



# Digital Wellbeing

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For Parents

# Who's Looking at you?



## US Instagram User Estimates, by Age

number (in millions) of internet users who access their Instagram account via any device at least once per month

2012-2016



WC MARKETINGCHARTS.COM

Source: eMarketer



# Trends

26%

## Teachers

Say technology is a *frequent* problem

44%

## Ages 13 – 18

Check the phone before getting out of bed.

54%

## Ages 13 – 17

Say they spend too much time on their cell phones

65%

## Parents

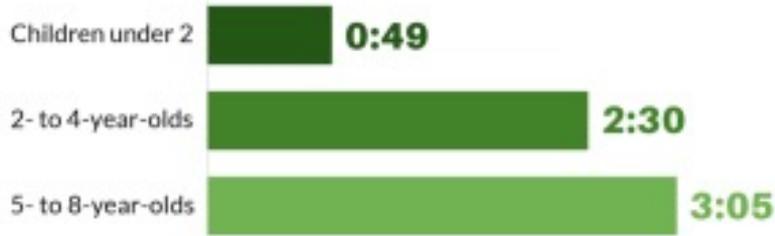
Concerned about teens' screen time

(Gui, Fasoli & Carradore, 2017; Henning et al, 2018; Burr & Floridi, 2020)

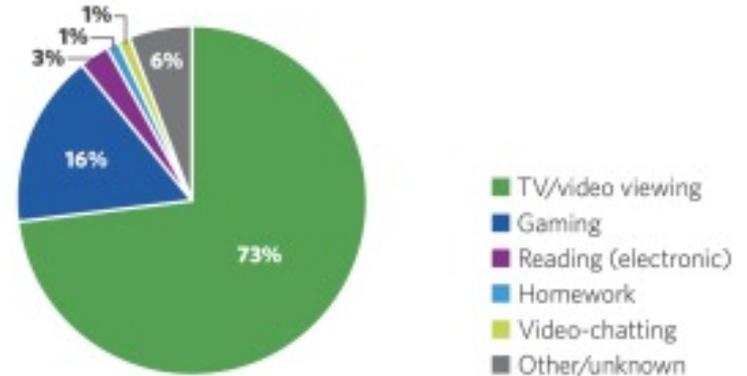
# The Digital Landscape by the Numbers<sup>1</sup>



**On average, children 8 and younger use about two and a half hours (2:24) of screen media a day.**



Among 0- to 8-year-olds, proportion of average daily screen time devoted to ...



1 V. Rideout & M. B. Robb, "The Common Sense census: Media use by tweens and teens, 2019," San Francisco, CA: Common Sense Media, 2019, <https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens-2019>; V. Rideout and M.B. Robb, "The Common Sense Census: Media Use by Kids Age Zero to Eight, 2020: Common Sense Media," Common Sense Media: Ratings, reviews, and advice, November 17, 2020, <https://www.commonsensemedia.org/research/the-common-sense-census-media-use-by-kids-age-zero-to-eight-2020>.

## Amount of daily screen use, not including for school or homework



Tweens:

**4 hours, 44 minutes**



### By socioeconomic status

Tweens in higher-income homes: **3:59**

Tweens in lower-income homes: **5:49**

Young people in lower-income homes use nearly two more hours of screen media a day than their peers in higher-income homes.

Note: "Lower income" is <\$35,000; "higher income" is \$100,000+ per year.



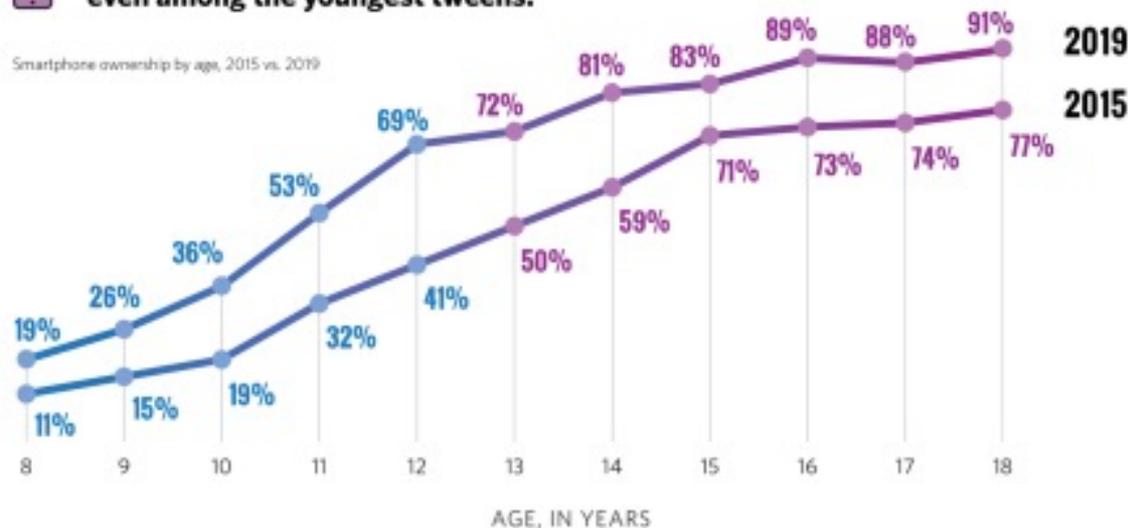
Teens:

**7 hours, 22 minutes**



**Smartphone ownership has risen dramatically, even among the youngest tweens.**

Smartphone ownership by age, 2015 vs. 2019

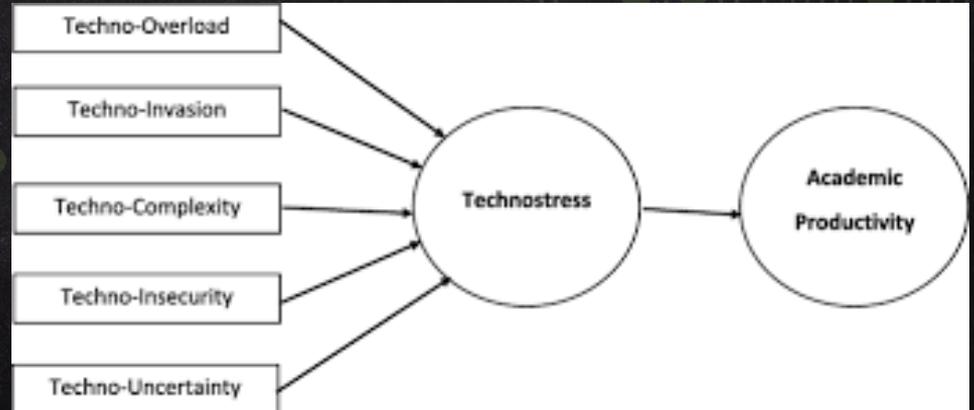
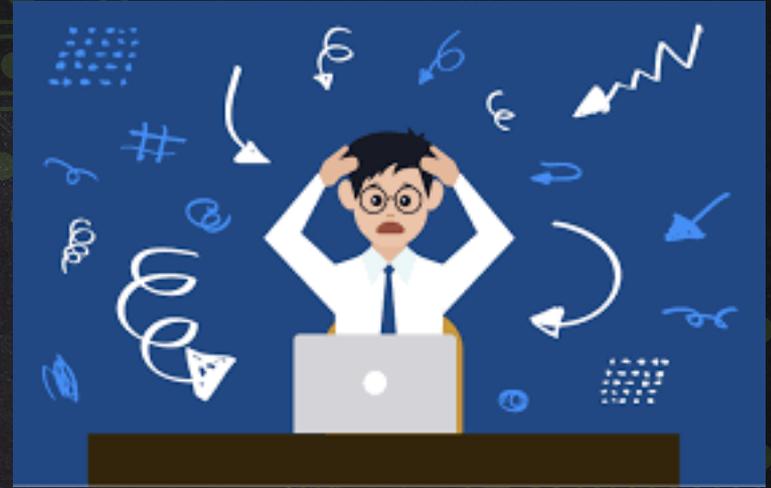


**Time spent watching online video has increased substantially.**



# Technostress

Stress or psychosomatic illness caused by working with computer technology on a daily basis. (Coined in 1984)



# Drivers of Digital Wellbeing

Deplete the coping reservoir for handling technostress

**Negative Drivers**

**Positive Drivers**

Replenish the coping reservoir for handling technostress

Reduce

**Overconsumption**  
**Multi-tasking**  
**Instantaneity**  
**Performativity**

Coping reservoir

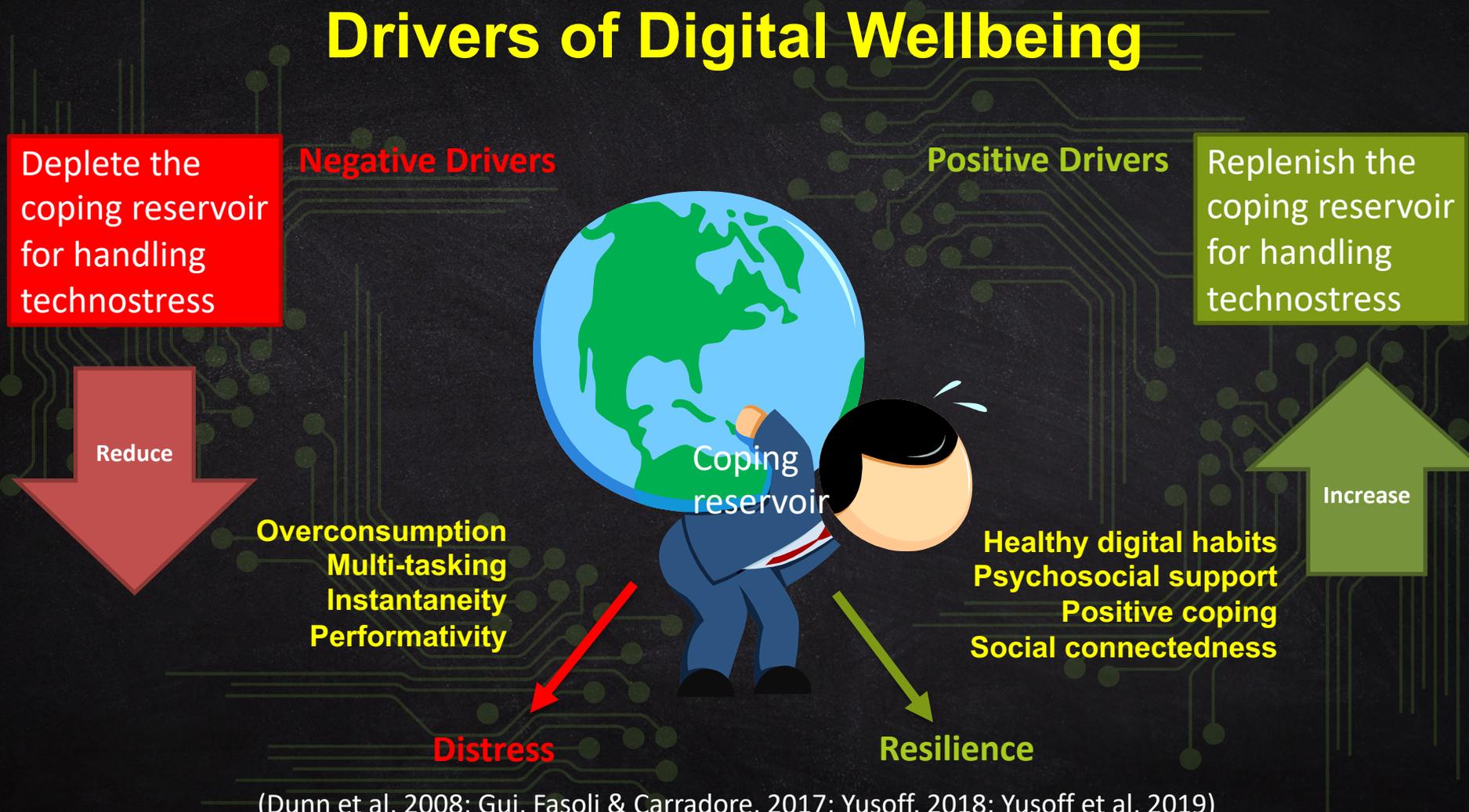
**Healthy digital habits**  
**Psychosocial support**  
**Positive coping**  
**Social connectedness**

Increase

**Distress**

**Resilience**

(Dunn et al, 2008; Gui, Fasoli & Carradore, 2017; Yusoff, 2018; Yusoff et al, 2019)

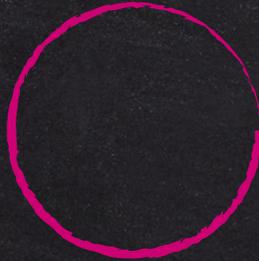


# Tools To Use



## Digital Habits Check

PACE - Inventory,  
Challenge, Change



## Healthy Habit Apps

Use fire against fire



## Screen Time Monitors

Devices and apps have built in  
monitors to help you regulate  
screen time.



## Disrupt the behaviour

Treat your tech like a  
misbehaving sibling

## Assess

How does each habit make you feel?



02

## Challenge

Create a personal challenge to change 1 habit.



03

## Pause

What are your digital habits?



01



## Engage

Set reachable goals and track your progress

04

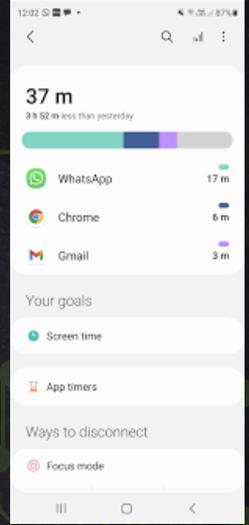


# Digital Habit

# Check up

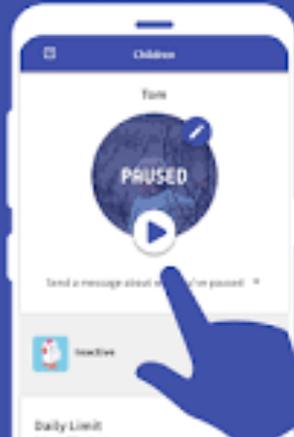
# Screen Time Monitors

Start by being aware



**SCREENTIME**

- ✓ Manage app use
- ✓ Track GPS
- ✓ Control web access



# Healthy Habit Apps

Let the robots fight!!



# 8 Tips to Curb Disruptive Smartphone Habits

These strategies may help you break smartphone addiction.



Prioritize self-care through mindfulness



Exercise, like going for a run or walk



Schedule no-screen time daily



Turn off social media notifications



Take a digital detox



Spend time with family



Use apps that limit screen time



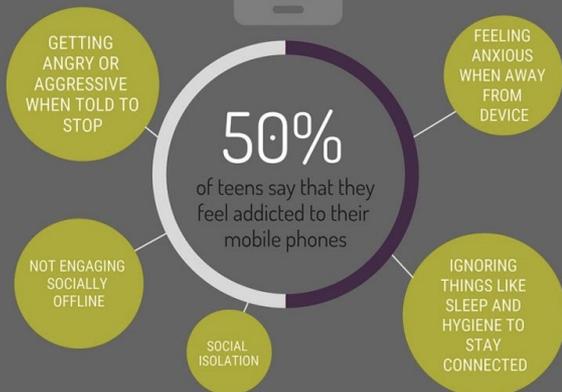
Learn new things, or take on a hobby

# Know the signs of addiction

## Time to get help

### TECHNOLOGY ADDICTION

Behaviors and Warning Signs



Often, what appear as technology addictions are actually coping mechanisms for other mental health issues. Getting appropriate treatment for the underlying conditions like ADHD or depression can help alleviate issues associated with technology addiction. Talk to your doctor today if you think your child is suffering from a technology addiction.



Asheville Academy for Girls is a therapeutic boarding school for girls ages 10-14 struggling with a variety of social and emotional issues.

Learn more at [ashevilleacademy.com](http://ashevilleacademy.com) or call us at (800) 284-8709.

Sources:

- <https://childmind.org/article/is-internet-addiction-real/>
- <https://www.commensemedia.org/technology-addiction-concern-controversy-and-finding-balance-infographic>

### 8 Signs You May Have a Smartphone Addiction

The following changes in your behavior and relationships may indicate you have a problem with smartphone addiction.



Isolation from friends



Strained interpersonal relationships



Waking up constantly to check your smartphone



Trouble focusing on work or school



Growing anxiety and fear of missing out



Increased feelings of loneliness or depression



Intense boredom when not using your smartphone



Irritability when your smartphone is not nearby



Sources: Healthline, HelpGuide, Verywell Family