

Electronic Device Lockdown

This is my lovely daughter



Julia
Born 2006

This is My Lovely Daughter Now



Julia
2019

And the research says....

- In a surprise finding, a [new report from the Pew Research Center](#) shows that even teens think they have a problem.
- According to the study, 60% of teens—those between the ages of 13 to 17—say that spending too much time online is a “major” problem facing their age group,
- with about nine in 10 teens dubbing it a problem. More than half of teens (54%) say they spend too much time on their cellphones, and 41% say they overdo it on social media.

How Bad is it?

- According to Common Sense Media, teens spend an average of nine hours a day online
- six hours for those aged eight to 12.
- 50 minutes for kids between 0 and eight.



Lets do the Math

24 hours in a day - 8 hours of sleep for the average teen = 16 hours left

16 hours - 2 hours for breakfast lunch and dinner time = 14

14 hours - 1 hour for shower, brush teeth etc = 13 hours

13 hours - 8 hours for school = 5 left

Wait.... where do they fit in the 9 hours of screen time in?

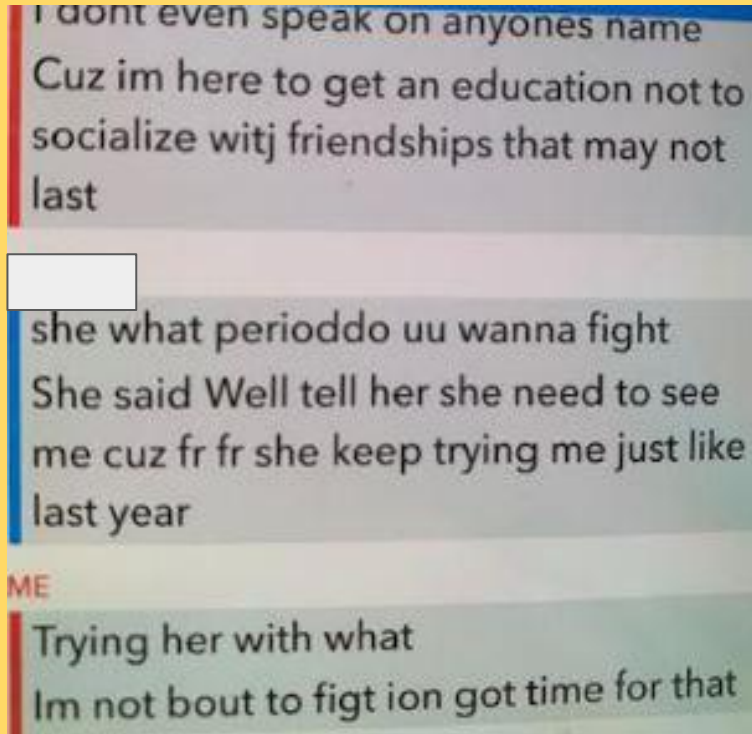
So Where Does That Time Come From?



What is the Neurobiological Trigger for Teens

- Pew's latest research suggests that teens are self-aware about the problem but unable to rein themselves in.
- Neurobiological and hormonal changes in teen brains elevate their desire to feel a sense of belonging, to be respected and admired.
- A startling 44% of teens told that they often check their phones for messages or notifications as soon as they wake up looking for that validation, that sense of belonging.

Their Need for Validation and Acceptance Makes Them Fragile



- Cyber bullies pray upon that Fragility.
- The cell phone becomes an extension of the bullies reach.
- No Social Media, No Cyber Bullying

But, What Can a Parent do?



It Turns Out.....A Lot!

Electronic Lockdown From Mild to Wild

1. Set limits on time spent online. Use a bargaining chip. If you do your homework for an hour you can go on your phone for an hour more.
 - a. No phone at the dinner table
 - b. No texting at church, synagogue, mosque or place of prayer.
 - c. No online time an hour before bedtime.
2. The Contract - Put your child on a Contract.
 - a. Limit time - if you have a problem with compliance. Contract it..
 - b. Bargain for grades. Ex. An Hour of homework gets you an hour of screen time. Contract it
 - c. For every chore get an hour screen time. Just contract it!

Electronic Lockdown From Mild to Wild

3. Lockdown Applications Android



Our Pact - 4 Star Rated App

- Specific App Blocking,
- Block Texting or Allow Texting at only Certain Times
- ScreenTime Allowance and Blockout Times,
- Family Device Locator,
- Unlimited Blocks and Grants,
- Locks up to 20 devices
- Available for Android or Google

Device Lockdown Mild to Wild

Lock down Devices - IOS (IPhone)



KidsLox - 4.5 star rated App

- Blocks Pornography, Violence
- App Blocker
- Set Daily Limits
- Limit internet usage
- Use on all your IOS devices for one price (\$3.99 per Month)

More Apps to Check Out

Android/Google

- Google Family Link for Parents.- 5 Star.
- Bark - 5 Star.
- ES/ET - 4.5 Star

IPhone IOS

- UnGlue - 4.5 Stars.
- Google Family Link - 5 Star.
- Safer Kid - text monitoring.
- Porn Blocker Plus.

The Ultimate Device Lockdown

4. Cell Phone Lockbox

Physically Locks phone in Cell Phone
Prison.



Remember

- The original reason why you bought the phone. So that you can keep in touch
- It will still act as a phone even if all content is blocked. Some Apps even GPS track.
- If you lock or take away one device take them all. Most Apps are available on all devices.

Also Remember

- That excessive screen time is linked to...
 - Depression
 - A Decreases in Motivation to do Other Things.
 - Becoming a Cyber Bullies Target.
 - A Sedentary and Lethargic Lifestyle.
 - Lower School Grades.
- If you go to your childs device App Store and search parental controls all of these and more will come up. Read the ratings and feedback.
- If you can't eliminate Social Media Limit it and check it often.

Monitor Monitor Monitor

Questions?