

Screen Time and Digital Communication for Kids & Teens: How to Manage it All? Session 10 of 10



Your host, Alison Meredith:

Alison Meredith taught High School Math in the 1990s, at Dobyns-Bennett and at schools in North Carolina and Massachusetts. She received a national award in 1997. Alison and her husband Tim have been home-educating their kids for 20 years; they have 7 kids ages 8-20.

Tim and Alison own Holston IT, a business which provides cybersecurity to other businesses throughout Southwest Virginia and the Tri-Cities.

Alison is a best-selling author. She and other IT leaders wrote **You Are the #1 Target**, to help business owners implement cybersecurity. She also has a Kindle book about protecting kids in digital communications.



The Scenario...

1. Your kid "dies" in a Minecraft game and melts down tearfully
2. Your kid plays with online teammates and starts screaming about how they are all terrible players
3. Your kid can't beat a level and throws his controller across the room
4. Your kid gets bitter when interrupted. He's quick to glare and belittle you



What is it about video games that turns your kids into monsters?

Your Reaction: This is not healthy

This is the reaction of so many parents! And you're completely right. Your kid shouldn't act like that. If your videogame-loving kid struggles with emotional control, and if your videogame-loving kid struggles to prioritize things like kindness, their homework, their chores, **it's not because they've been infused with rudeness by the videogames themselves.** It's just because they still need to learn!



Video games are foreign, but parenting is still the same.

Emotional Control

How do you deal with people around you who are incompetent?
How do you respond when your plans are repeatedly frustrated?

When you die in Minecraft, it can be like dropping a Lego set. You just lost a lot of work. You really cared about it. The Minecraft city isn't real, but your kid's disappointment is.



What can you do as a parent?

1. Show them that it matters to you too! Show them that you care about what makes them frustrated.
2. Teach them how to deal with disappointment. Teach them how to grow and continue on.



Personal Priorities

How do I know I'm valuable?

Where can I place my personal worth?

How do I balance my responsibilities to other people?

Video games are especially alluring, but learning to invest yourself in appropriate things, in appropriate ways has always been part of growing up.

Video games are very noticeable, but in reality, there are so many things in life that compel you to place your identity in them.

The goal of having a well-balanced kid remains the same!