

Tech & Social Media

FOR YOUR STUDENT

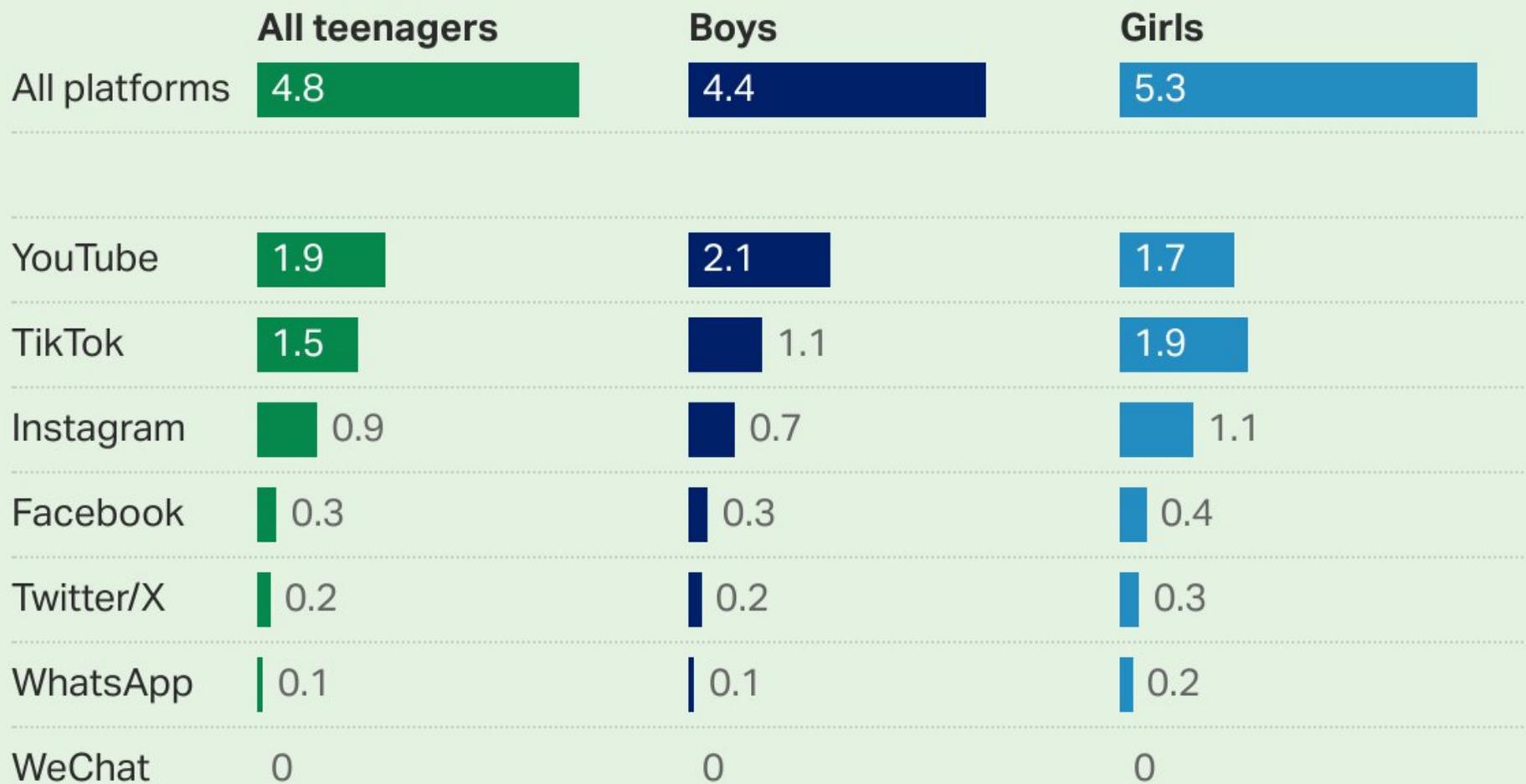
THE INSTITUTE FOR CHRIST AND CULTURE

**Smart technology advances so quickly it
outpaces our ability to civilize it.**

–Kevin Kelly



Hours Per Day Spent on Social Media Platforms, Among U.S. Teens



June 26-July 17, 2023

Based on responses from 1,567 U.S. adolescents

The Stats...

6 hours

Ages 8-10

9 hours

Ages 11-14

7.5 hours

Ages 15-18



Major Depressive Episodes in the Last Year (U.S. Teens)

Percent of 12-17-Year-Olds

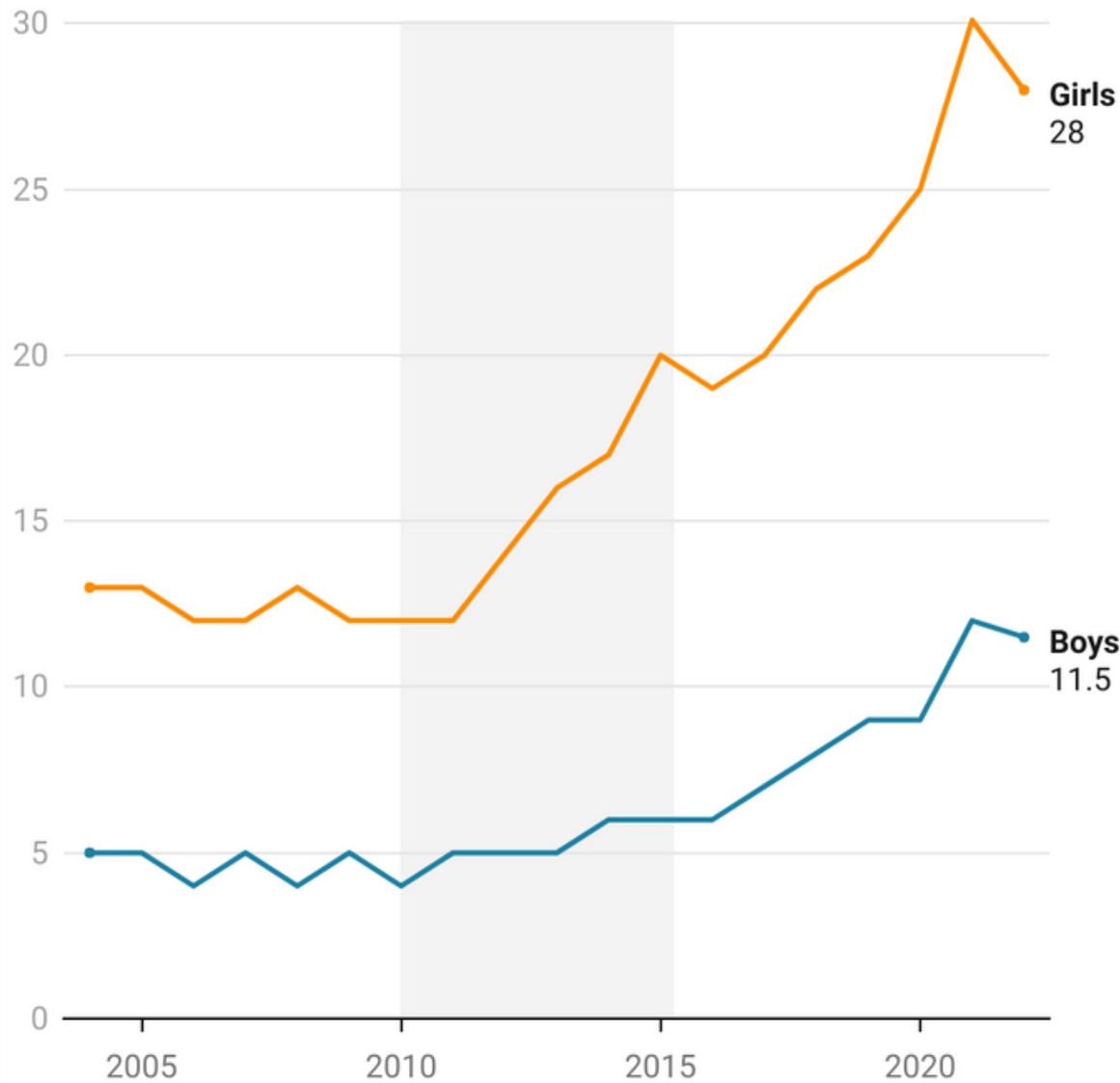


Chart: Zach Rausch • Source: National Survey on Drug Use and Health • Created with Datawrapper

Percent U.S. Anxiety Prevalence

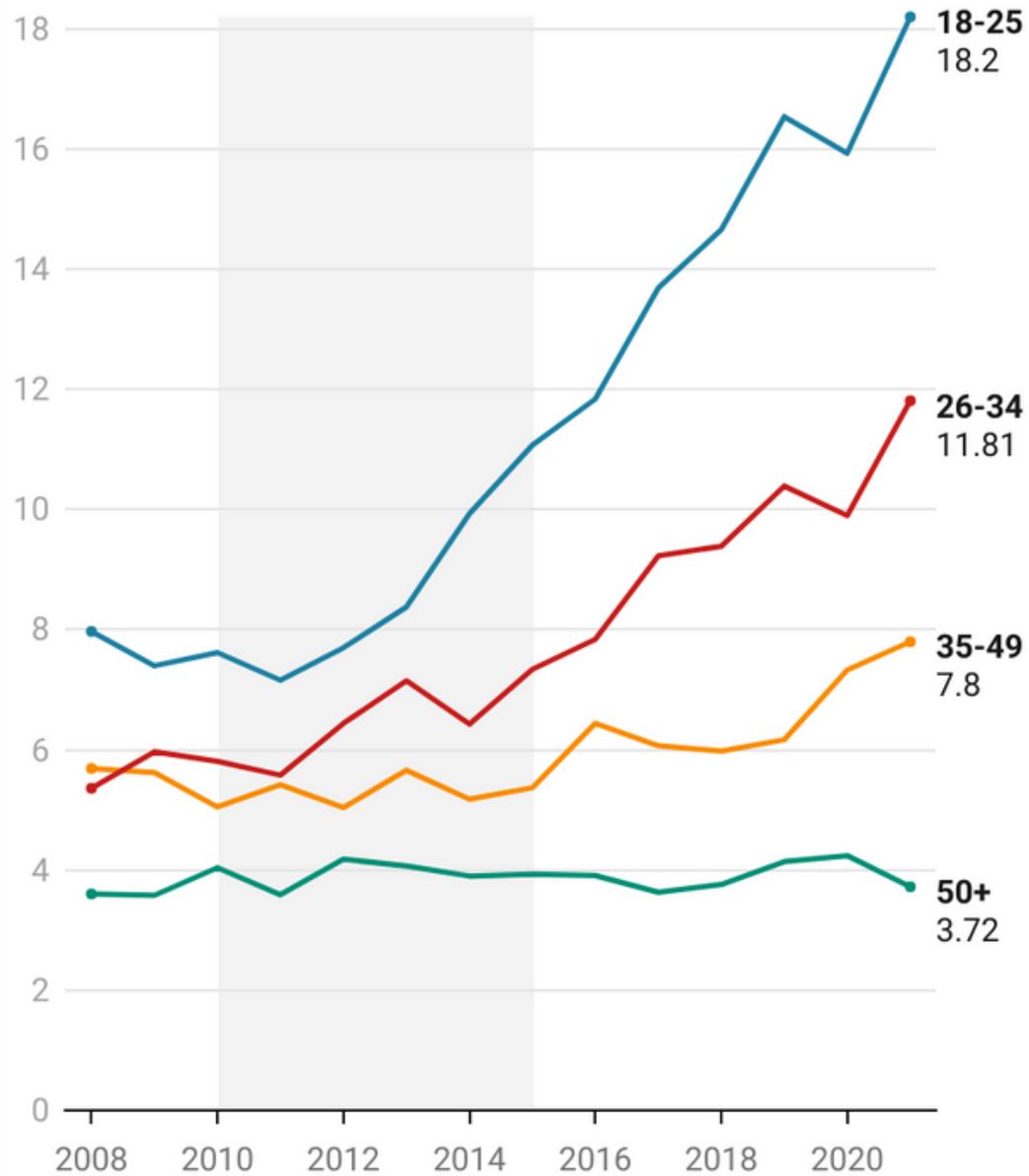


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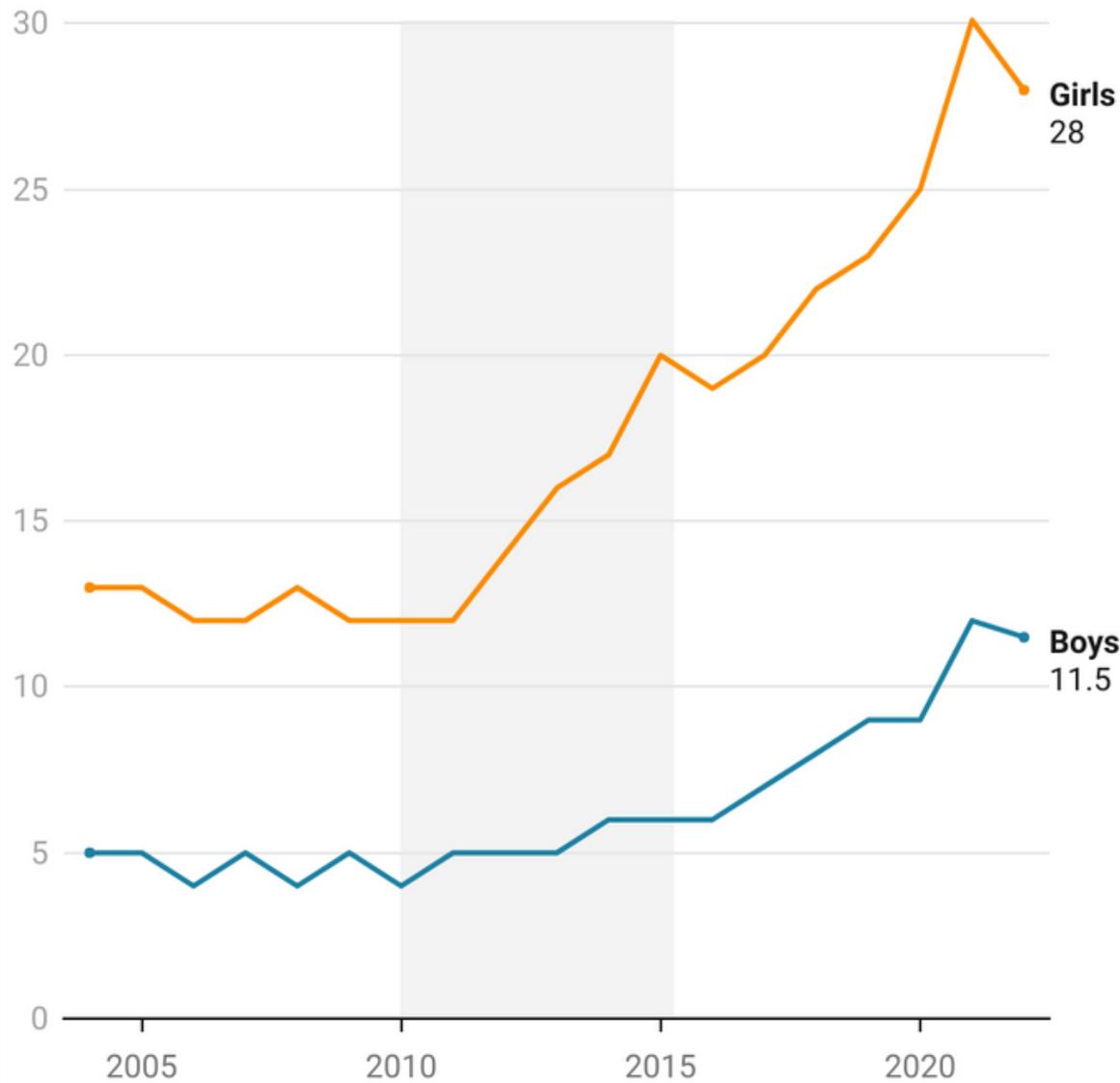


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U.S. Teen Suicide Rate (Ages 15-19)

Rate per 100,000

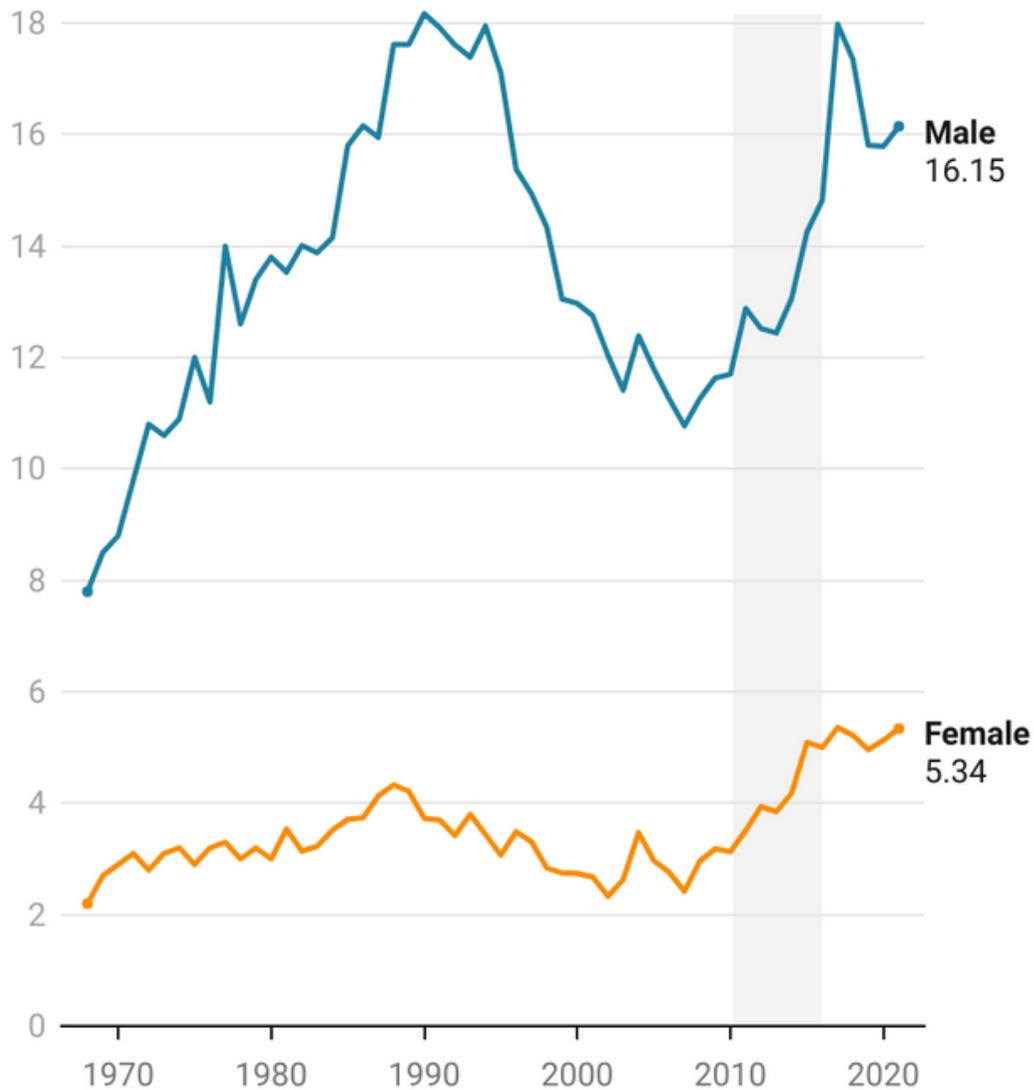


Chart: Zach Rausch • Source: Center for Disease Control Fatal Injury Reports • Created with Datawrapper

Daily Time with Friends

Minutes per Day

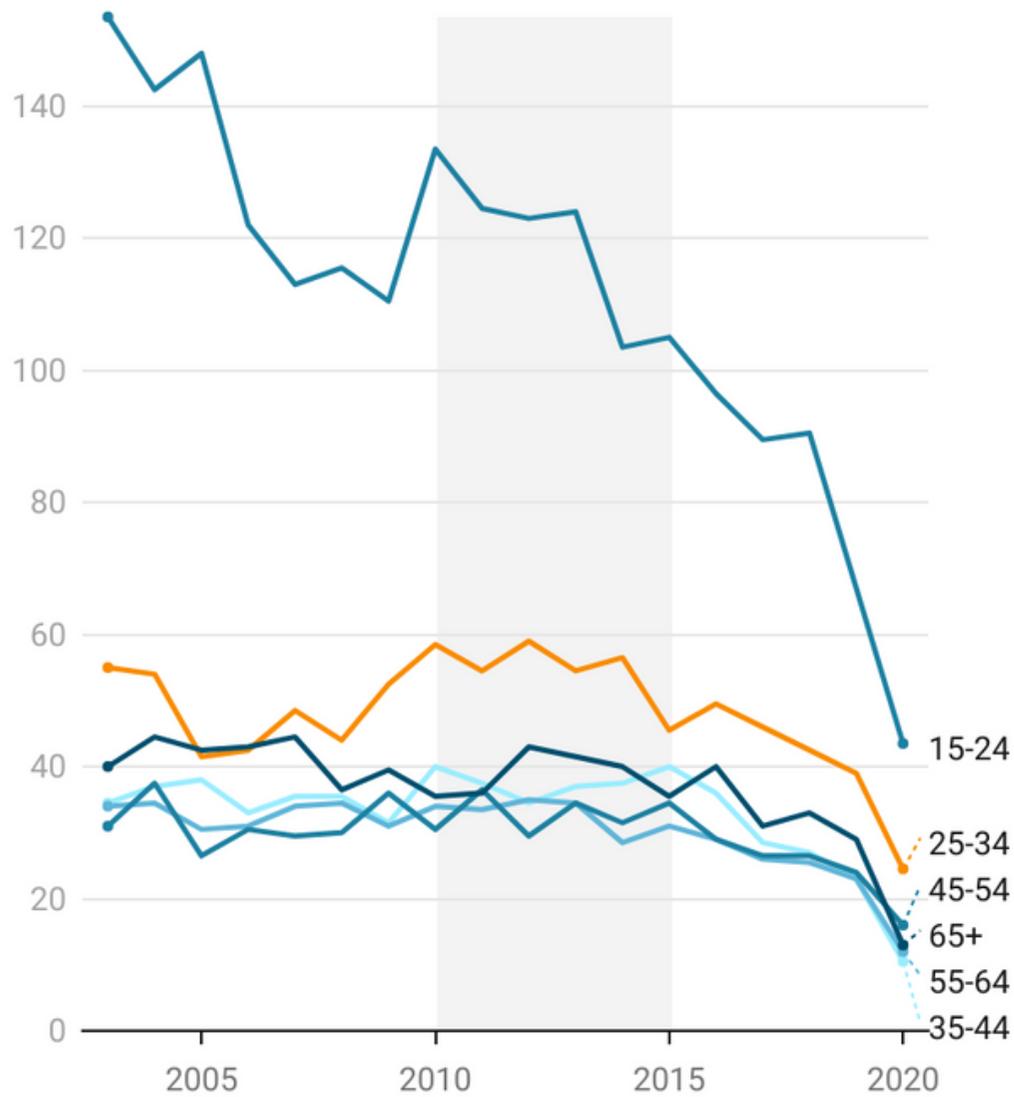


Chart: Zach Rausch • Source: American Time Use Survey • Created with Datawrapper

Share of US Households with Specific Technology (1925-2019)

Percent of U.S. Households

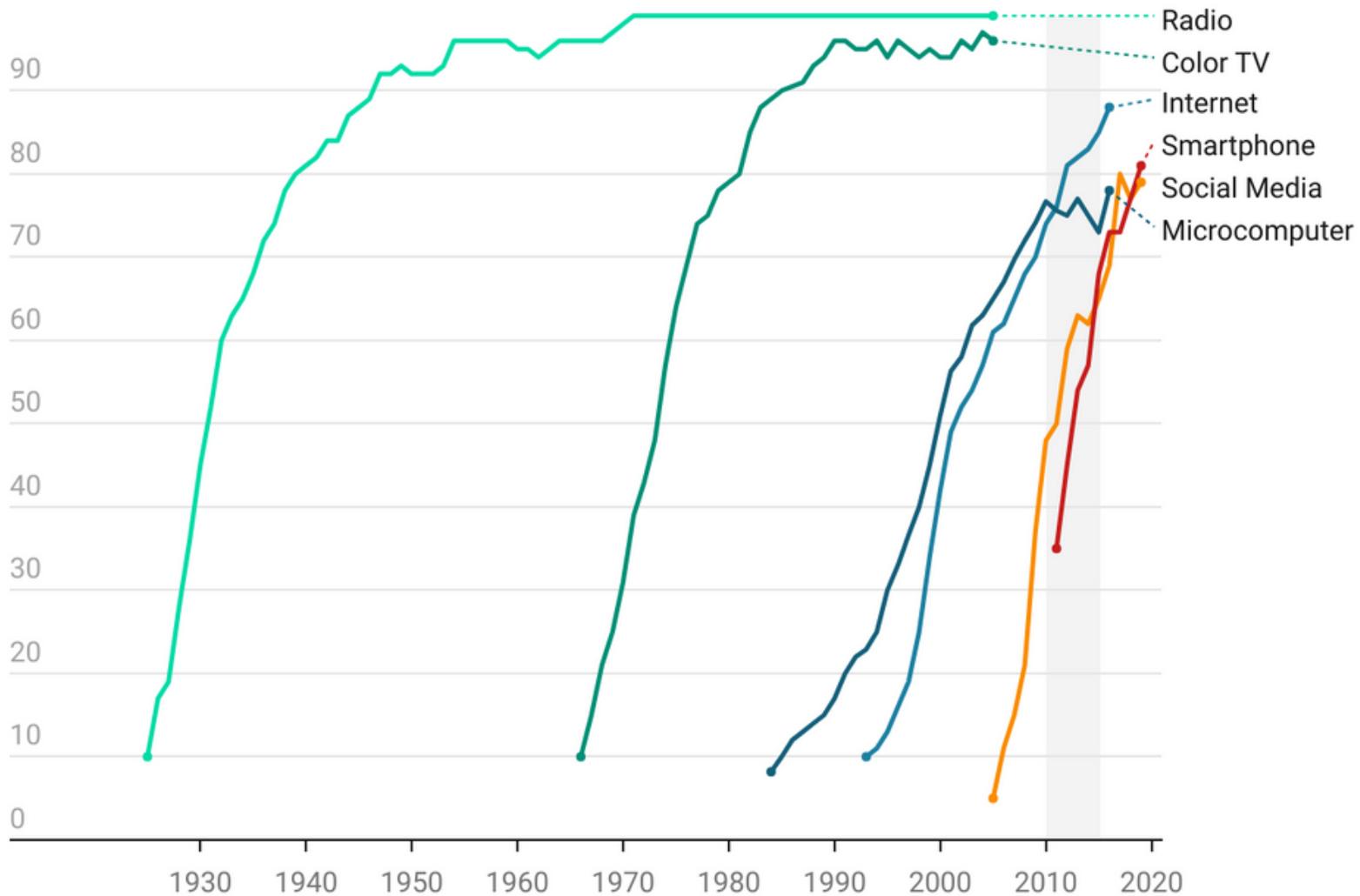
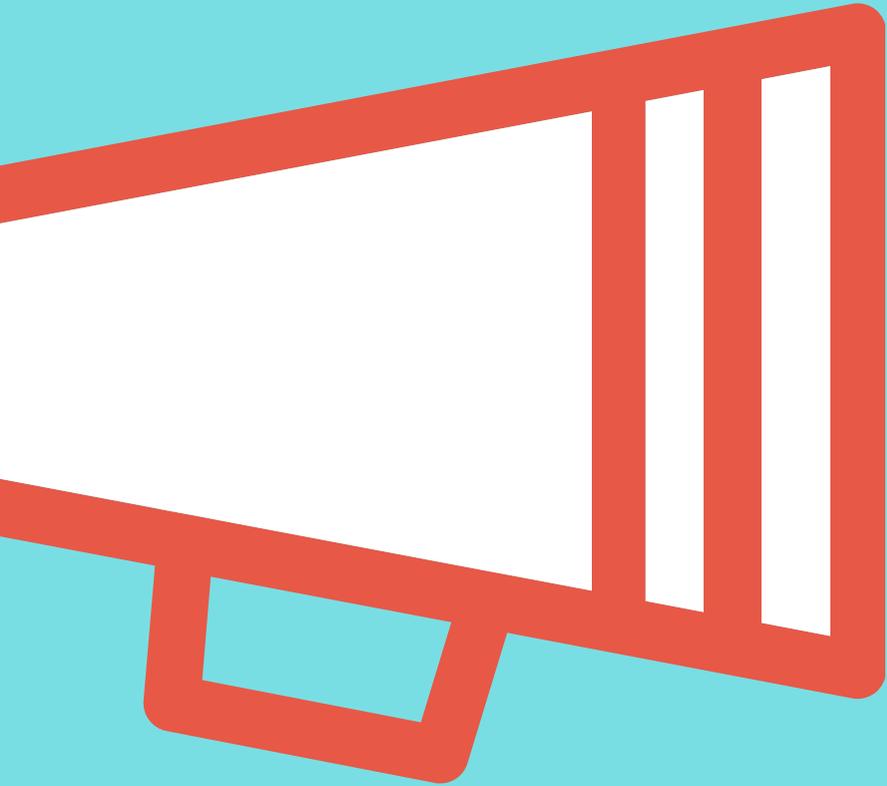


Chart: Zach Rausch • Source: Our World in Data • Created with Datawrapper

Higher screen time results in higher....



- **Isolation**
- **Insecurity**
- **Depression**
- **Anxiety**



Intentional about being high tech and highly human

We have over-protected our kids in the real world, and under-protected them in the online world.

-Jonathan Haidt





Just imagine being a teen trying to develop a sense of who you are and where you fit, while everyone you meet tells you, indirectly: **You're not as important as the people on my phone.**

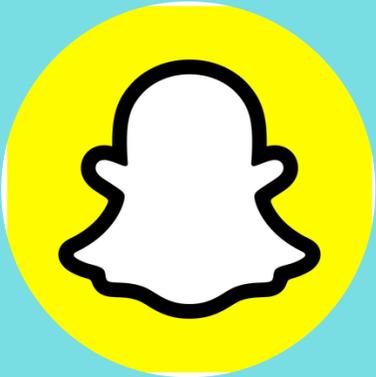
-Jonathan Haidt



CONCERNS

- **Sharing Information**
 - **Pornography/Sexting**
 - **Identity**
 - **Mental Health**
 - **Sextortion**
-

Top Apps



Sexting...



12-18 year olds

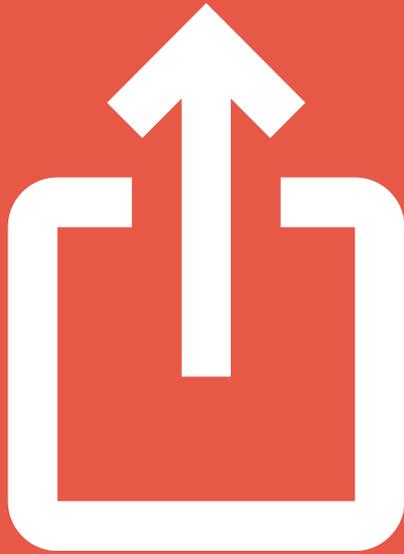
- 19.3% had sent a sext
- 34.8% had received a sext
- 14.5% had forwarded a sext without consent

Around 1 in 5 have sent an image of themselves to someone else.

Journal of Adolescent Health

Every Post is...

PERMANENT



and

PUBLIC



Conversations...

EARLY



and

ONGOING



When should my child get a phone or social media?



- **It's not "if," it's "when."**
- **It's not all "bad," it's powerful.**
- **It's not just a "phone," it's an "everything."**
- **Their first smartphone should be your old phone.**

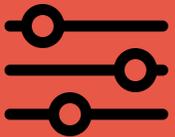
NON-NEGOTIABLES



KNOW PASSCODES & PASSWORDS



CENTRALIZED CHARGING STATION FOR EVERY DEVICE



FILTER INTERNET CONTENT



ONLY ADD KNOWN PEOPLE



OPEN, ONGOING CONVERSATIONS



GUARDRAILS



Balance Screen Time & Face to Face Time.



What information is and isn't appropriate to share online AND with who.



Think about others before themselves.



If someone online approaches them inappropriately or threatens them.

Gaming Statistics By the Numbers

77%

of Millennials



Play video games

81%

of Gen Z



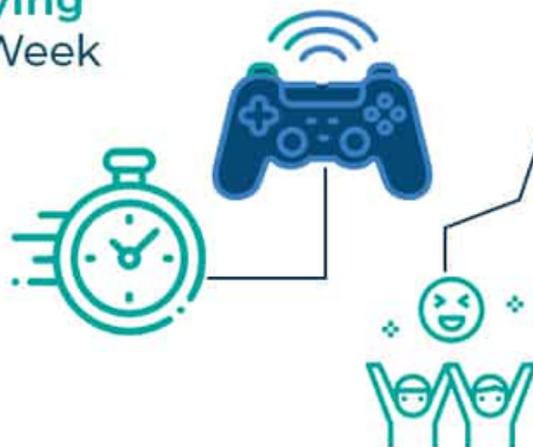
Average Hours **Playing Video Games** per Week

Gen Z gamers

7 hours and 20 minutes

Millennials

6 hours 50 minutes



Gaming brings

90%

of U.S. gamers joy



55%

of gamers identify as male



45%

identify as Female



57%

of U.S. gamers play on smartphones



Cloudwards

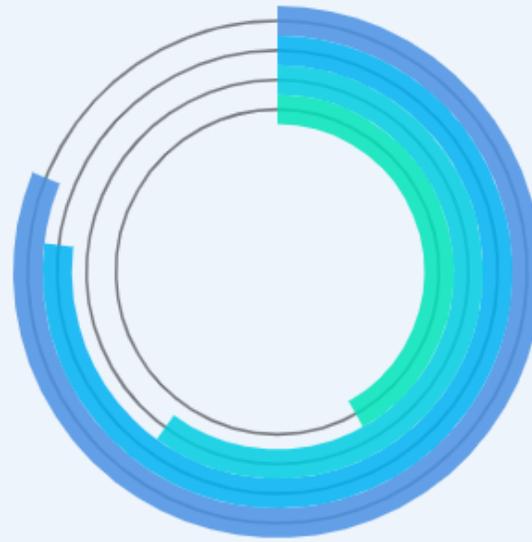
Percentage of Generations That Play Video Games:

Gen Z: 81%

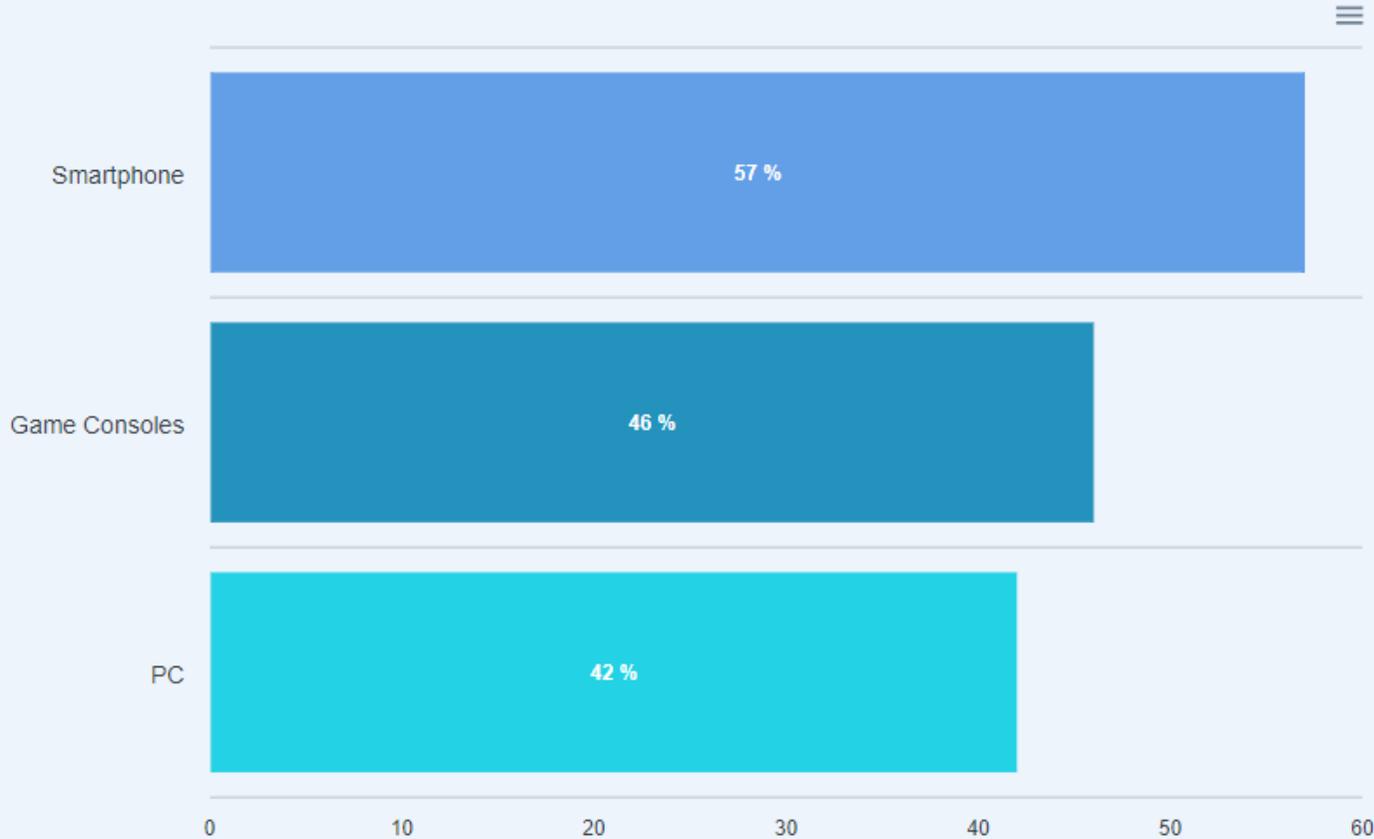
Millennials: 77%

Gen X: 60%

Baby Boomers: 42%



Devices Used for Video Games



Video Games

- Mobile

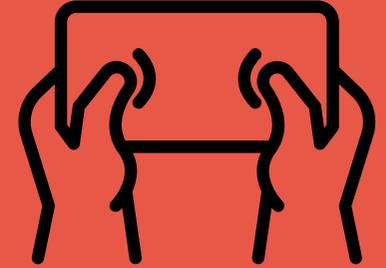
Clash Royale

Clash of Clans

Brawl Stars

Roblox

Call of Duty Mobile



- Console/PC

Fortnite

Call of Duty

Sports Games

Rocket League



Do not put any video game equipment in your teen's bedroom



Limit your own screen time to be a good role model



Set restrictions on your teen's game-playing time and frequency



Take the initiative to organize family activities and plans without screens



Research the content of the video games your teen is playing



Talk to your teen about the game they are playing



U.S. TEENS' PREFERENCE FOR IN-PERSON VS. DIGITAL INTERACTIONS

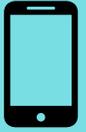
WHAT WOULD YOU RATHER DO?



WHAT DO YOU ACTUALLY TEND TO DO MOST OFTEN?



LET'S MAKE NORMAL...



No smartphones before high school.



No social media till 16.



Phone free zones. (School & Bedroom)



Give more independence, free play, and responsibility in the real world.

FLORIDA

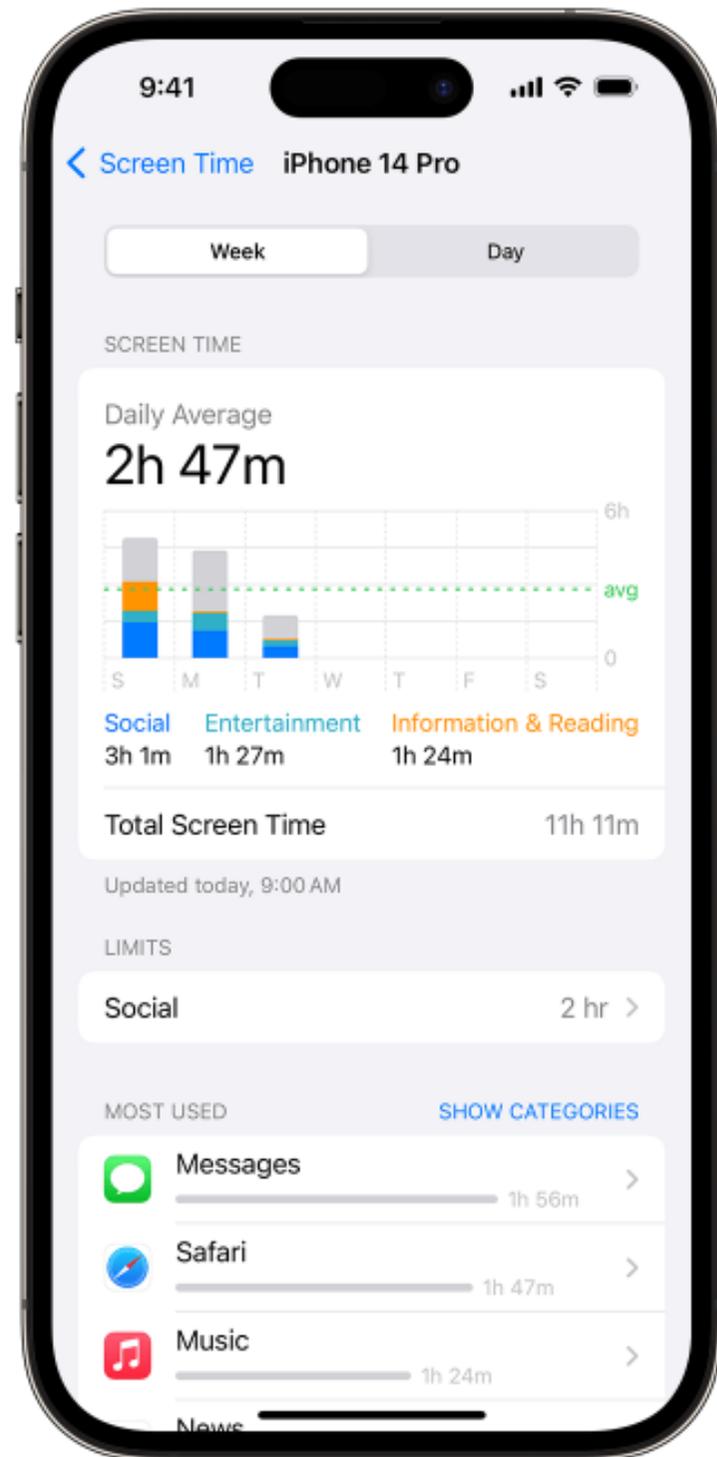


Requires social media platforms to terminate the accounts of people under 14 and those of people under 16 who do not have parental consent. It requires them to use a third-party verification system to screen out those who are underage.

See your Screen Time report and set limits

Screen Time gives you a report showing how your device is used, apps you've opened, websites you've visited, and more. To see the report, go to Settings > Screen Time and tap See All App & Website Activity. From there, you can see your usage, set limits for your most used apps, and see how many times a device was picked up or received a notification.

If you have Share Across Devices turned on, you can view overall usage across all of your devices that are signed in with your Apple ID.





How to set up parental controls on Google Play

When you put parental controls on an Android device, you can restrict what content can be downloaded or purchased from Google Play on that device based on maturity level. However, purchase approval settings will only apply to purchases made through Google Play's billing system.

Set up parental controls

Important: Parental controls don't prevent restricted content as a search result or through a direct link.

[For family members who manage their own accounts](#)



[For family members whose accounts are managed with Family Link](#)



Fix possible parental control issues

If you have issues with your PIN, updates, or incorrect ratings show on your device, explore these options:

[I forgot my PIN](#)



[My app or game won't open](#)



[Content on my child's device is outside the rating I set](#)

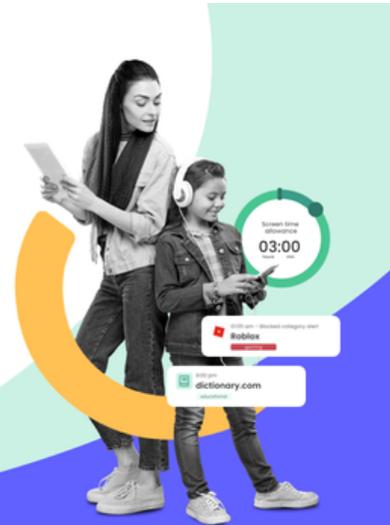


ADDITIONAL RESOURCES

bark 

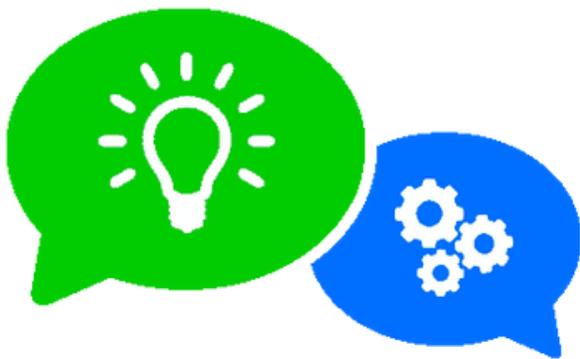
Qustodio

The all-in-one
parental control
and screen time
solution



gabbPhone 3 Pro
The flexible phone for teens.

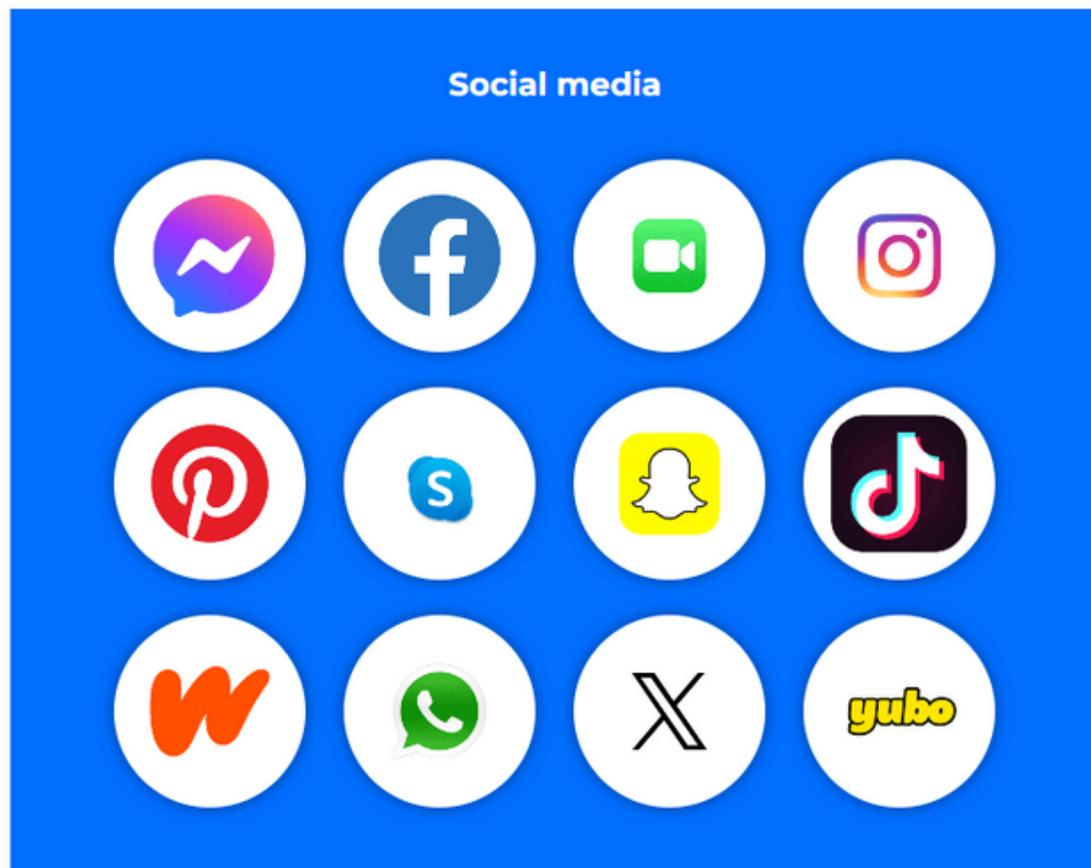




internet matters

Step-by-step Guides

Click on the guides for step-by-step instructions to set controls on popular devices.



Popular Parental control guides



[Search our step by step guide](#)

Search here for parental controls guides for broadband, mobile, smartphones, social media, search engines and more, e.g Snapchat, Google, EE, Sky.

Tech & Social Media

ADDITIONAL RESOURCES:
www.TheTKAInstitute.com/Parents