

connected **3D**



## TECH TIPS: FOR PARENTS

### **BEST USE**

Planning how your family can adopt healthy technology habits.

### **TECH REALITIES**

Extensive access to the internet has become part of our culture. But if leveraged well, technology can be used to serve rather than control your family. Use the following tips to help protect your home and begin using technology in a God-honoring way.

## DID YOU KNOW?

- The American Academy of Pediatrics (AAP) recommends no screens in kids' rooms including televisions, video games and mobile devices.
- The AAP also recommends less than 1-2 hours a day of screen time for children over the age of 2 and no screen time for those under 2.
- According to the Parenting in the Age of Digital Technology report, 84% of children have over 2.5 hours of screen time per day.
- A study by the AAP showed that the average 8-10 year old spends nearly 8 hours per day on media, and teens spend more than 11 hours per day.
- As of March 2013, over 78% of teens have a device and over 97% of children/teens have access to and use the internet according to Pew Research Internet reports.
- Focus on the Family reports that the average age a child is introduced to pornography has dropped to 8 years old.
- According to the NPD Global Research Group, the average household has 5-6 internet connected devices.

## TECH TIPS:

- Invest in software services such as Covenant Eyes to help protect your family when using a computer, smart phone, gaming system, iPod, or any other device that can access the web. Use promo code CONNECTED for a free 30-day trial at [covenanteyes.com](http://covenanteyes.com)
- Go to the store and ask questions to learn how to navigate and set restrictions on any device you purchase before allowing a child access.
- Ask your child questions about their technology use including what they posted that day, who they talked to, etc. Keep the lines of communication open between you and your child.
- Ask your child about technology, new sites, and programs that are "in" or popular in the mobile device and gaming world. Have them show you to better understand the benefits and dangers of new applications.
- Set a time frame (such as 8 pm through 7 am) when everyone will charge their devices in a particular place like the kitchen or parent's bedroom.
- Set time limits for each family member for how long each person can be on devices, including yourself. (Exceptions may apply for time spent for school and work.) Consider tools/apps to help monitor the time.
- Have kids' rooms be tech-free zones to protect them and help them get a good night's sleep.
- Put your device down and connect with your child. One day they will grow up. Model now what you want them to do in the future.