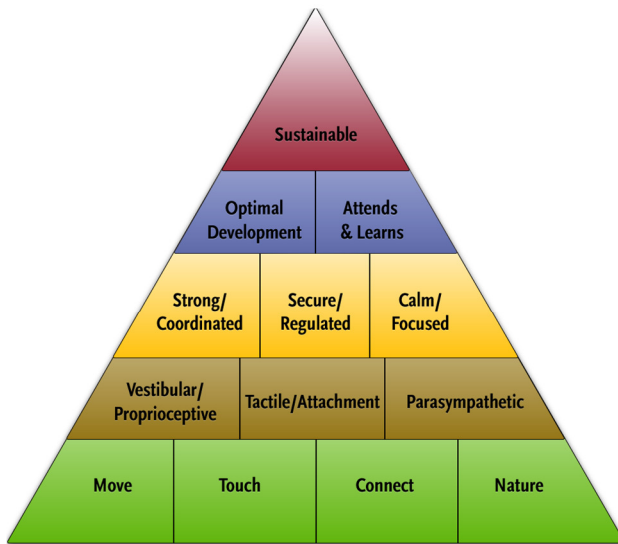




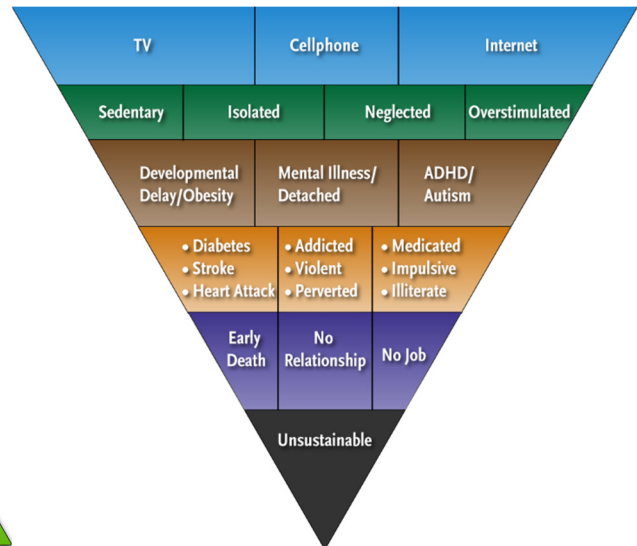
# Tech Tool Kit for Teens

...to be used with Tech Talks for Teens  
*Technology Management Webinar Series*



**Building Foundations**

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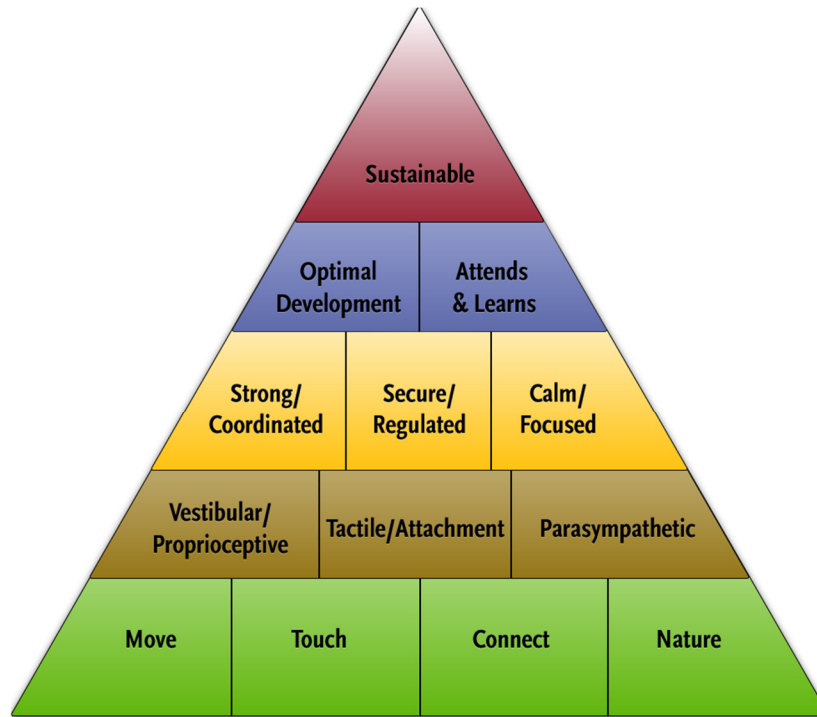


**Virtual Futures**

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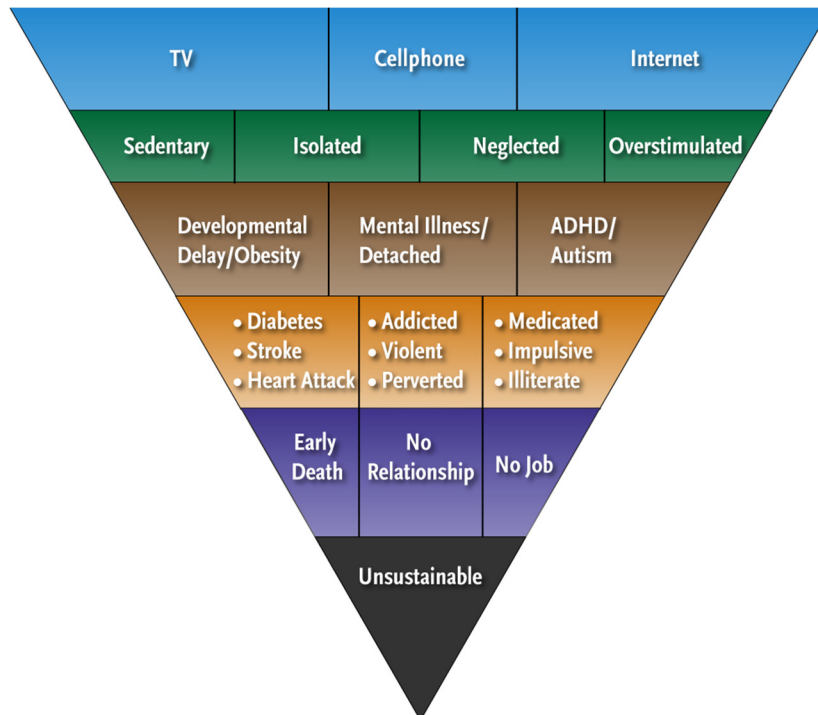
Designed by Cris Rowan, Pediatric Occupational Therapist,  
 Biologist, International Speaker, and Author of Virtual Child

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### Building Foundations

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### Virtual Futures

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## What can you do now?

American Academy of Pediatrics and Canadian Pediatric Society recommend NO technology for children 0-2 years, no more than one hour per day for children 2-5 years, and no more than 2 hours per day for children 5-12 years.



## Manage technology use

Try one of the following strategies to better manage balance between technology use and healthy activity, for your whole family!

Disconnect to reconnect by creating sacred times without technology:

- While children are awake.
- During meals and one day on weekend.
- While driving in the car and eating at restaurants.
- One hour prior to bed. Try bath, book, bed...and no screens in bedrooms!
- On outdoor walks.

## Start healthy activities

*Younger children:* listen to music, dance, read baby books, get on the floor and play with toys (blocks, rattles), roll balls, play in the Tupperware or pots and pans drawer, color with big felts, jump on a mini trampoline, go for nature walks, cuddle, play with family pets.



*Older children:* ride bikes, build a couch or table fort, prepare and eat dinner as a family, paint, color, make crafts, dance, play wrestle, listen to music, play cards or a board game, invent your own game, garden, read books, play a sport, make cookies, do chores, play games outside, build a stick fort, hike, bike, beach walk, canoe, kayak, hug a tree, hug each other, doing something new...but do it TOGETHER!

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## Unplug'in Brochure



***'Must read'  
information for  
everyone who loves  
their children!***

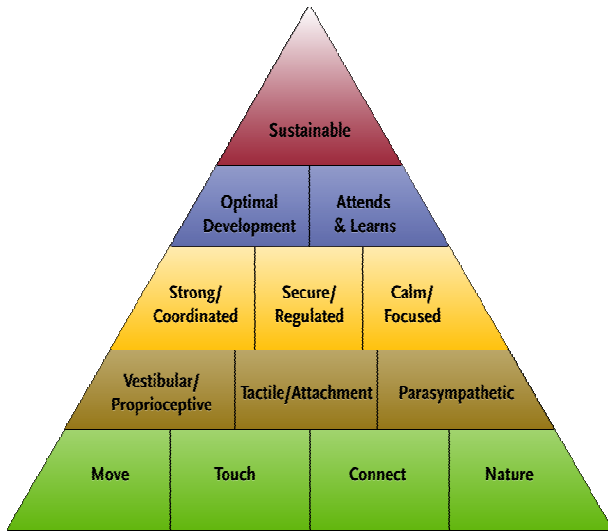
**Addressing the effects of  
technology on child  
development and learning.**

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## Child development and behavior



In order for children to develop, learn and behave properly, they require lots of **movement, touch, connection** with their parents, and exposure to **nature**.



### Building Foundations

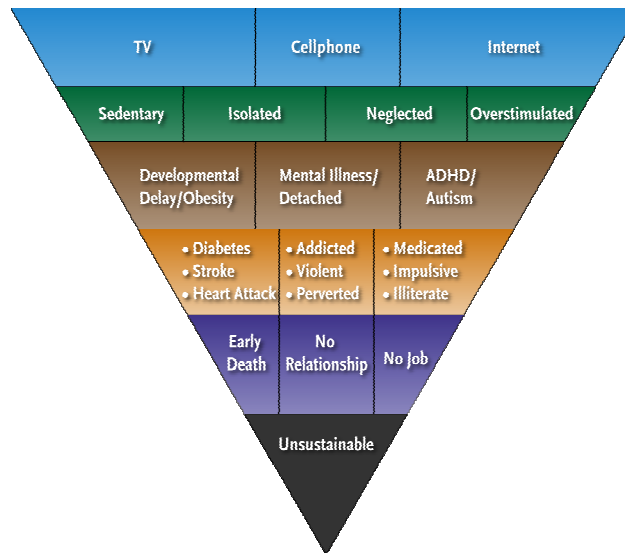
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When children **move**, they build strong, stable core and their muscles become coordinated, making it easier for them to print and read when they enter school. **Touch** helps children to feel secure and able to self soothe and regulate their energy states. Human **connection** is life sustaining and is the foundation for all future relationships. **Nature** helps children become calm, focused, and able to learn. In order for children to develop and behave properly, and learn at school, they need lots of **movement, touch, connection** and **nature**.

## Technology (TV, internet, cell phones)

Infants watch 2.5 hours, toddlers 4.5 hours, children 7.5 and youth 9.0 hours per day of entertainment technologies (cell phones, tablets, TV, gaming).

Technology overuse causes children to be **sedentary, overstimulated, isolated** from others, and quite possibly **neglected** by their parents & teachers.



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Any time children spend using technology is detrimental to their development, behaviour, and their ability to learn. The younger the child is, the worse the effect technology has. Early use of tech, violent content, and long duration of use are to be avoided.

**Children are our future, but there is no future in Virtual Reality!**

## How do you know if your child is using too much technology?

Technology is very addicting, and if your child cannot easily put down technology and go outside and play, then they may have a problem.

If your child has any of the following symptoms of technology overuse, then it would be wise to start making some rules to restrict technology use. Start with a family meeting to discuss where you can begin to reduce the use of technology...together.

- ✓ Tantrums with screen removal
- ✓ Anger, rage, "NO"
- ✓ Delayed development
- ✓ Obesity/diabetes
- ✓ Sleep disorders
- ✓ Emotionally detached
- ✓ Lack of interest in play
- ✓ Few friends
- ✓ Can't focus on tasks
- ✓ Learning difficulties



## 100 + THINGS to do OTHER THAN SCREENS

Active Activities	Resting Activities	Social Activities	Achievement Activities
Weight-Lifting Mountain Biking Gymnastics Camping Backpacking/Hiking Fishing/Hunting Skating, Golf Street Hockey Basketball Pick-Up Game Baseball, Football, Soccer Archery, Juggling Paintball Martial Arts, Boxing Spin Classes Jogging New Sport/Recreational League Rock-Climbing Gym Geocaching Join a Cooking Class Amusement Parks Join a Dance Class Boy Scouts/Girl Guides Adventure Races Wildlife/Sports Photography Outdoor Adventure with Friends Build Forts (in/out), Skate Board Ramp Treasure or Scavenger Hunt Clean Your Room Night to Music	Reading (to self or sibling) Creative Writing Drawing (sketch daily) Art Crafts Cooking, Baking Meal Preparation Graphic Design Painting Lego, Blocks, Snap Circuits Magic Tricks Shoot Pool Fix Something Do at Home Projects Origami Still Life Photography Interior Design Woodworking/Carpentry Cardboard Box Building Mechanic/Car Restoration Plan Business Start-Up Poetry/Spoken Word Meditation Yoga Collect Something (stamps, coins) Public Speaking Sudoku, Cross Word Puzzles	Invite Friends Over Make Home Made Pizza Make Cookies as a Family Do Stand-Up Improv Write a Song Form a Band Play Hide-N-Seek Play Flash Light Tag Play Capture the Flag Plan Scavenger Hunt at Park Start a Club Join a Local Choir Join a Sports Team Plan Street Hockey Pick-Up Game Plan Basketball Pick-Up Game Board Games Card Games Charades Outdoor Adventure Races Body-Building Competitions Take an Improv Class Take a Stand-Up Comedy Class Visit Museums with Friends Go to Events with Friends Volunteer at SPCA Car Games-Spy with my little eye Rock/Paper/Scissors Game Vegetable/Mineral/Animal Game	Chess Build a Model Airplane/Car Paint by Numbers Learn an Instrument Produce Music Geocaching Contact Juggling Learn Public Speaking Birdwatching/Identification Mushroom Identification Wildlife Identification Plan Next Family Trip Learn New Language Learn Astronomy Plan Easter Egg Hunt for Siblings Chart Family Ancestry Build a Bird House Make Christmas Decorations Write a Family Cook Book Organize Kitchen Drawers Plant Own Garden Plot Rearrange Living Room Make Chore Calendar Build Arcade with Big Boxes Perform a Play for Neighbors \$\$\$ - Get a Paper Route, Mow Lawns, Shovel Snow, Babysit Do Household Chores!!



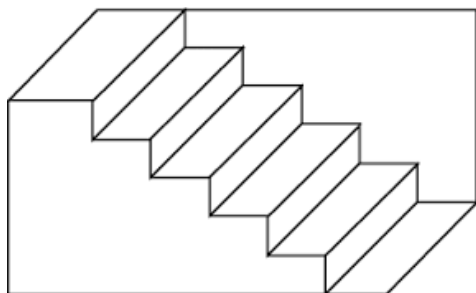
### Family Screen Management Plan

We, the undersigned members of the \_\_\_\_\_ family, do hereby agree to the following measures to optimize the health and well-being of our family members.

Write in family names in boxes. Each family member initials box next to each specific *Tech Task* to indicate their commitment.

<b>Family Names</b>				
<b>Tech Tasks</b>				
Admit member has <b>problems</b> associated with screen use.				
Share <b>specifics</b> of problematic areas e.g. overuse, inappropriate content, nighttime use.				
Each family member formulates <b>3 goals</b> specific to problem areas (see page 2). Write <b>long-term goal</b> on top step and fill in steps with <b>short-term goals</b> that will help achieve overall goal. Each family member should have their own goal sheet.				
Identify <b>5 physical activities</b> of interest and schedule date for engagement on calendar.				
Identify <b>5 social activities</b> of interest; schedule engagement.				
Identify <b>5 outdoor nature-based activities</b> ; schedule engagement.				
Agree to participate in activities without <b>complaint</b> or <b>refusal</b> .				
Agree to not <b>cheat, lie</b> or <b>misrepresent</b> regarding screen use.				
If slip up on commitment, <b>inform family</b> members immediately.				

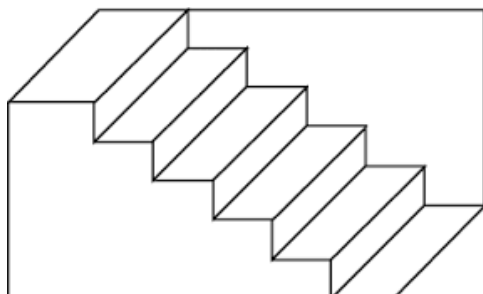
**Family Tech Goal # 1 -**



**Physical Activities (list 5)**

1.
2.
3.
4.

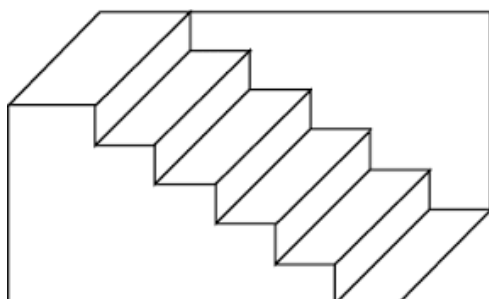
**Family Tech Goal # 2 -**



**Social Activities (list 5)**

1.
2.
3.
4.

**Family Tech Goal # 3 -**





**Outdoor Activities (list 5)**

1.
2.
3.
4.



**Tech Talk Guidelines for Teen Educators  
Presentation Format for grades K - 7**

<b>Step 1 – What do we mean by screens?</b>		<b>Step 2 – What do you watch on screens?</b>	
Cell phones, tablets, computers, laptops, TV's, gaming consoles...		You Tube, video games, cartoons, movies, texting, pornography, Facebook, Instagram, Snapchat...	
<b>Step 3 – What video games do you use?</b>		<b>Step 4 – What are the age limits for video games you play?</b>	
Write responses on board.		<b>Write in age limits next to video games.</b>  Prior to Tech Talk, go on Common Sense Media and get age limits for most popular games e.g. Minecraft 8 to10 years, Fortnite – 13, Halo – 13 to 18, GTA – 18.	
<b>Step 5 – Is media content good or bad?</b>		<b>Step 6 – What does mindless content do to your brain?</b>	
Mindful media content makes your brain <b>think</b> and can be <b>good</b> for your brain, but it's not good for your body to be sitting around glued to a screen.  Mindless media content is bad for your body <b>and</b> brain.		It shrinks your brain. Show kids broccoli or brain pics. 	
<b>Step 7 – What types of content are mindful and mindless?</b>		<b>To Do</b>	
<b>Mindless – shrinks brain; mind doesn't think</b>	<b>Mindful – grows brain; makes mind think</b>	Hand out the Zombie Kid card and ask kids to color in while asking them to give examples of what is mindless and what is mindful content. 	
Fast paced media, violence, cartoons, video games, social media, You Tube, sitcoms...	Slow paced media, nature shows, news, educational, documentaries, sports...		
<b>Step 8 – How else do screens harm your eyes, body and brain?</b>		<b>Step 9 – What is average screen time kids use every day?</b>	
<b>Harms eyes</b> – looking at 2-dimensional screen for long periods causes near sightedness (myopia).  <b>Stresses heart</b> – fast paced media causes high blood pressure and heart rate which may damage your heart.  <b>Poor fitness</b> – bodies like to move and when they sit for long periods, get out of shape. Sedentary bodies are more likely to be overweight or have diabetes.  <b>Schulmpy</b> – bent over screens for long periods causes weak muscles and sore back and neck.  <b>Small brain</b> – mindless content makes small brains making paying attention and learning hard.		7.5 hours of entertainment content.	
		<b>Step 10 – What do the Dr.'s say is the max screens you should use per day?</b>	
		No more than 2 hours a day.	
		<b>Step 11 – How much sleep should you be getting per night?</b>	
		10-11 hours per night. If you wake up at 7 am, you should go to sleep at 8-9 pm. Tell parents you should NOT be allowed screens in your bedroom.	





Step 12 – What can you do other than screens?		Step 13 – Unplug Challenge
<b>Indoor</b>	<b>Outdoor</b>	<i>Your mission should you choose to accept it is to go 24 hours without screens! Who will accept this challenge?</i>
Board games, card games, hide and seek, do crafts, invite friends over, cook, clean your room, do chores, help parents, feed/play with pets, nerf ball...	Play sports (baseball, basketball, hockey), play games (capture the flag, tag), build a fort, go visit friends, play with dog, walk to beach/park, ride bikes, climb trees....	
Step 14 – Unplug Challenge Preparatory Steps		Step 15 – Unplug Challenge Follow-Up
Hand out blank paper to all students. Have them write down 5 non-screen things they are going to do first thing when get home from school.		Visit classroom day after Unplug Challenge and ask kids to relate their experiences...good and bad. Teacher may ask students to journal about their experiences. Arrange a visit for following week.

Ongoing Weekly Tech Talks and Support
<p><i>Screenbusters Tech Talks</i> should continue throughout school year in all grade K-7 classrooms once per week for follow up sessions ranging from 15-20 min.</p> <p><i>Tech Talks for Teens</i> was designed by an occupational therapist to provide sufficient education to teens so they can confidently and competently talk with younger students about the impact of screen overuse on health and learning. Prior to implementing <i>Tech Talks</i> with grade K-7 students, teens are required to have completed the <i>Tech Talks for Teens</i> webinar located on <a href="http://www.reconnectwebinars.com">www.reconnectwebinars.com</a> and score &gt; 75% on the associated quizzes to receive their written <i>Screenbuster Certification</i>. Certified <i>Screenbusters</i> must work under the direct supervision of a qualified teacher, principle or counsellor who has completed and received certification for the <i>Technology Management for Teachers or Clinicians</i> 3-day course offered on same website.</p>



## Screenbuster Tech Talk Guidelines for Teen Educators Content Ideas for Follow-up Sessions for grades K - 7

### General Questions

**Fact:** Kids are using 4-5 times the amount of technology recommended by pediatricians.

**Q:** Why do you think technology is bad for our eyes, brains and bodies?

**A:** eyes - looking at fixed distance, 2-D screen causes near sightedness; brain - watching mindless entertainment causes brain death e.g. if you don't use it you lose it; body - sedentary bodies are less fit causing obesity, diabetes which result in earlier heart attack and stroke.

**Fact:** When screens are in use, people talk 90% less to each other.

**Q:** What happens when we don't talk to each other?

**A:** humans are pack animals and don't do well when not part of their pack e.g. anxiety, depression, suicide.

**Activity:** pair up with a classmate and ask each other 3 questions e.g. favorite food, what do you like to do on weekends, do you have a pet. Get students to talk about whether this was easy or difficult and why.

**Fact:** Sleep deprivation in children and youth from technology overuse is termed epidemic in Canada.

**Q:** How much sleep should you be getting?

<b>Canadian Sleep Foundation Guidelines for Children and Youth 2016</b>		
3-5 years: 10-13 hours/night	6-12 years: 9-12 hours/night	13-18 years: 8-10 hours/night

**Q:** What happens when we don't get enough sleep?

**A:** can't pay attention or learn, less motivated, defiant, irritable, frustrated, take more risks, hard on heart, gain weight.

**Activity:** ask for a show of hands as to who has a TV or is allowed to take phone or laptop/tablet into their bedroom.

**Fact:** The brain is like a camera and images kids watch on media will be with them forever. Violent imagery can cause defiance, aggression and/or nightmares. Fast paced imagery causes attention deficit.

**Q:** how do you think violent imagery is affecting you? Do you ever feel like you are living the game e.g. carry the visual and auditory images from the virtual world into the real world?

**Activity:** ask kids to close their eyes and try to "see" an image from a violent movie or video game. Next, ask them to try to "erase" that image. Who can do this?

**Fact:** when asked in a survey by Common Sense Media, over 50% of teens reported they think they are addicted to their phones.

**Q:** Do you think overusing screens is a problem for you?

**Activity:** ask kids how long they think they could go without using their phones, playing video games, watching TV etc.

### Helping Students Identify Alternate Activities

**Fact:** It's not about getting rid of screens, it's about *balancing* tech with healthy activity. Growing a child is like building a house...it's all about the foundation.



**Q:** Name 4 critical factors that are foundational to child growth and success (movement, touch, human connection, nature). Handout (or draw on the board) *Building Foundations* and *Virtual Futures* 4" X 5" cards.

**Activity:** ask kids to give you examples of activities in each of the 4 categories.

**Fact:** when kids can identify how tech has negatively affected them and come up with a variety of healthy alternative activities to screens, they can move forward toward better screen management.

**Q:** ask kids to share how screens have harmed them and 5 non-screen activities they want to do instead.

**Activity:** Print off below grid and ask kids to circle their 'tech effects' and then list alternate healthy activities. Younger children may want to import photo onto grid and place on fridge as a reminder.

<i>Balanced Technology Plan</i>			
Child Photo	Tech Effects		Healthy Activities
	Tech obsessed	Poor fitness	1.
	Meltdowns	Distracted	2.
	Aggressive	Social issues	3.
	Depressed/anxious	Learning issue	4.
	Wired or tired	Unmotivated	5.

### Helping Students Make Tech Rules

**Fact:** families that have rules about technology use 30% less screens.

**Q:** Tell me your rules about junk food. What do you think of making similar rules about screens? What might those rules be?"

**A:** At home...go totally "screen free" one hour per day (dinner), one day per week (Sat), and one week per year (holiday). At school...go screen free on Fridays (teachers too)!

### Formulate Tech Contract

**Fact:** writing down and signing a "Family Screen Management Plan" increases success with follow through on engaging in more healthy activities and using less screens.

**Q:** What could we do as a school to help you maintain a healthy "tech diet"? Should we do an "Unplug Week"? What might we need to put in place prior?

**A:** Order new gym equipment, journal activities each day, plan after school outings, plan both indoor and outdoor organized sport and game activities.



<b>Age</b>	<b>Rx for Screens</b>	<b>Rx for Sleep</b>	<b>Rx for Play</b>
<b>0-2 years</b>	None	14 hrs/day	5 hrs/day of crawling, cuddles and non-screen toys.
<b>3-5 years</b>	No more than 1 hour/day	12 hrs/day	4 hrs/day of running, climbing, being read to, and coloring.
<b>6-12 years</b>	No more than 2 hours/day	11 hrs/day	3 hrs/day of outside sports, building forts, biking, reading, board games, and chores.
<b>13-18 years</b>	No more than 3 hours/day	10 hrs/day	2 hrs/day of outside sports, hiking, biking, volunteer jobs, paid work.

- No screens in bedrooms, car or at dinner.
- Stop screen use one hour before bedtime.
- Play first; screens later.
- Follow age ratings on apps and video games.
- Don't talk to strangers on chat lines.



### Screenbuster Lyrics

*Something strange...in the neighborhood.*

*Who ya gonna call...SCREENBUSTERS!*

*Something weird...and it don't look good.*

*Who ya gonna call...SCREENBUSTERS!*

*I ain't afraid of no screens! (repeat)*

*If ya seeing guns, running through your head.*

*Who ya gonna call...SCREENBUSTERS!*

*Is Slenderman, stuck in your head?*

*Who ya gonna call...SCREENBUSTERS!*

*I ain't afraid of no gamers. I ain't afraid of no zombies.*

*Who ya gonna call...SCREENBUSTERS!*

*If ya all alone, pick up the phone, and call SCREENBUSTERS.*

*I ain't afraid of no bullies. I ain't afraid of no creeps. I ain't afraid of no bullies. Yeah, yeah, yeah, yeah.*

*Who you gonna call...SCREENBUSTERS!*

*If you've had a dose, of a freaky ghost... Ya better call...SCREENBUSTERS!*

*Lemme tell you something...ice cream makes me feel good!*

*I ain't afraid of no Walking Dead...I ain't afraid of no Walking Dead.*

*Don't get caught at home...NO NO! SCREENBUSTERS!*

*When he comes through your screen...unless you want some more...I think you better call...SCREENBUSTERS!*

*Oh who ya gonna call...SCREENBUSTERS!*

*Who ya gonna call...SCREENBUSTERS! (repeat). I think ya better call...SCREENBUSTERS!*

*I can't hear you...LOUDER!!*

*Who ya gonna call...SCREENBUSTERS!*

*Louder! SCREENBUSTERS!*

*Who ya gonna call? SCREENBUSTERS (repeat x 2).*

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