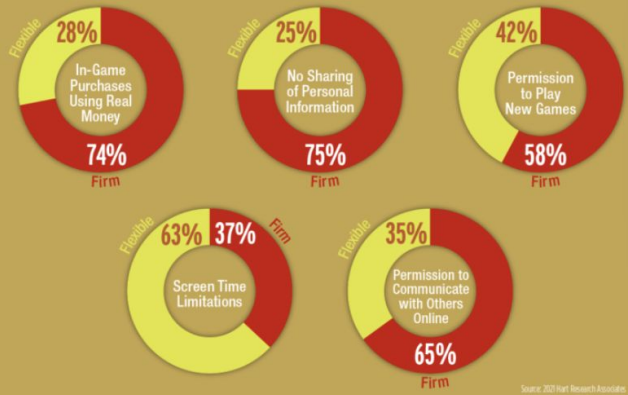


**49%**

Set screen time limits (when/how long kids can play)

Source: 2021 Hart Research Associates

## Enforcement of household rules varies from “Flexible” to “Firm”



## Set Up a Child Account and Use [Parent Controls](#)

You can use parental controls to:

- Block video games based on the ESRB rating
- Limit (or block) in game purchases
- Manage when and for how long your kids can play
- Choose with whom or whether your kids can communicate while playing video games (via text, video, or voice)

## Resources for Parental Controls for other devices

- [Google Guide](#): How to use Google’s “Family Link” app as well as links to guides for other websites and products.
- [Common Sense Media Guide](#): Tips and links for parental controls (blocking websites, filtering content, limiting screen time, etc) for a variety of devices, websites and apps.
- [Internet Matters](#): Links to tech tools and parental controls for smartphones, Youtube, social media and Google. Links to manage auto-play and push notifications on social media, Youtube and Netflix. Age-appropriate reviews of all media and lists of child-friendly apps. Tips for specific social media apps and websites. Links to supports and counseling services.

## Blocker & Tracker Apps



RescueTime



ScreenTime



AppDetox



OffTime



Antisocial



Screen Time

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## Multi-Player Online Games

- Know who is on the other side of the conversation
- Review the terms of service and community guidelines
- Block, mute and report
- Keep conversations positive and ongoing. Empower your children to come to you with the fun and no-so-fun aspects of their game.
- The golden rule

## Fortnite

### Rating Summary

This is an action game in which players build forts, gather resources, craft weapons, and battle hordes of monsters in frenetic combat. From a third-person perspective, players use guns, swords, and grenades to fight skeleton-like monsters (husks) in ranged and melee-style combat. Players can also defeat enemies by using various traps (e.g., electric, spikes, poisonous gas). Battles are highlighted by frequent gunfire, explosions, and cries of pain.

### Platforms

Windows PC, PlayStation 4, Xbox One



Violence

- 
- Online Interactions Not Rated by the ESRB (PC, PlayStation 4, Xbox One)

# Minecraft

## Rating Summary

This is a puzzle-adventure game in which players mine pixelated landscapes to harvest stylized cube-like materials. From a first-person perspective, players traverse an “open-world” environment, avoid hazards, build new structures, and craft weapons (e.g., swords, axes, bows) to occasionally defend against monsters (e.g., zombies, wolves, skeletons, spiders). Though not encouraged, players can engage in violent acts such as lighting animals on fire and harming animals with weapons. Mild explosions are occasionally heard as players use dynamite to fend off creatures and mine the environment.

## Platforms

PlayStation 4



Fantasy  
Violence

- Online Interactions Not Rated by the ESRB (PlayStation 4)

# Fallout 4

## Rating Summary

This is an action role-playing game in which players assume the role of a fallout shelter resident emerging from a post-apocalyptic world. As players traverse the open-world environment, they complete various mission objectives and use machine guns, machetes, lasers, and explosives to kill mutants and other human survivors. Battles are frenetic with realistic gunfire, explosions, and large blood-splatter effects; some attacks result in slow-motion dismemberment and decapitations. A handful of scenes depict chunks of flesh as well as severed heads and dismembered corpses. During the course of the game, players can consume a variety of fictional drugs (e.g., Buffout, Jet, Psycho) through the use of a menu; repeated use of these drugs leads to an addiction status and various negative effects for characters. The words “f\*\*k,” “sh\*t,” and “a\*shole” are heard in the dialogue.

## Platforms

Windows PC, PlayStation 4,  
Xbox One

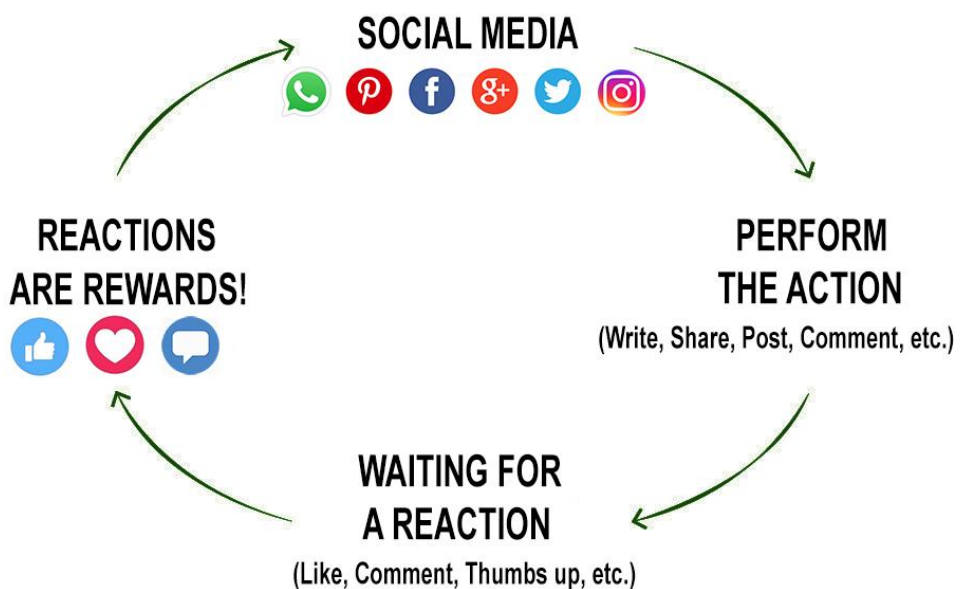


Blood and  
Gore  
Intense  
Violence  
Strong  
Language  
Use of Drugs

- No Interactive Elements

# Are screens addictive?

Using a screen sets off a pleasure/reward cycle in our brain.



## All about that dopamine

When you use a screen, dopamine is released in your brain, which weakens impulse control.

Dopamine is the hormone responsible for driving and reinforcing habits, so the dopamine release given from screens results in a dopamine feedback loop similar to that in the brain of cocaine users.

The more interactive the technology, the more it acts like a stimulant.



Wait. It does all that to a neurotypical brain?!



## What Does Healthy Digital Media Use Lifestyle Look Like?

- Waking up and engaging in self-care behaviors such *BEFORE* picking up the phone or opening your computer.
- Returning emails in a timely manner, and not checking email as the first thing you do in the morning.
- Utilizing your device to engage face-to-face with the important people in your life.
- Completing online academic requirements on time.
- Reading the news online no more than 15-20 minutes per day.
- Watching an online video up to 60 minutes per day on sites such as, Netflix or YouTube.
- Playing video games for 45 minutes and up to 2 hours per day.
- Turning off your device(s) 1 hour before your planned bedtime in order to fall asleep.
- Watching a movie with your family and discussing it.
- Having meals with your family without devices on the table or the TV on.
- Playing board games on a Saturday night.
- Checking in with friends and family on social media up to 2 hours per day.
- Going for a walk without your phone.

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## We Can! Screen Time Chart

Fill out the **We Can!** Screen Time Chart to see how much time your family spends in front of a screen. Keep one chart for each person.



Print a  
blank  
chart!

### We Can! Screen Time Chart — Sample Chart

Name: Billy

Dates: 6/4 - 6/10

	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday	2 hours	1 hour		1 hour	4 hours
Tuesday	3 hours	1 ½ hours		1 hour	5 ½ hours
Wednesday	1 hours	1 hour	2 ½ hours	½ hour	5 ½ hours
Thursday	4 hours			1 hour	5 hours
Friday	4 hours	1 hour			5 hours
Saturday	3 hours	2 hours	2 hours	1 hour	8 hours
Sunday	2 hours	1 hour	2 hours	2 hours	7 hours

## More Resources to Learn Internet Safety

- [Google “Be Internet Awesome”](#)
- [Common Sense Media Family Resources](#)
- [“How to be a Good Digital Parent” Toolkit](#)
- [Dave Eisenmann Top Tips](#)