

Screen Time and Digital Communication for Kids & Teens: How to Manage it All? Session 2 of 10

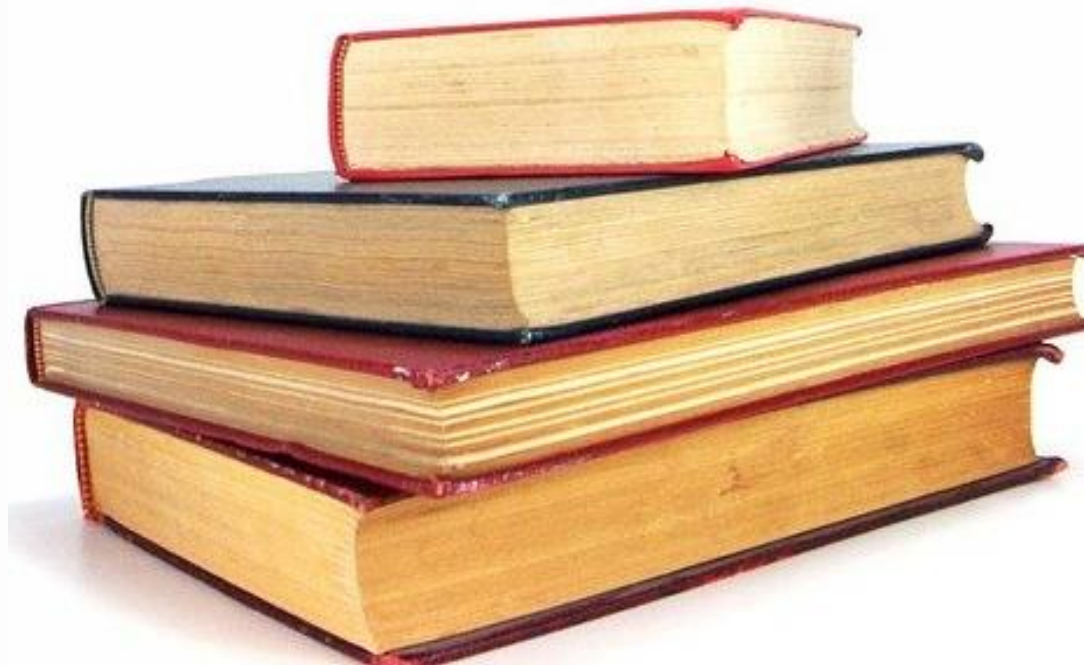


Your host, Alison Meredith:

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.



Yesterday's Topic:

How to Talk with Kids about Screen Time

Yesterday's Tips:

- **Get your own mindset right**
- **Inspire them to Want to Talk to You**
- **Listen to Your Kids / Teens**

Today's Topic:

Setting Boundaries on Screen Time

Today's Tips:

- **Create a Culture of Openness**
- **Use Parental Monitoring Apps**
- **Create Healthy Rules**

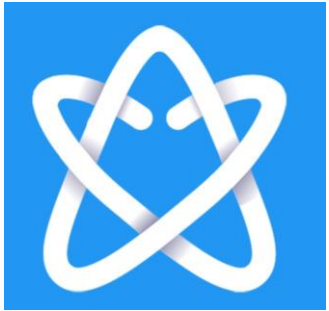
Create a Culture of Openness:

Kids will not share information if they think you are the "Bad Guy"

The Goal is to have a two-way connection between you and your kid

What Can We Do?

Use Parental Monitoring Apps



[Safe Lagoon](https://safelagoon.com/en/) <https://safelagoon.com/en/>

Gives more accessibility to parents
Shows parents everything



[Bark](https://www.bark.us/) <https://www.bark.us/>

Gives more privacy to the kids
Shows parents helpful snippets, flagged
for violence/depression/etc

Parental Monitoring Apps— How to Begin Using Them

Have a Conversation:

Ask Your Kid/Teen for Input.

Don't just "lay down the law." Listen.

Not sure how to lead this conversation?

See page [11 of this document](#)

Configure Your Tool Thoughtfully and Thoroughly:

[Posted here](#) is an excellent 26-minute guide by Kendra Fletcher for configuring both Safe Lagoon and Bark, by Kendra Fletcher.

Kendra's YouTube channel also has an excellent 11 minute review of Safe Lagoon.

Create Healthy Rules

Rules will not work unless . . .

Create Healthy Rules

Rules will not work unless . . .

. . . the parents also follow them.

Create Healthy Rules

Collaborate:

Parent and Kids: both draft a rule.
Come to the table and talk about it.

Create Healthy Rules

Is this a good rule?

You can play video games once your homework is done

Create Healthy Rules

Make it Clearer:

~~You can play video games once your homework is done~~

You must show me all your completed homework before you can begin playing video games.

Create Healthy Rules

Make it Clearer Still:

~~You can play video games once your homework is done~~

~~You must show me all your completed homework before you can begin playing video games.~~

Before you start playing video games, you have to put all your completed homework at this special place on Mom's desk.

Create Healthy Rules

Your Kids are Little Lawyers.

Create Healthy Rules

Goal of Rules is NOT:

Solving Everything

Create Healthy Rules

Goal of Rules IS:

Kids/teens learn good digital habits . . .

. . . So that they can become successful,
healthy adults as they pilot their brain
through the digital age.

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