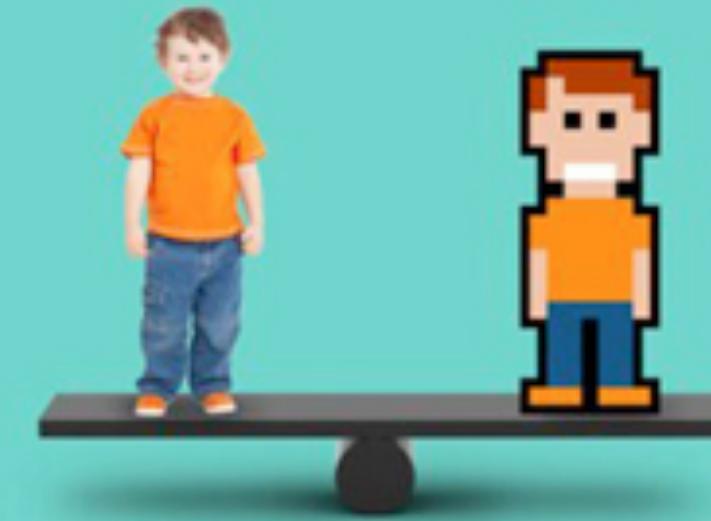


Play & Screens

T H E A R T *of*
S C R E E N
T I M E

How Your Family Can
Balance Digital Media
and Real Life



A N Y A
K A M E N E T Z

Today's discussion

- **The scary state of things ... to the extent we know them**
- **But also some good news and positive ideas**
- **Tips and tricks**

Almost half of parents of school-aged kids say their children spend too much time with screens.

*Pew Research Center, Social & Demographic Trends,
“Parenting in America,” December 17, 2015*

Children first engage with digital media at the average age of 4 months

*Dimitri Christakis, “Media and Children”
TED Talk, December 2011*

On average, children in the US spend as much time daily with electronic media as on any other waking activity – including school.

Pew, “Parenting in America,” 2015

Sleep

**Light shining in your eyes, close to your face,
bedtime gets delayed, it takes longer to fall
asleep, sleep quality is reduced, total sleep
time is decreased.**

Lauren Hale, SUNY Stonybrook

Sleep

Poor-quality sleep is clearly linked to ...

- depression
- anxiety
- obesity
- poor school performance
- attention deficit
- irritability & short fuse
- lowered immunity

Obesity

**Clear correlation between screen time
(mainly tv use) and childhood obesity**

- > 2 hours/day of TV doubles risk of childhood obesity
- not clear why
- no clear evidence about lack of exercise
- possibly increased snacking
- possibly somehow genes linked to being overweight are linked to an inborn preference for watching videos

Other fears

Science is less certain about other effects parents worry about:

- **ADHD**
- **Lower test scores**
- **worse school performance**
- **depression**
- **aggression**

Aggression

Media violence causes aggression. Of the outcomes consistently measured:

- **1st most prevalent: desensitization to the plight of others**
- **2nd: fear and anxiety - that the world is a mean, scary place**
- **3rd: increased aggressive thoughts and behaviors**

The thief of joy

“In words sometimes attributed to Theodore Roosevelt, ‘comparison is the thief of joy.’ The search for identity and connection we’re carrying out online is compromised by a bias within the platforms we’re using that’s optimized to hook us in and keep us wanting more – not soothe wounded feelings, not answer questions not lead us into a conversation with a real human being, but raise anxieties and stoke anger.”

Your house rules?

What age are the children in your house and what are your house rules?

Your house rules?

- **Usage time limits**
- **Time of day limits, such as bedtime**
- **Phone storage**
- **Occasions, like no-screen Sundays**
- **Mealtimes**
- **Prioritization, like first do homework, chores, exercise**
- **By content, “R&R” vs “C&C”**
- **As a reward, such as earning screen time tokens**
- **Convenience, like while parent is cooking, long trips**
- **Emotion - when kids get cranky**

The Teens are Alright

By most measures, most teens – especially middle-class teens – are as a whole doing better, or at least not worse, since the dawn of internet.

- teen car crash rates ↓ since 1999
- teen traffic deaths ↓
- dangerous drug & alcohol use ↓ since 1970s
- teen pregnancy rates ↓ 44% since 1991

The Teens are Alright

- compared to 1990, fewer have had sex before age 13
- HIV rates ↓ (though other STIs ↑ slightly)
- 62% drop in sexual abuse of children between 1992 & 2010
- arrests ↓ >60% between 1996 & 2014
- incidence of eating disorders stable
- little change since 1990s in parents reporting serious emotional or behavioral difficulties
 - recent national survey 7% experienced cyber-bullying, while 21% experienced the old-fashioned kind

Remember: We hear about - and fear - the worst. By and large, kids are resilient. and are affected differently.

Kids with attention disorders, addictive tendencies, autism spectrum disorders, or other brain issues may tolerate only small servings - or need to avoid certain types altogether

"Even if you have a typically developing, fairly resilient, dandelion kid, you may want to be cautious about devices in the bedroom, snacking while watching and age-appropriate content choices."



Tips to consider

- model good behavior

- For God's sake, put your phone away when you're driving. And at the swimming pool as well.
- Try not charging your phone in your bedroom at night.
- Try turning off screens for an hour before bed.
- Try not checking your phone first thing in the morning.
- Try turning off notifications on your phone for all but the most essential apps. This has made a huge difference for me.
- Do Not Disturb mode on the iPhone allows you to be contacted only by a few key emergency contacts—say, at the movies.
- Try uninstalling Facebook or whatever applications you find most addictive.
- Create a landing zone near the door of your home and plug in the phone there when you walk in.

Tips to consider

- model good behavior
- sleep and screens don't mix
- time is a good limit
- priorities and/or warning signs
- practice joint media engagement



Gardening at Night

One Dad's Guide to Minecraft

I was running through a forest, and it was getting dark. My hands were sweating and my heart was racing.



Tips to consider

- model good behavior
- sleep and screens don't mix
- time is a good limit
- priorities and/or warning signs
- practice joint media engagement
- everyone should observe screen-free occasions
- tokens / contracts / chore lists can nudge kids toward healthy habits

- encourage creativity and expression as part of your child's media use

Draw Sol
by Diamondstrider

X: -237 y: 180

Scripts

Costumes

Sounds

Motion

Events

Control

Sensing

Operators

Data

More Blocks

move 10 steps

turn ↗ 15 degrees

turn ↘ 15 degrees

point in direction 90°

point towards mouse-pointer

go to x: -2 y: 0

go to mouse-pointer

glide 1 secs to x: -2 y: 0

when green flag clicked

switch costume

when space key pressed

next costume

A screenshot from a game titled "The warrior cats game! (finished) remix" by Diamondstrider. The scene is set in a grassy field with a large, dark green tree in the background. In the foreground, a black cat with yellow eyes is walking towards the right. In the bottom left corner, a brown and white striped cat is sitting and looking up. The top of the screen features a user interface with a blue icon and the text "v461", the title, the author's name, and a green flag icon. A progress bar at the top shows a value of 0.

The image shows the Scratch Sprites palette. At the top left is a thumbnail of a stage backdrop featuring a green landscape and a small red flower. To its right is the word "Sprites". On the far right, there's a "New sprite:" button with a pencil icon, and a row of icons for creating new objects: a character, a sword, a castle, and a camera. Below the stage thumbnail, the text "Stage 10 backdrops" is displayed. The main area contains a grid of 15 sprite thumbnails arranged in four rows. Row 1: "player cat" (selected, black cat walking), "fresh-kill" (brown bird-like creature), "exit/entrnc" (green crown shape), "honeyheart" (orange cat stretching), "prey1" (brown worm-like creature). Row 2: "bush" (green bush icon), "medi den" (grey jagged shape), "fish" (blue and grey fish), "bird" (orange and yellow bird), "imaginary..." (cyan and red abstract shape). Row 3: "tree" (brown tree trunk icon), "tree2" (brown tree with green leaves), "cats" (two orange cats), "kittypet" (grey cat standing), "forktree" (brown tree with a white circle). Row 4: A blue pencil icon, a thumbnail of a script with text, a large black oval, and a thumbnail of a campfire with bones.

Scripts Costumes Sounds

Motion	Events
Looks	Control
Sound	Sensor
Pen	Operator
Data	More

- move 10 steps
- turn ↘ 15 degrees
- turn ↞ 15 degrees
- point in direction 90°
- point towards mouse-pointer
- go to x: 102 y: -84
- go to mouse-pointer ▾
- glide 1 secs to x: 102 y:

change x by 10
set x to 0
change y by 10
set y to 0

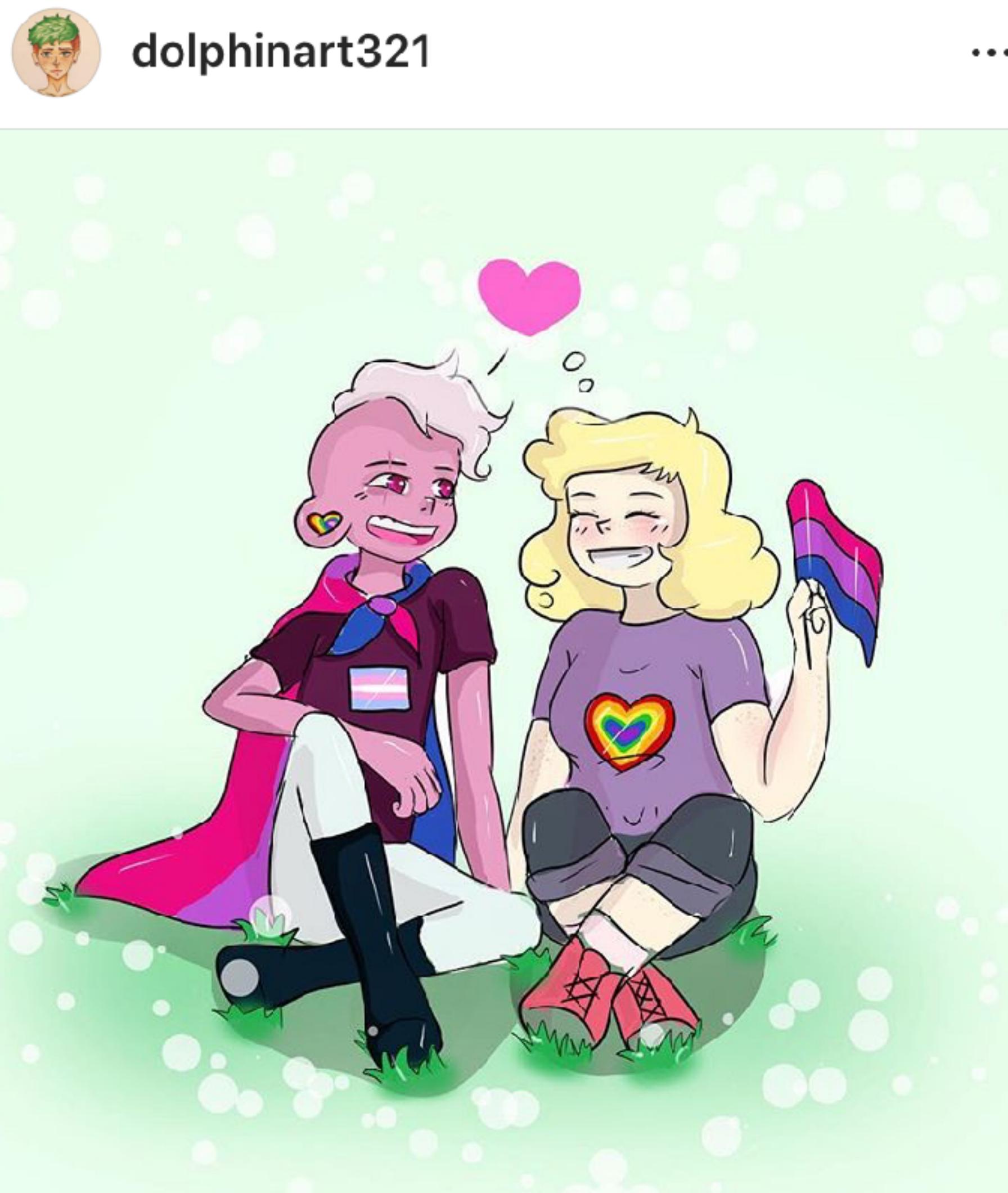
if on edge, bounce

set rotation style left-right

This Scratch script for a cat character (stealthy) includes the following key features:

- Stealth Mode:** Triggered by space key press. The cat moves 90 steps, waits 0.1 secs, and then moves -40 steps while pouncing. It glides, waits 0.1 secs, and moves -50 steps.
- Switch Costumes:** When 9 key pressed, it switches to "think" costume, thinks "this place is suspicious, i better hide!" for 2 secs, and then switches to "hunt1".
- Walking and Pouncing:** Triggers when a key pressed. It glides 0.5 secs to x: 141 y: -11, switches to "pounce2", glides 0.3 secs to x: 49 y: 15, switches to "pounce", and then glides 0.5 secs to x: -60 y: -78.
- Right Arrow Key:** Triggers when right arrow key pressed. It switches to "walk", points in direction 90°, and says "press A! for 1 secs".
- Stealth Broadcast:** If stealth = 1, it moves 3 steps. If stealth = 0, it moves 6 steps.
- Interaction with Honeyheart:** Triggers when I receive sit message. It broadcasts "safe = 1", waits 6 secs, and says "Err....Hello Honeyheart!" for 3 secs.
- Interaction with Lightningstar:** Triggers when I receive sit message. It broadcasts "safe = 1", waits 7 secs, and says "That Lightningstar of StormClan is a nuisance...what are our warriors doing?" for 3 secs.
- Safe Mode:** Triggers when I receive train message. It sets safe to 1, goes to x: -60 y: -78, switches to "walk", points in direction 90°, waits 0.4 secs, and says "Press Z! for 1 secs".
- Under2 Broadcast:** Broadcasts "under2" when z key pressed.
- Under Mode:** Triggers when under2 received. It goes back 1 layer, switches to "under", and says "Press X! for 2 secs".

< Photo > < Photo > < Photo >



dolphinart321 Here's Sadie and Lars at Pride
be I love making everything even gayer than



dolphinart321 Tinted Glasses inspired by



Liked by newyorknisse and 38 others

dolphinart321 While you all wait for me to
actually create something have an eye I made
with some crayons while waiting for food @ a
restaurant





“Chibimojis”

Tips to consider

- model good behavior
- sleep and screens don't mix
- time is a good limit
- priorities and/or warning signs
- practice joint media engagement
- everyone should observe screen-free

occasions

- tokens / contracts / chore lists can nudge kids toward healthy habits
- encourage creativity and expression as part of your child's media use
- work to raise responsible kids in an atmosphere of trust and support (that takes work!)
- trust & verify & respect their privacy

**Enjoy screens
not too much
mostly together**

Play – The Star Island Theme Talks

These links to reference material I used during theme talks about "Play" I gave on Star Island in August 2018

Sunday: Play on Star

[Slides](#)

Monday: Play and Games in Life

[Slides](#)

[Deep Fun](#) is a document outlining the descriptions of dozens of community- and group-building games used by some Unitarian Universalist youth groups.

[The Institute of Play Q Design Pack](#) was the basis I used for components of games and the modding of Rock, Paper, Scissors.

[Rock, Paper, Payoff: Child's Play Wins Auction House an Art Sale](#) is the story about how the game was used to pick who would sell \$20 million worth of art.