



# Helping Parents Set Healthy Phone and Social Media Habits for Children

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# Conflicts of interest

Planning Committee & Faculty Disclosure: The Planning Committee and Faculty have no relevant financial relationships with commercial interests to disclose.



# Objectives

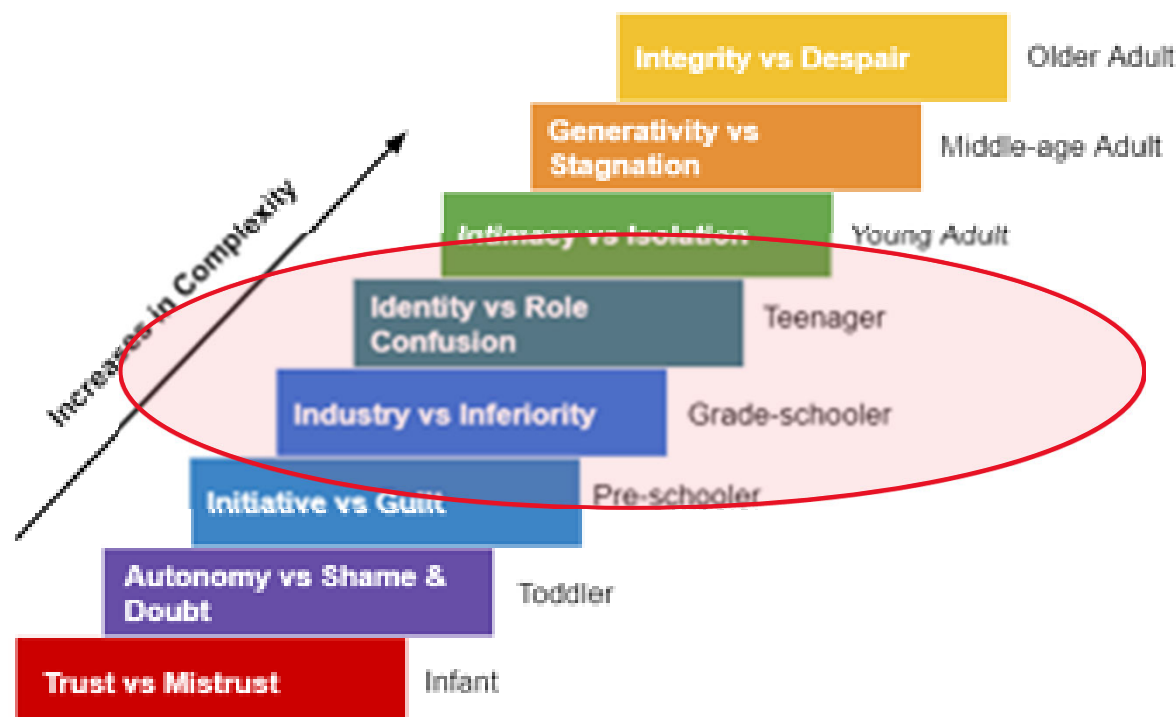


- Review current research and data related to phone use and social media
- Identify red flags with phone use and social media
- Teach parents how to set reasonable expectations with phone use and social media



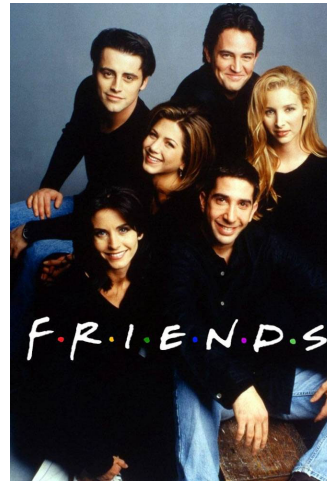


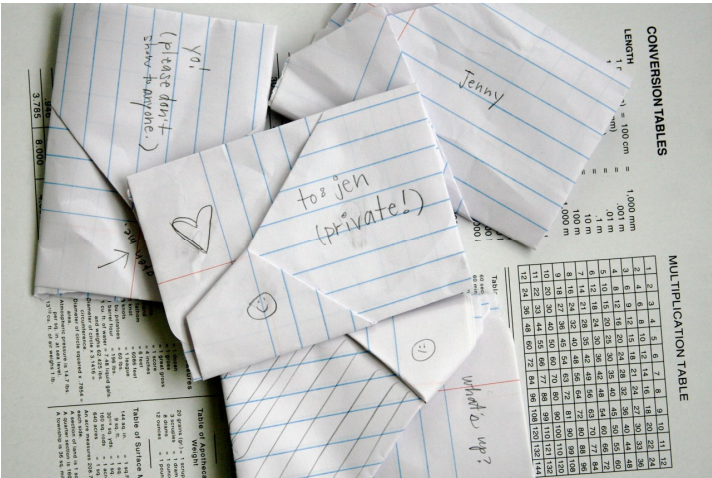
## Stages of Psychosocial Development





- Friends
- Music/Actors
- Clothes/Jewelry/Hair
- Race/Religion
- Sports/Hobbies/Art
- Clubs
- Cars
- Sexuality
- TV Shows/Movies
- Grades
- Etc.









How do phones and social media play into identity development now?







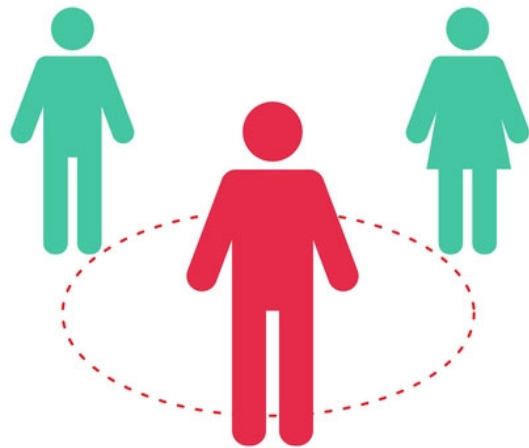
# Phones and Identities

Phones do not mean the same to parents as they do to teens

- Identity
- Connections
- Coping (security blanket)



# COVID



**S** **CIAL**  
**DISTANCING**





Removing a phone from a teenager can be like taking away their core

- Identity
- Connections
- Coping



During 2020:

- Teens used their phone on average 7 hours 22 minutes (non educational screen time)
- Q m i r r n e p w \$ 7 2 ; \$ 1 s y w
- K i r \$ \ \$ 7 \$ 1 s y w
- F s s q i w \$ 6 2 9 \$ 1 s y w



# Phones and Sleep



- Having a phone in the bedroom increases chance for less sleep by 88% and poor-quality sleep 53%
- How phones keep us up
  - Blue light
  - Notifications
  - New content
  - Emotionally activating content



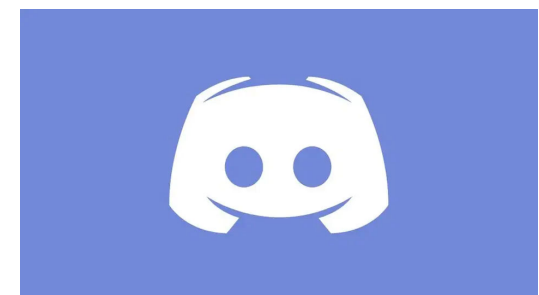
# Social Media





# Social Media

- Good way to stay connected
- Find new connections
  - BIPOC and LGBTQ+
- Build confidence/self expression
- Learn new facts/skills
- Distraction (healthy coping)







## Why is social media so engaging?

- Activates the reward pathways
- Brings up emotion
- Gives the sense of connection





# What We Already Know

- Increased symptoms of depression, anxiety, poor body image, ADHD, ODD, etc.
- Bullying
- Poor sleep
- Fear of missing out (FOMO)
- Isolation/loneliness
- Distraction (unhealthy avoidance)
- Less grounded in present/Self centered
- Exposed to inappropriate info
- Predators/extortion
- Stolen identity



# Facebook's Research\* into Instagram

- Increased depression
- Lower levels of happiness
- High rates of eating disorders



# Depression

- Among teens who reported suicidal ideation, 13% of British users and 6% of American users traced those thoughts to Instagram
- 25% of the teens who reported feeling “not good enough” said the feeling started on Instagram
- 14% of American teen boys said Instagram made them feel worse about themselves



# Comparison

- 60% of teen girls and 40% of teen boys on Instagram experience negative social comparison
- Pressure to show a positive face to the world
- Online interactions or reactions to others' posts, including cyberbullying and FOMO



# Body Image/Perfection

- 37% of teen girls say they feel pressure to look perfect in their posts
- 1/3 of teen girls say the content they see makes them feel worse about themselves
- Close to 1/2 of users who reported feeling unattractive said the feeling began on Instagram



# When is Social Media a Problem

- When they engage in reckless behavior with social media
- When social media use impairs functioning in other aspects of life (grades, friends, home life, etc.)
- When they spend a lot of time thinking about/planning to use social media
- When they feel urges to use social media more and more frequently
- When they use social media to forget about personal problems (unhealthy coping)
- When they try to reduce use of social media without success
- When they become restless or troubled if unable to use social media
- They use social media so much that it has had a negative impact on school/relationships/work





Now what?





What do parents want for their teens when they move out?





- Responsibility
- Healthy relationships/connections
- Problem solving
- Safety
- Coping
- Healthy self expression





**EVERY DAY!**



# Good Phone Habits

- Model good habits
- Know how much your teen is using their phone
  - Set automatic reports
  - Review usage reports (create accountability)
  - Review what your teen is doing online
  - Consider monitoring/management software



# Good Phone Habits for Sleep

- Charge phone out of the bedroom
  - Alarms
  - At least the other side of the room
- Turn phone off at night
- Apps and setting to accommodate rest
- Avoid screen 30 minutes before bed



# Good Phone Habits

- Share this info with your teen
- Encourage healthy use and connections with social media (avoid endless scrolling)
- Help teen know when social media is causing problems





# Good Phone Habits

- Set rules about social media and phone
- Frequently check privacy settings
- Consider a day off from social media/phone
- Keep an open dialogue about it
- Follow your teen on social media



# Contract

- Sets the premise that the phone is not a privilege and can be removed
- Establishes that that parent's job is to supervise/oversee phone use
- Reviews and informs important rules about the phone and everybody must follow



# Contract Content



- Understanding that the phone is responsibility and privilege and can be removed
- Teen's responsibilities/expectations
- Parent's responsibilities/expectations
- Consequences



# Contract



- Parents have access
- Charge phone out of bedroom
- No sexting/bullying
- Share location
- No deleting messages (without talking to parents about it)



# Contract Samples



<https://www.common sensemedia.org/family-media-agreement>

<https://www.verywellfamily.com/a-sample-cell-phone-contract-for-parents-and-tweens-3288540>

<https://joshshipp.com/wp-content/uploads/2016/09/teenage-cell-phone-agreement.pdf>

# Apps

- Bark
- Net Nanny
- Limitly
- Our Pact
- Qustodio
- ScreenTime Labs
- Teen Safe
- Screen Time settings (Apple)





# Websites/Tools



- Common Sense Media
  - <https://www.commonsensemedia.org/>
- Kids in Mind
  - <https://kids-in-mind.com/>
- How to enable guided access on iPhone
  - <https://www.howtogeek.com/251365/how-to-set-a-screen-time-limit-on-your-iphone-or-ipad-with-guided-access/>
- Self Control app for mac
  - <https://selfcontrolapp.com/>
- Fight the New Drug (help with porn addiction)
  - <https://fightthenewdrug.org/>



# What Else Can Parents Do

- Engage them to be active
  - Socializing
  - Movement
  - Spend time with them (Quality vs. Quantity)
- Be there during transitions (as much as you can)
- Get them to talk about it
  - With a tone of curiosity and acceptance (nonjudgement)



- Program crisis number in phone
  - Lines for Life
  - Oregon Youth Line

Need help?

***let's talk.***

4-10pm daily

TALK  
**877.968.8491**

TEXT  
"teen2teen" to 839863

CHAT  
**OregonYouthLine.org**



# Resources

## Apps:

- Virtual Hope Box
- Aura
- Calm
- Relax Melodies
- Head Space



A U R A



# When to Get Help

- If they ask to speak to someone
- Significantly interfering with functioning
- Thoughts or actions with self harm
- Thoughts about suicide or attempts/preparation



# Who Can Parents Reach Out to?

- Primary care doctor
- Contact insurance for a list of counselors
- [Psychologytoday.com](https://www.psychologytoday.com)
- School counselor
- Emergency department/crisis centers



## When to Refer to Behavioral Health Provider (BHP):

- Any time there is suicidal ideation or self harm
- Significant interference with function (grades, relationships, etc.)
- Significant impact on mood (PHQA)
- Include any barriers and patient's motivation on the referral



# Self Care



- Model self care
- Remember what you want for your teen in the long run





## Questions?

- Phone number: 503-216-6050

Specialty	Fax number	Epic code
Providence Pediatric Endocrinology	971-282-0102	REF701
Providence Pediatric Gastroenterology	971-282-0106	REF70J
Providence Pediatric Infectious Disease	971-282-0102	REF76B
Providence Pediatric Neurology	971-282-0101	REF78Q
Providence Pediatric Orthopedics in Collaboration with Shriners Hospitals for Children – Portland	971-282-0103	REF62RR
Providence Pediatric ENT	971-282-0142	REF72H
Providence Pediatric Surgery	971-282-0103	REF84BB
Providence Pediatric Urology	971-712-2181	REF112C





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