

The Center for Family Safety and Healing

Healthy Digital Boundaries for Families

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Healthy Digital Boundaries for Kids

Kids have different social and emotional needs as they grow, and caregivers need different strategies during these ages and stages.

The foundation for online safety is creating **healthy digital boundaries** — what families are comfortable doing, seeing, and feeling while using technology and how they would like to be treated by others.



Approximately Ages 5 - 8

Keep the “training wheels” on technology.

Using apps specifically designed for kids, like Messenger Kids or YouTube Kids, on a caregiver’s device can help support safety.

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Device Free Dinner



#DeviceFreeDinner



Family Media Agreement

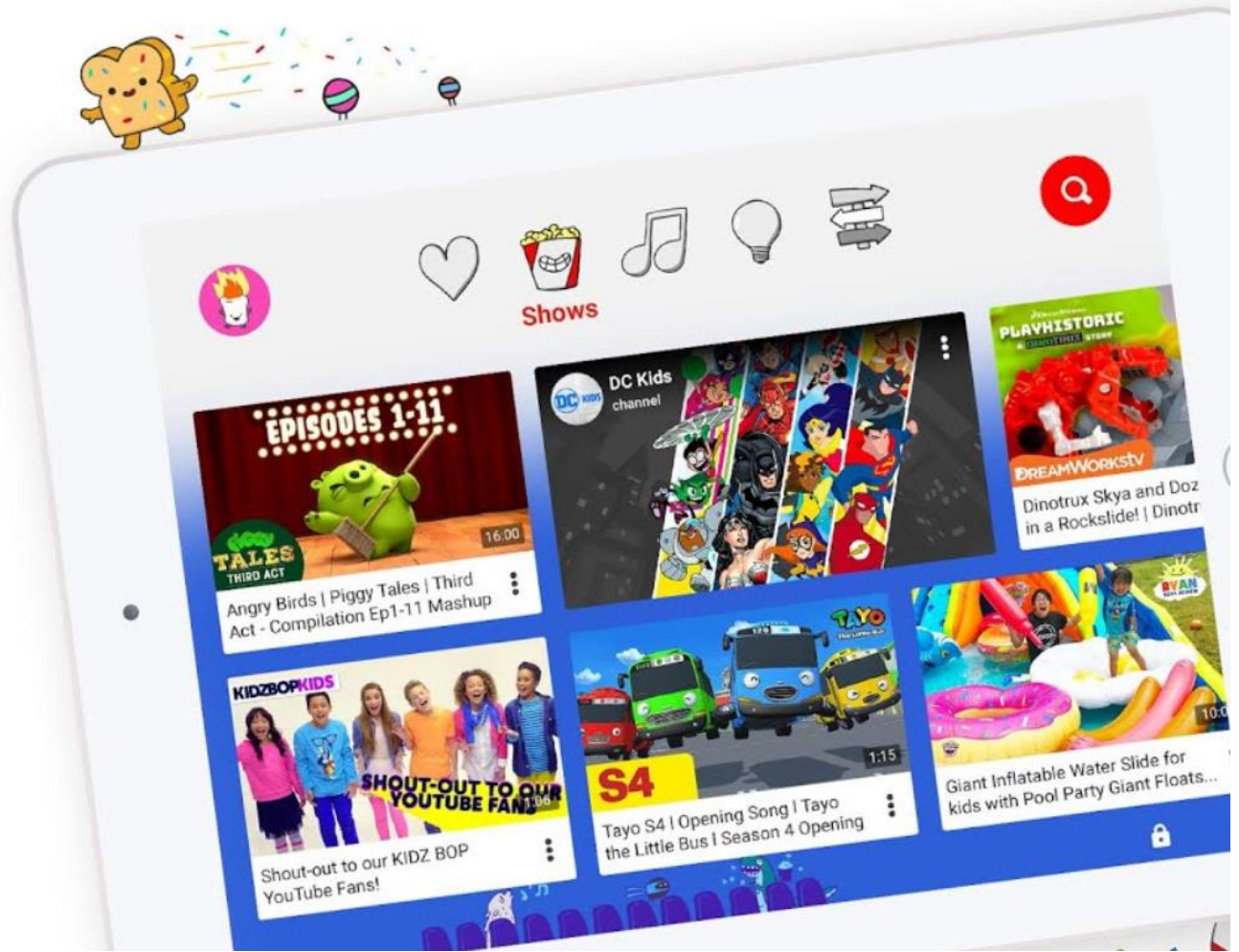
A media plan can help families talk about what being screen free means:

- **Screen free zones** – This could include bedrooms, kitchens, or a dining room table.
- **Screen free times** – This could include bedtimes, meal times, and special events.
- **Device “bedtime”** – Adults and kids can talk about how a device will sleep, including where it will be charged/stored overnight and when a “wake up” will happen.



A world of learning and fun, made just for kids

We created YouTube Kids to make it safer and simpler for kids to explore the world through online video – from their favorite shows and music to learning how to build a model volcano (or make slime ;-), and everything in between. There’s also a whole suite of parental controls, so you can tailor the experience to your family’s needs.



YouTube Kids (4+)



YouTube Kids provides curated selections of content, parental control features, and filtering of videos not deemed to be appropriate for younger kids.



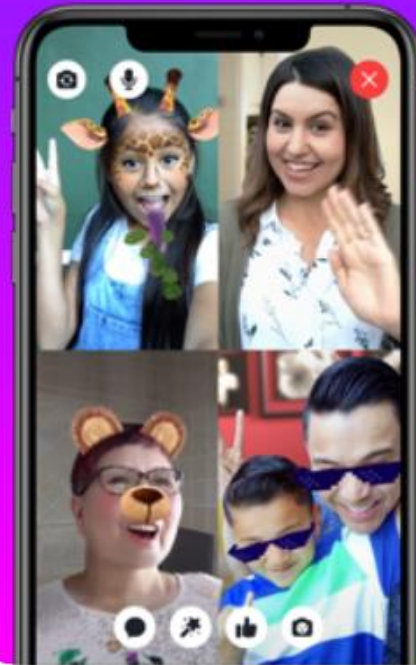
Parents approve
all contacts.



Video chat with fun,
kid-appropriate features.



Parents and grandparents
use Messenger
to connect.



Decorate photos
and videos to bring
messages to life.



Messenger Kids (4+)



Messenger Kids provides more parental control features and works on all tablets and smartphones.



Approximately Ages <8 – 12

Use device or app-based tools for safety when giving access to technology.

Kids in this age range want more independence, and also do not have the cognitive or emotional skills to make safe decisions without caregiver support.

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“All screen time is not equal. We encourage parents to think less about the blunt measurement of screen time, and more carefully about **how their children spend time on devices and what that means for their social development.**

...consider whether or not online activities are **enhancing social support** and **facilitating social connectedness** versus negative interactions that focus on social comparisons and reduce time spent in in-person interactions.”

-Dr. Claire Coyne, Ph.D.
Lurie Children’s Hospital



Google Digital Well-Being Tools

Access settings at:

<https://safety.google>



Apple Restrictions

Use parental controls on your child's iPhone, iPad, and iPod touch

With Content & Privacy Restrictions in Screen Time, you can block or limit specific apps and features on your child's device. And restrict the settings on your iPhone, iPad, or iPod touch for explicit content, purchases and downloads, and privacy.

Set Content & Privacy Restrictions

Prevent iTunes & App Store purchases

Allow built-in apps and features

Prevent explicit content and content ratings

Prevent web content

Restrict Siri web search

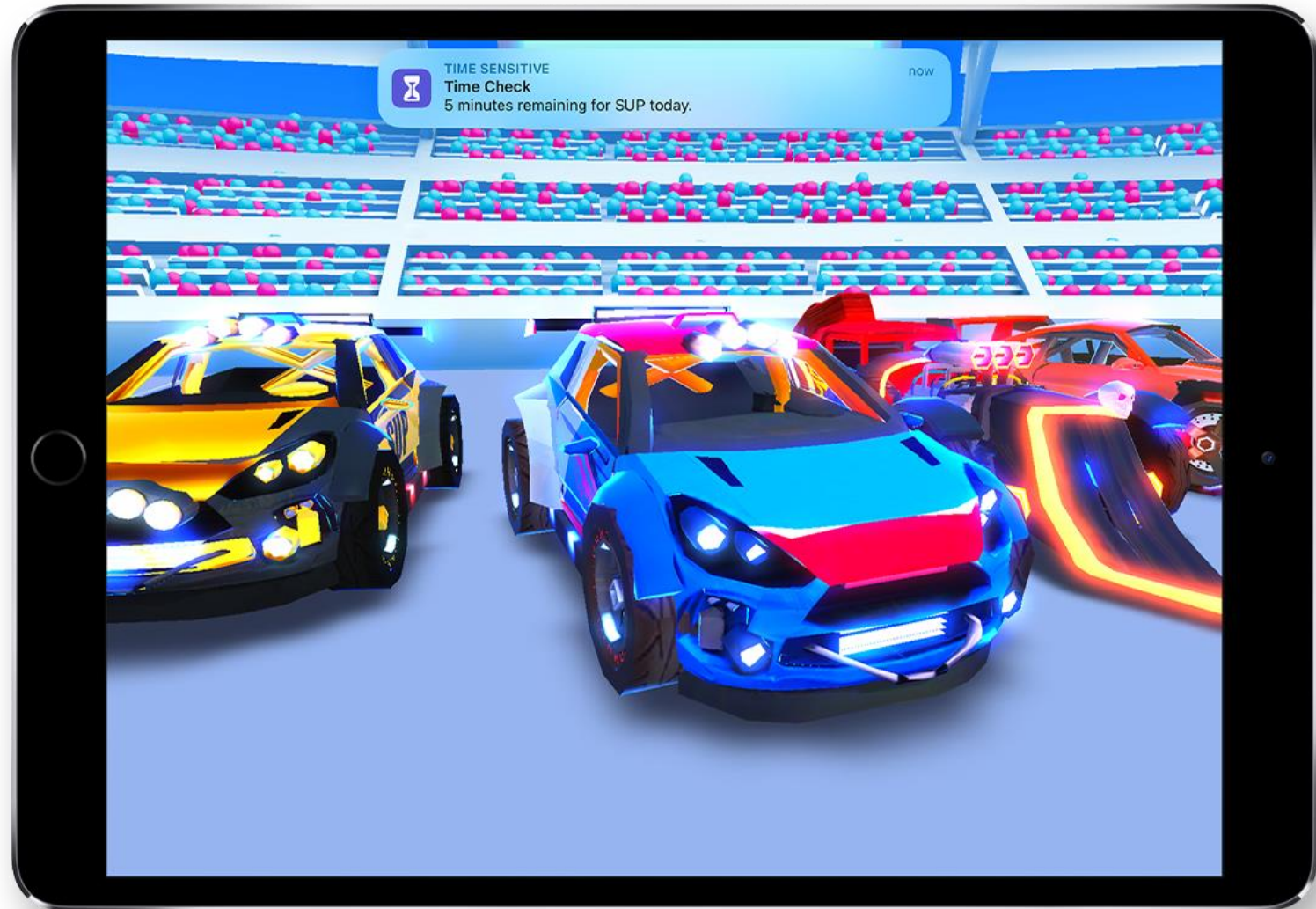
Restrict Game Center

Allow changes to privacy settings

Allow changes to other settings and features



Screen Time Tools



Passive versus Active Screentime

Passive

- Streaming videos
- Scrolling through social media, especially with social comparisons
- Video games without complex interactions

Active





- Coding games
- Active video game systems like Nintendo Switch, XBox Kinect
- Creating music or poetry






Privacy and settings

ACCOUNT

-  Manage my account
-  Privacy and safety
-  Balance
-  Share profile

GENERAL

-  Push notifications
-  Language
-  Digital Wellbeing
-  Accessibility
-  Data Saver




Vodacom SA

16:32





Digital Wellbeing

 Your passcode will remain valid for 30 days and then must be reset.

Features

 Digital Wellbeing includes Screen Time Management and Restricted Mode.

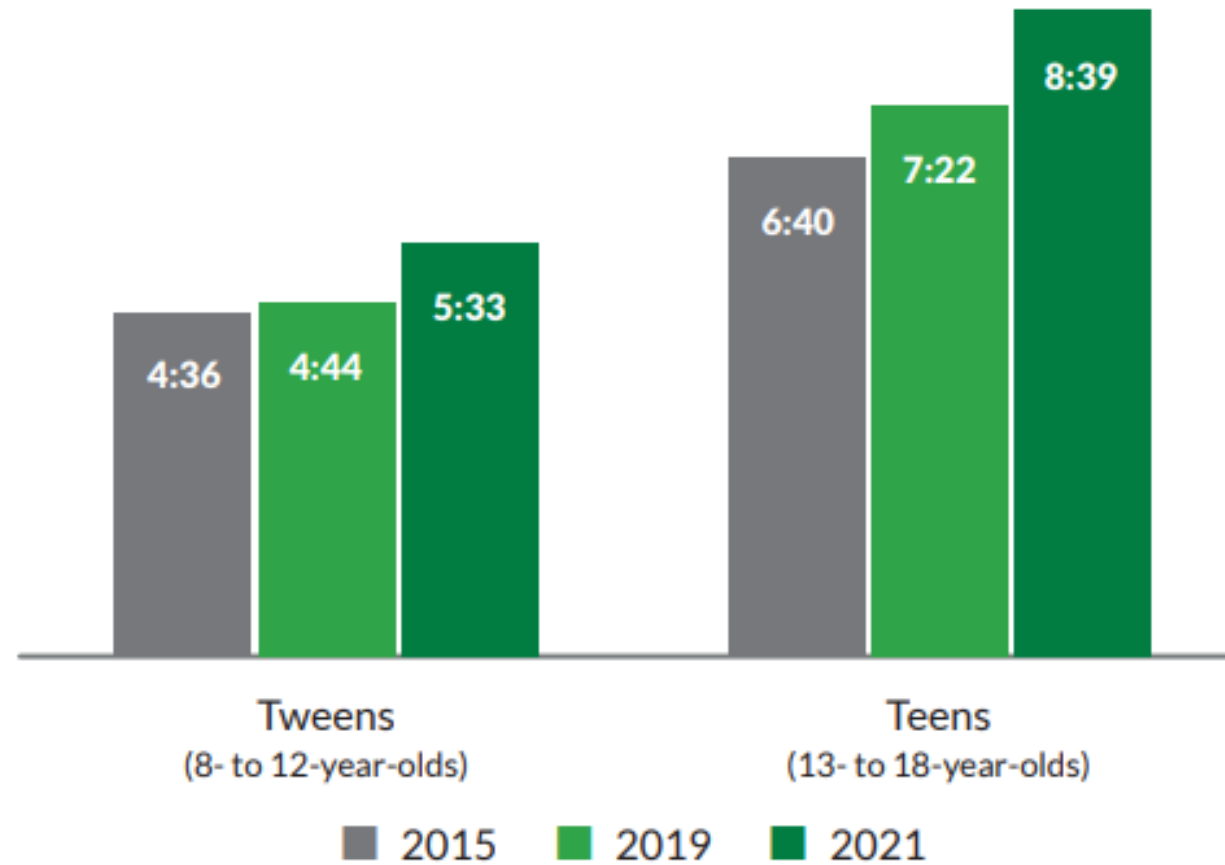
 Screen Time Management helps you hold yourself to 2 hours on the app per day. With this setting enabled, you will need to enter your passcode to continue using Tik Tok past that time limit.

 Enabling Restricted Mode will limit the appearance of videos that may not be appropriate for all audiences.

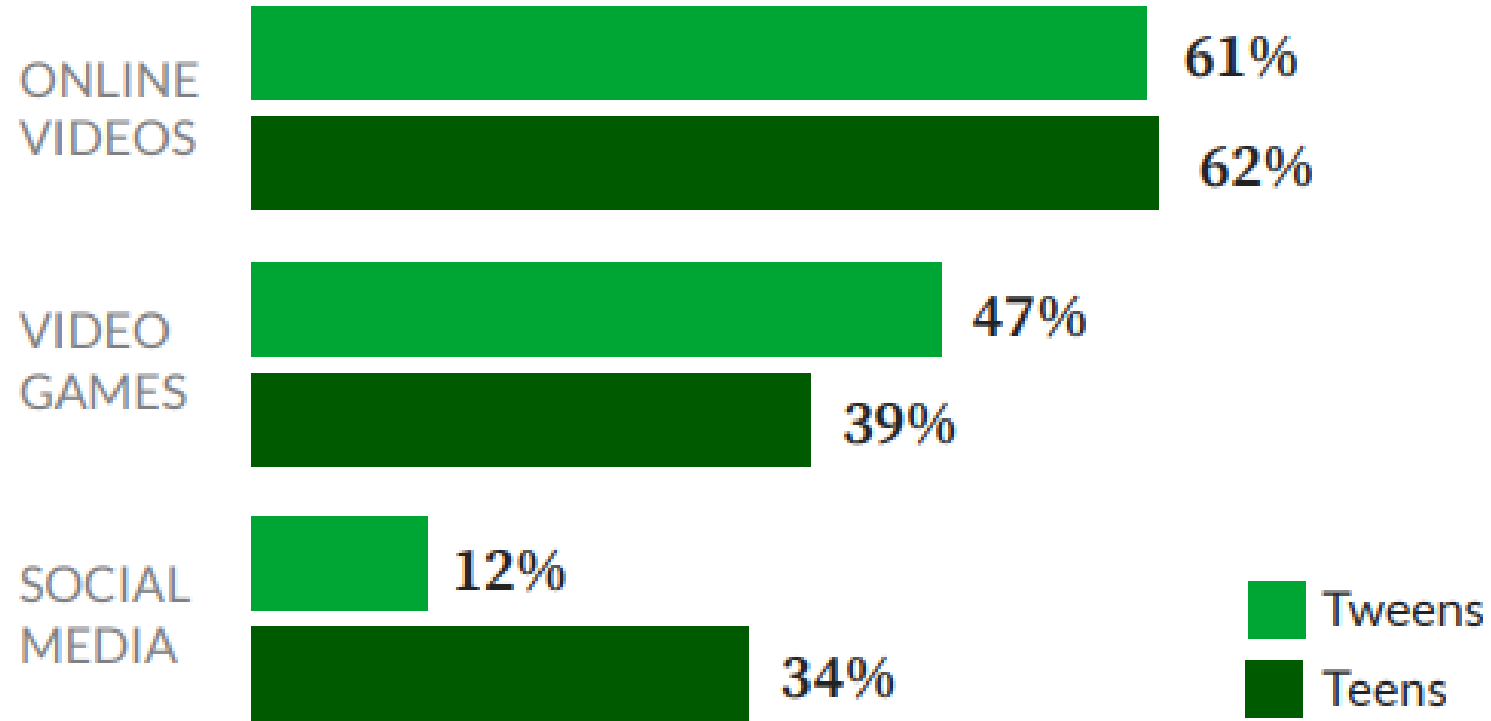
Turn On



FIGURE A. Total entertainment screen use among tweens and teens, per day, 2015 to 2021

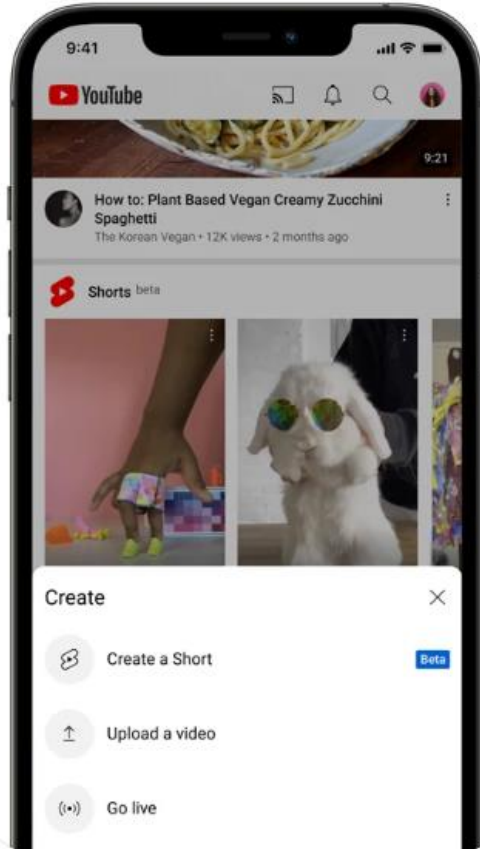


Percent of 8- to 18-year-olds who enjoy each activity “a lot,” 2021



Create

Fun videos easily with Shorts



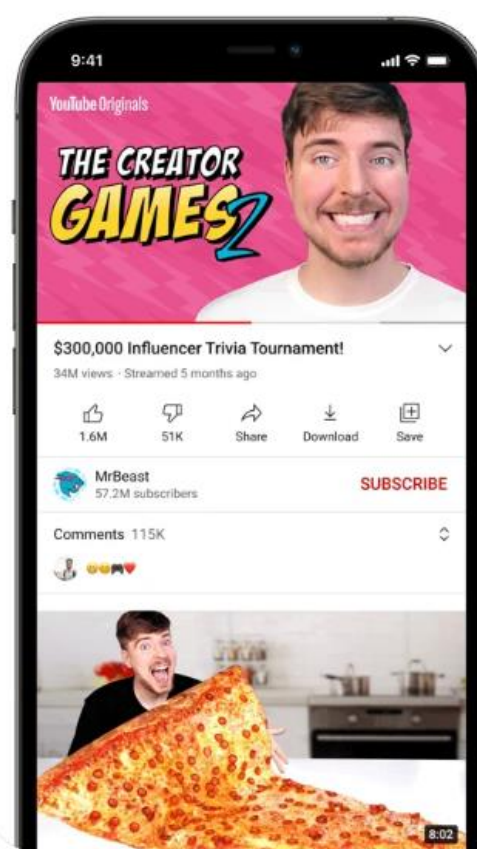
Discover Shorts

More entertainment in less than a minute



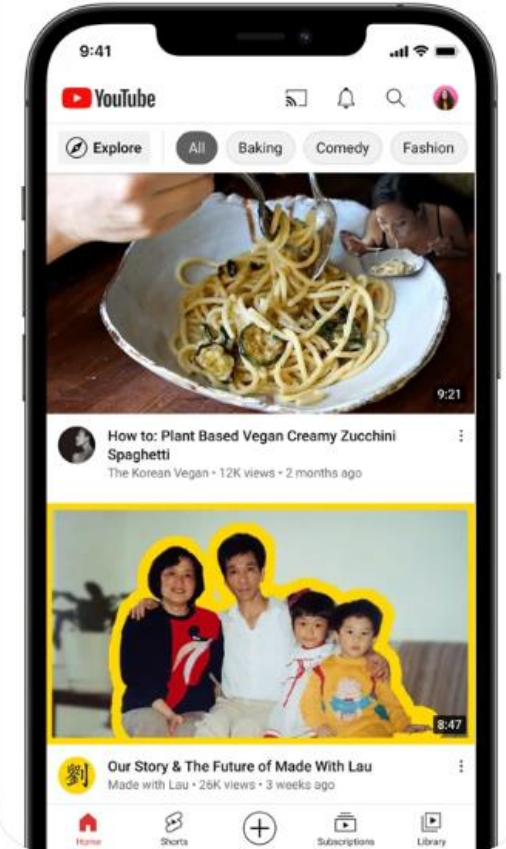
Watch

Your favorite videos & creators

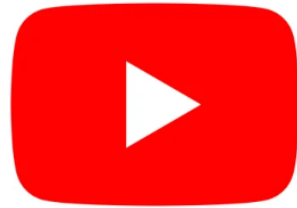


Explore

News, gaming & trends



YouTube (17+)



The YouTube algorithm favors clicks, engagement in comments and surveys.

Turning off AutoPlay can help tweens make safe decisions with their media use.



Approximately Ages <13 – 15

- Set clear boundaries.
- Use logical consequences when teens cross safe boundaries.
- Teens may highly value screentime. Try not to use screentime as a reward or discipline, outside of the family media agreement.
- Focus on risk coping skills and exit strategies.



Risk Coping Skills – “What If?”

- “What if you see that someone is being bullied in a group chat? What about a game chat/Discord/Twitch?”
- “What if someone is making you uncomfortable online? Do you know how to report someone in Instagram/Snapchat/TikTok/Be Real?”
- Have these conversations often and paired with fun activities – keep it casual.



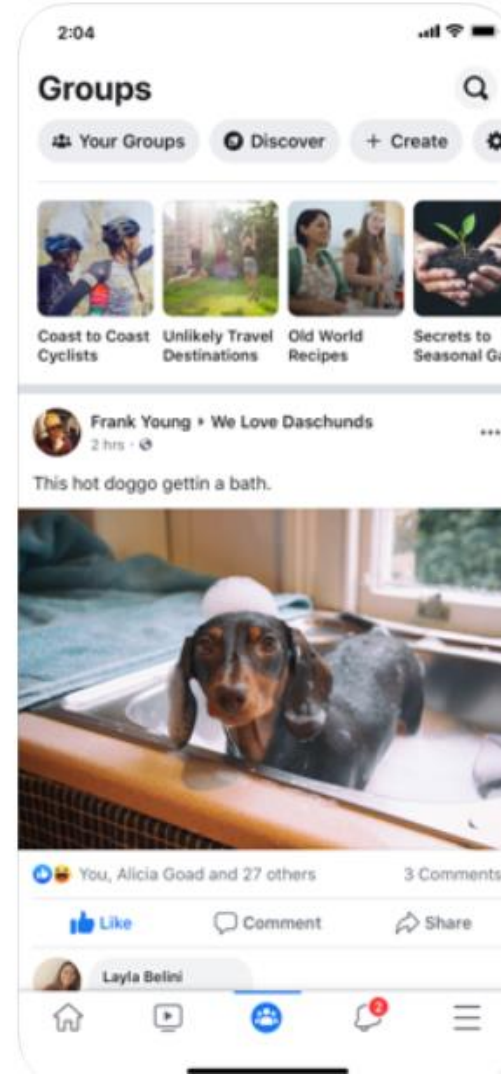
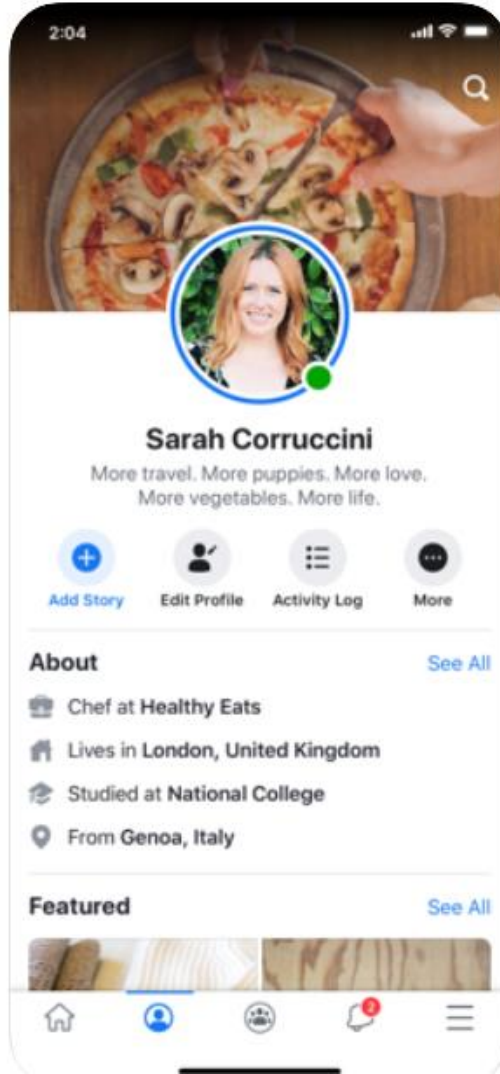
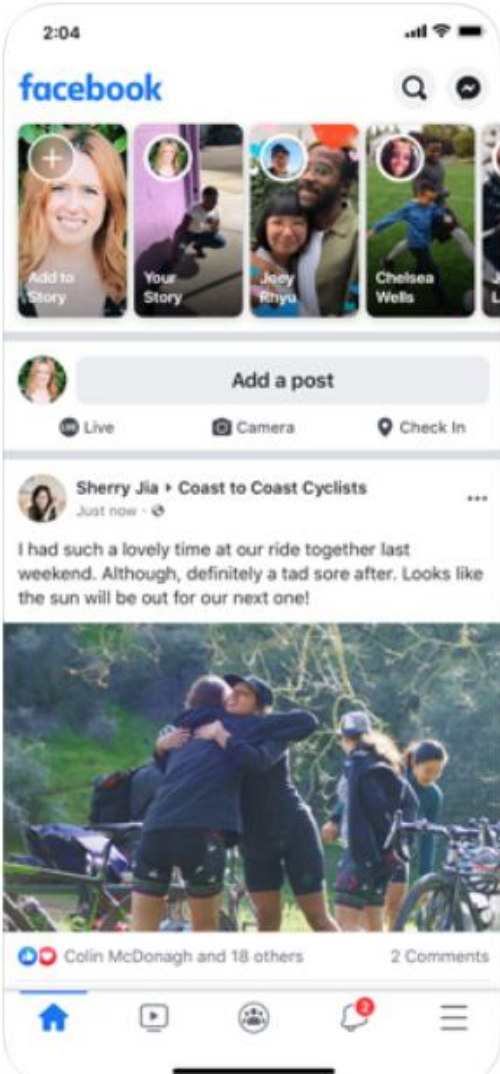
Exit Strategies

- Use family codewords to navigate complex social situations.
 - A flower emoji could mean that they need you to call them.
 - The word “blueberries” means they need you to say no to a request.
- Take the social heat for turning off a device or location services.
 - “Ugh, my mom won’t let me FaceTime tonight! She’s so mean!”
 - “I’m not active because my dad make me go into ghost mode.”
- “If you call me and need help, I will stay calm, and we can wait until the next morning to talk about consequences.”

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SOCIAL MEDIA APPS



Facebook (12+)

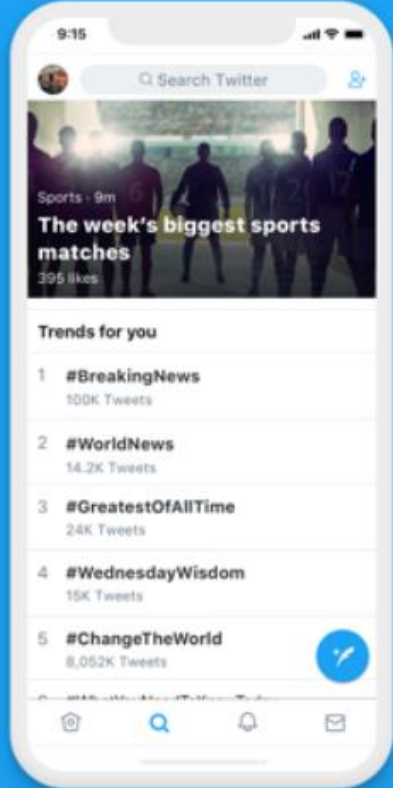


34% of teens have a Facebook account in 2021,
compared to 94% in 2012.





See what's happening.



Follow your interests.



Join the conversation.



Stay in the know.



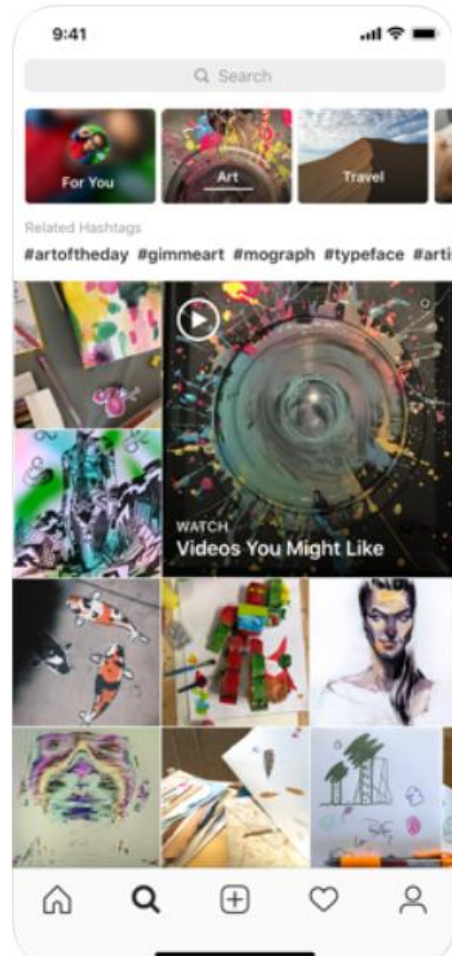
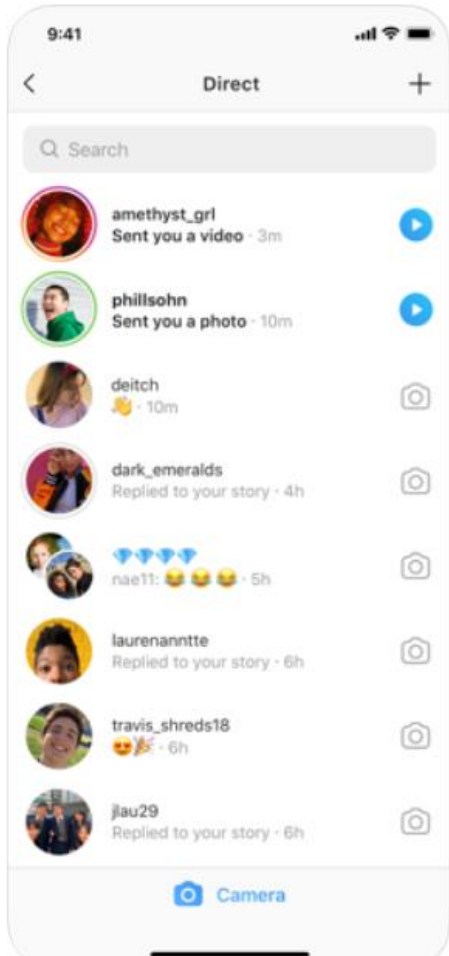
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SAFETY AND HEALING

Twitter (17+)



A recent survey found that only 6% of teens rate Twitter as their favorite app. Teens are more likely to view Twitter as a source for news and entertainment.





Instagram (12+)



Some users have more than one account – a main account as well as a “finsta” or “spam” account. Many teens believe that a “finsta” or spam is safer than a main account.



Snap

Share the moment



Chat

With your real friends



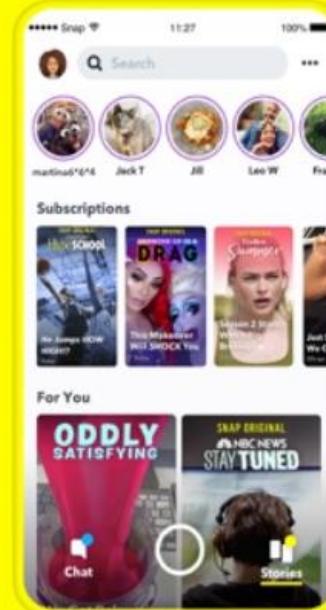
Have Fun

Reimagine your world

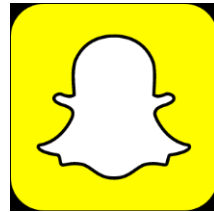


Discover

Stories and original shows



Snapchat (12+)



App used to share stories and videos with captions among friends. These images can only be shared with select friends and will “self-destruct” in 3-10 seconds.





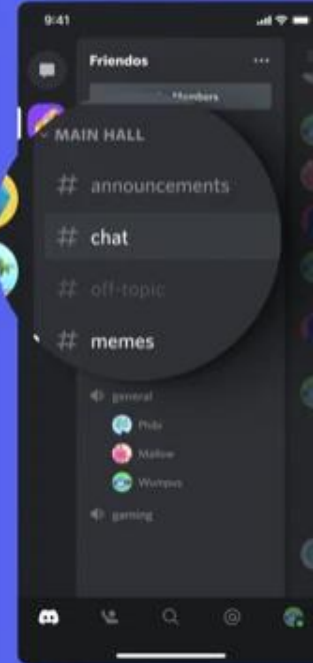
Your place to hang out with friends and communities



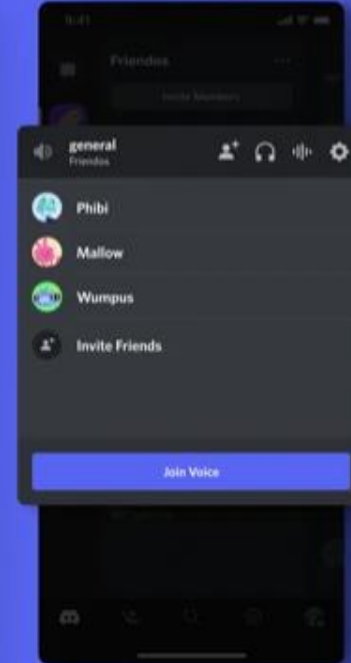
Stay connected with video, voice, and text



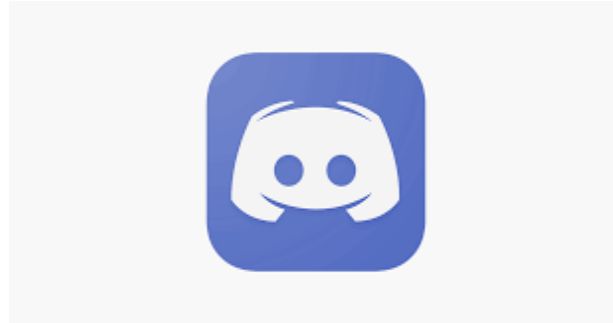
Create custom channels for the topics you love



See who's hanging out & join without having to call




Discord (12+)



Discord is the only cross-platform voice and text chat app designed specifically for gamers.







Watch
Discover
Join In



Never miss a moment



From games to music and beyond, the stuff you love is always live.



See what's out there

Find new streams based on what you like. All your favorites—plus a whole world of weird.

Twitch (17+)

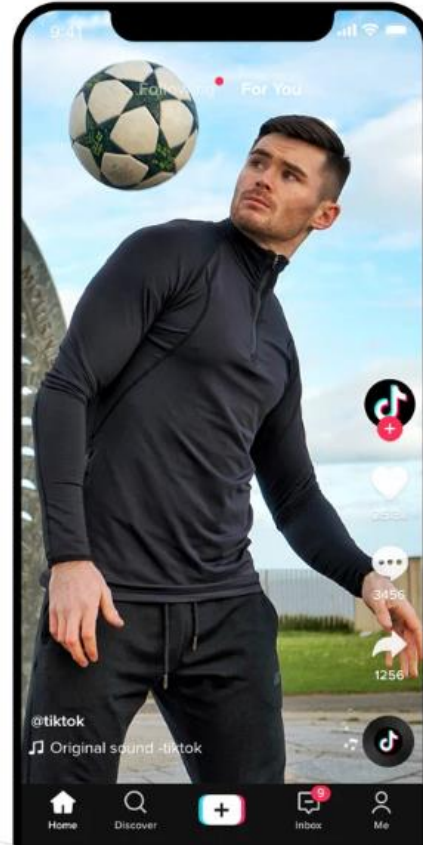


Twitch allows teens to watch live videos of their favorite games, connect with other gamers in real time with full-featured live chat or go live.





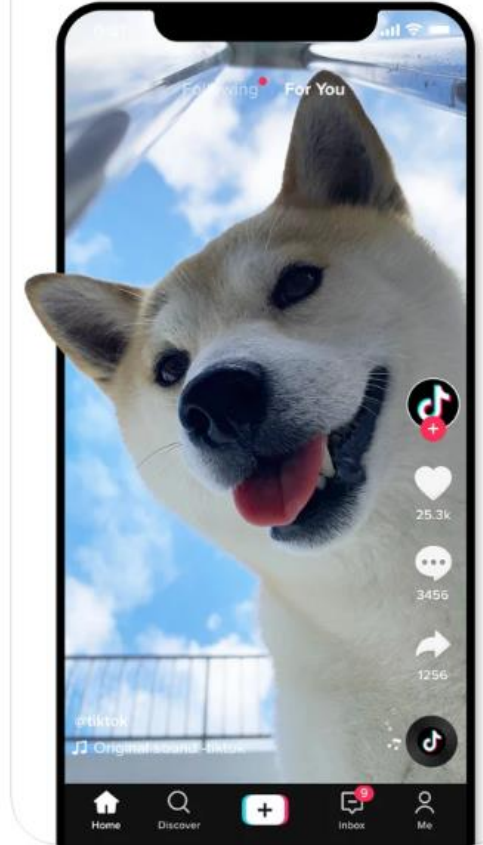
Personalised video feed



Explore easy & tasty recipes



Create videos easily



TikTok (12+)



The most popular website in the world – more popular than Google or Facebook. The algorithm on TikTok uses positive as well as negative feedback to provide a highly customized “For You Page”.



TikTok Challenges

“Online challenges or dares typically involve people recording themselves doing something difficult, which they share online to encourage others to repeat. The majority are fun and safe, but some promote harmful behaviors including the risk of serious injury.” –
TikTok Community Guidelines



TikTok Challenges

- **1 in 5** teens engaged in a TikTok challenge
- **1 in 50** teens engaged in a TikTok challenge considered risky or dangerous



Why are challenges so popular?

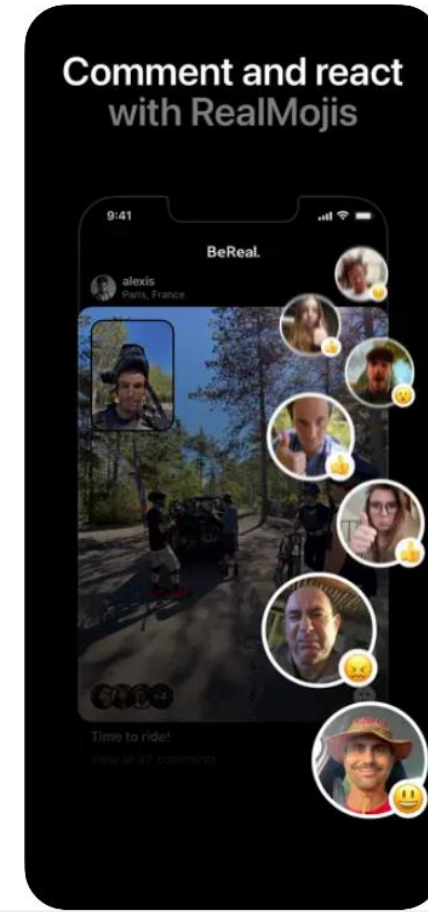
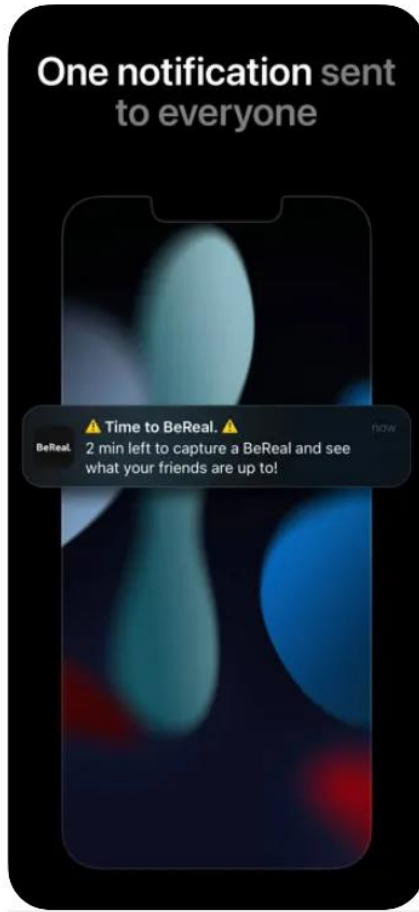
- It is developmentally appropriate for **young people to seek connection**, and social engagement is a critical part of identity development
- TikTok provides short bursts of **dopamine** through social validation and humor



Why are challenges so popular?

- The prefrontal cortex is not fully developed until the late 20s, so youth may experience:
 - Difficulty **assessing the danger or risk** of a challenge
 - Difficulty **regulating** their emotions



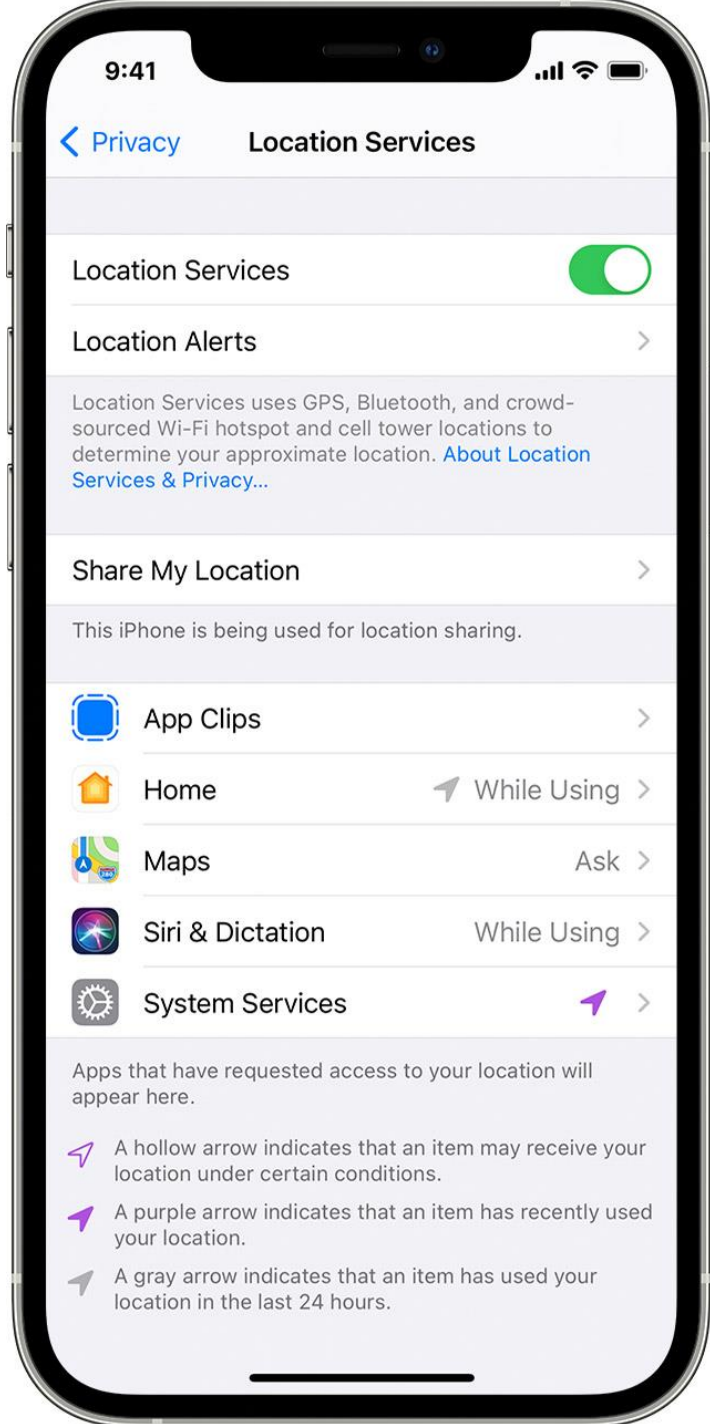


BeReal (12+)



BeReal was created in 2020 and is advertised as “an authentic, spontaneous, and candid social network.” It sends a notification every day and gives users a two-minute window to capture a photo.

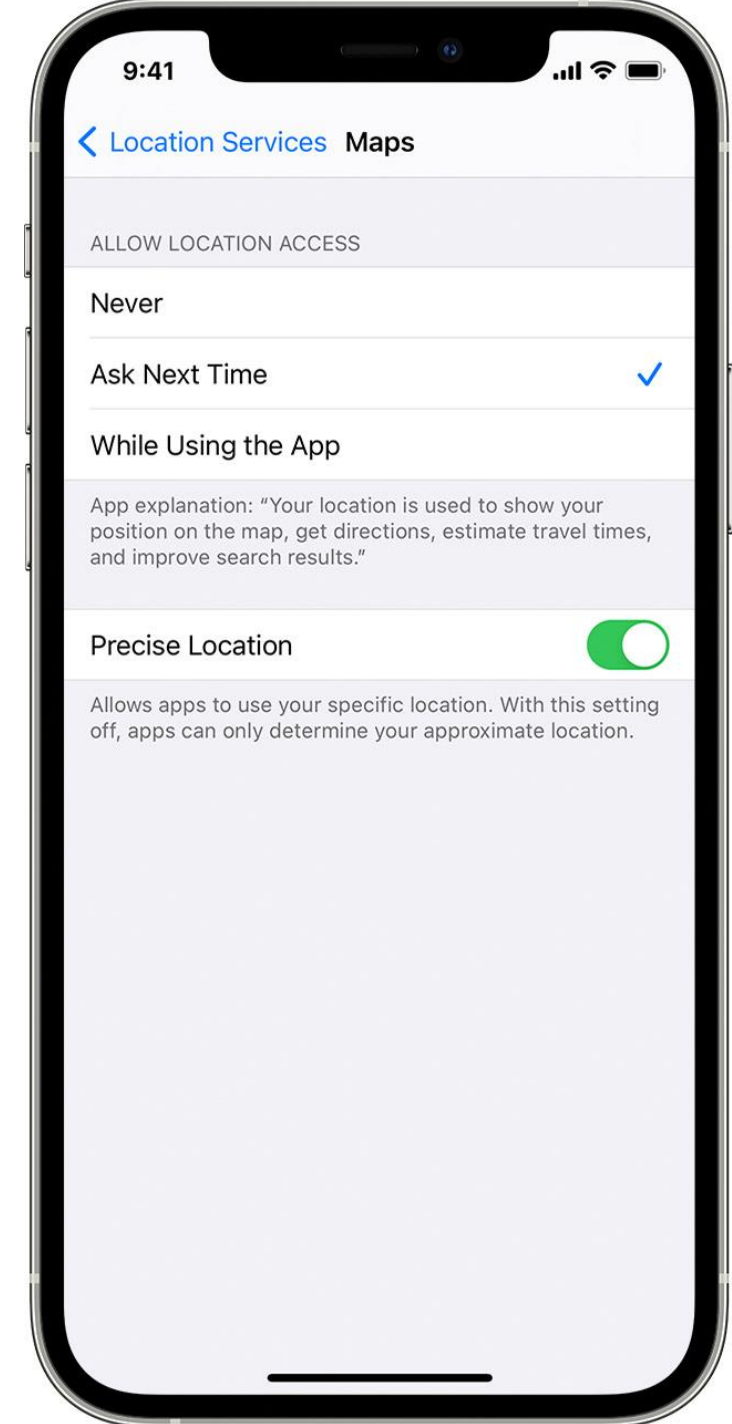




Precise Location

Some apps can use Precise Location to get to your specific location.

To share only your approximate location — which may be sufficient for an app that doesn't need your exact location — turn Precise Location off.





Gas (12+)

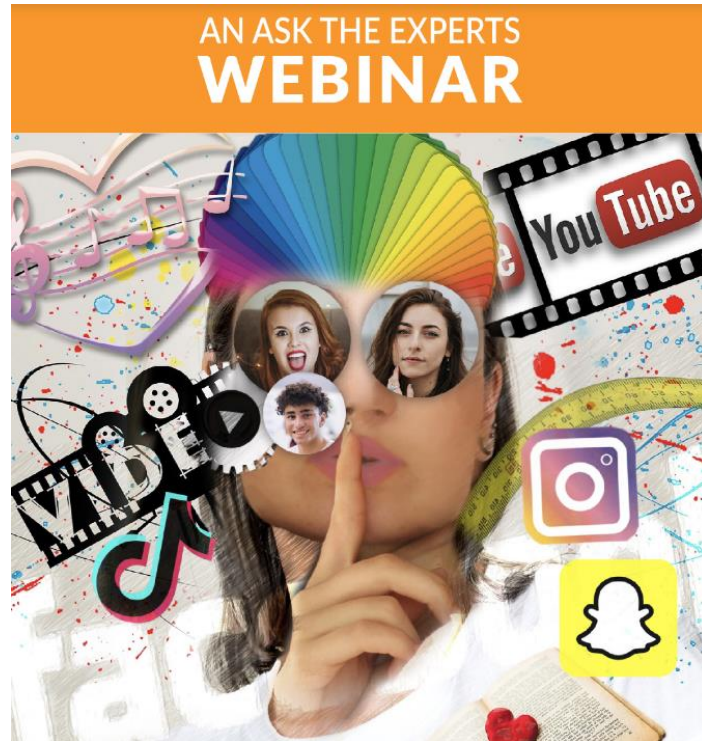


Launched in 2022, users join their school network and add friends to their Gas account. They can answer polls about students and users get flames when “picked” by others.



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www.childrenandscreens.com



The Good, the Bad, and the Filtered:

A Social Media Primer for Parents

Available Now



Subscribe Here

Is it possible to filter what videos my kids are watching on social media apps like TikTok and YouTube? Is it important for me to be familiar with What's App, Snapchat and Twitch? Which platforms should my tween or teen absolutely avoid? What's the best way to monitor their social media activity effectively? How involved should I be in the content to which my kids are exposed? At what age should I allow my kids to use social media?

Social media is undeniably a major influence in the social lives of adolescents today, and let's face it – it's important for parents to be knowledgeable and sophisticated about it in order to parent their teens and tweens effectively. Be in the driver's seat when it comes to guiding and controlling your kids' media use and safeguarding your children's mental health and well-being. This special Children and Screens "Ask the Experts" webinar, "The Good, the Bad, and the Filtered: A Social Media Primer for Parents," provided a practical "how-to," breaking down what parents really need to know about each platform. An outstanding panel of interdisciplinary experts walked the audience through the apps that kids are using today and explained unique challenges and opportunities, best practices for monitoring children's social media, and the skills all youth need to protect themselves. Suggestions for online and offline interventions to support healthy social media use were also provided.



Centered YouTube Series by and for Black Families



Mindfulness and Emotional Regulation Apps



Questions???

Thank you!!

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