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talks

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TOGETHER, SUPPORTING
OUR YOUNG PEOPLE ON
THEIR JOURNEY

*Teens
and Tech*



Overview of our talk this evening

- A word from the **'outlaws'**- student voice
- 'Learn the lay of the land'
- Form a **possie**- build healthy relationship with tech use within our families.
- **Learn the Quick draw** - tools to help
- Build your **new Frontier** - As a school and parents we need to take an active role

You will be hearing from



**Poppy
Rumble**
Year 13 Student



**Max
Blockley**
Year 13 Student



**Tom
Mathews**
Head of Guidance



**Chami
Hutterd**
*Assistant head
of Secondary
School,
(Innovative Practice
and Strategy)*



John Ruge
*Head of Senior
School*



Dave Hart
*Chief Information
Officer*

The Outlaws



Poppy Rumble
Year 13 Student

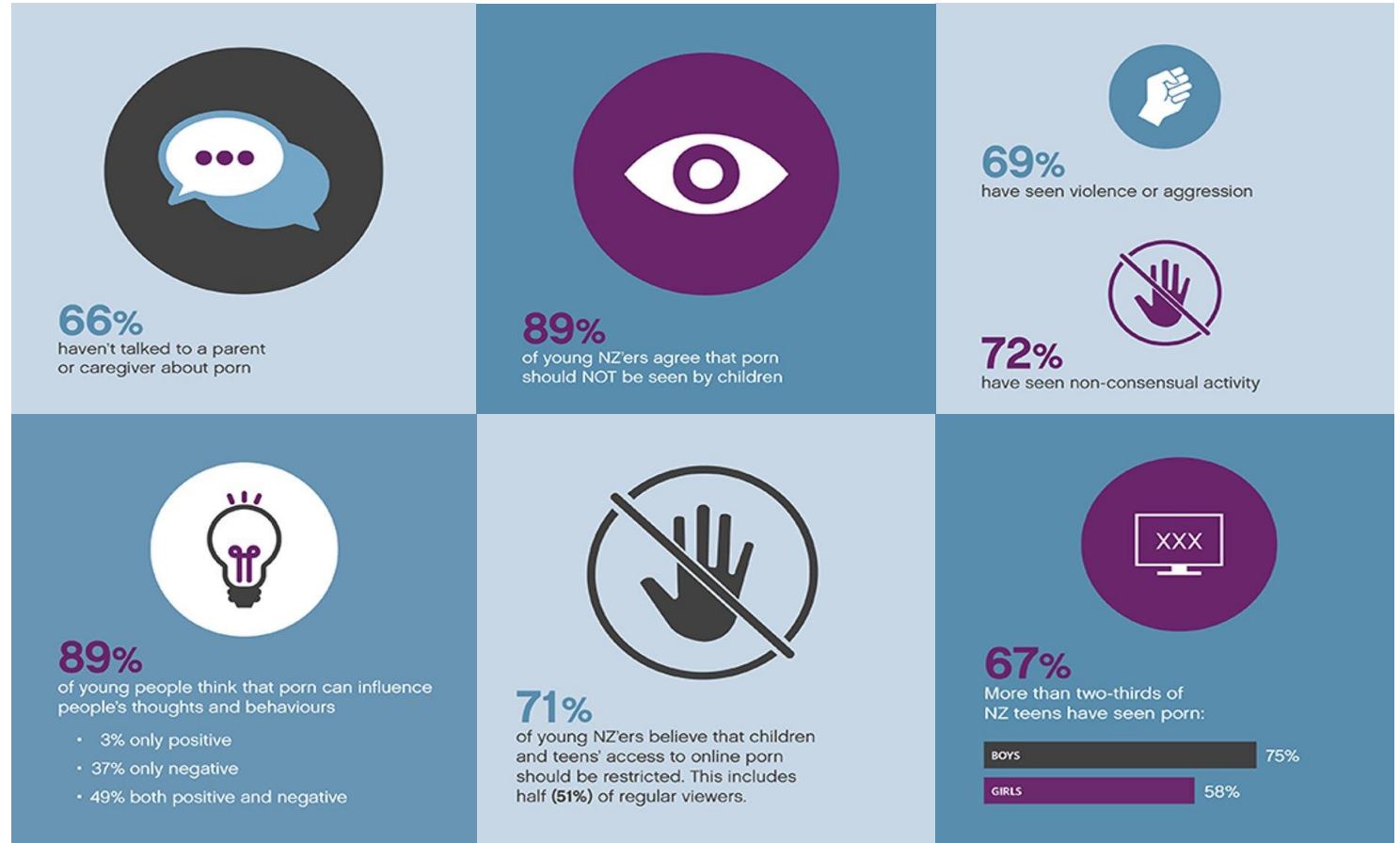


Max Blockley
Year 13 Student

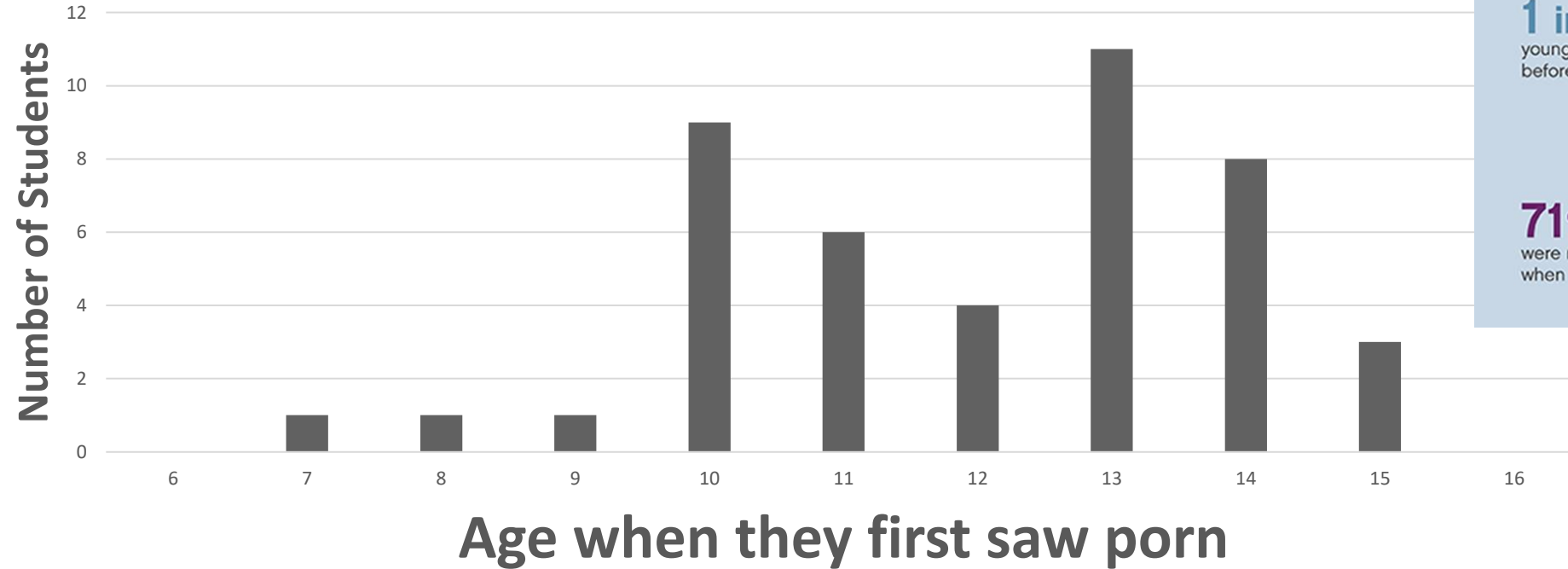
The lay of the land



Tom Mathews
Head of Guidance



Yr 13 Students self-reporting first exposure to Porn



1 in 4

young NZers first saw porn
before the age of 12

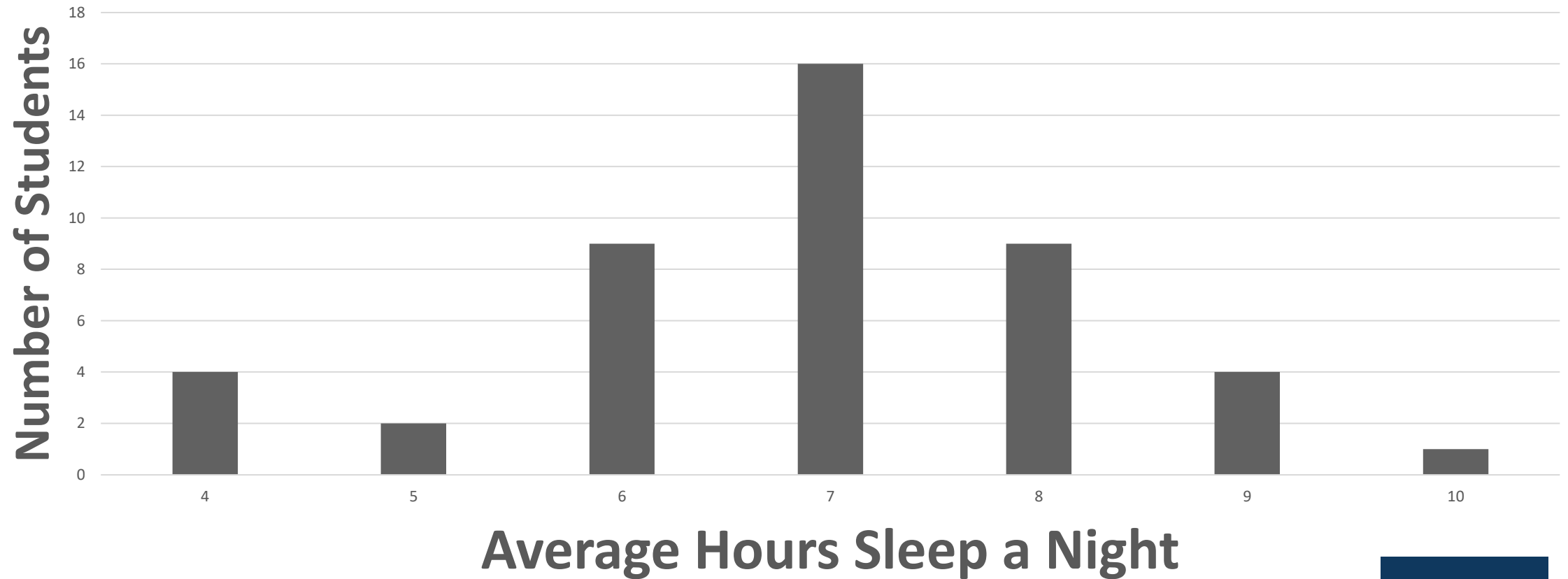


71%

were not seeking out pornography
when they first saw it



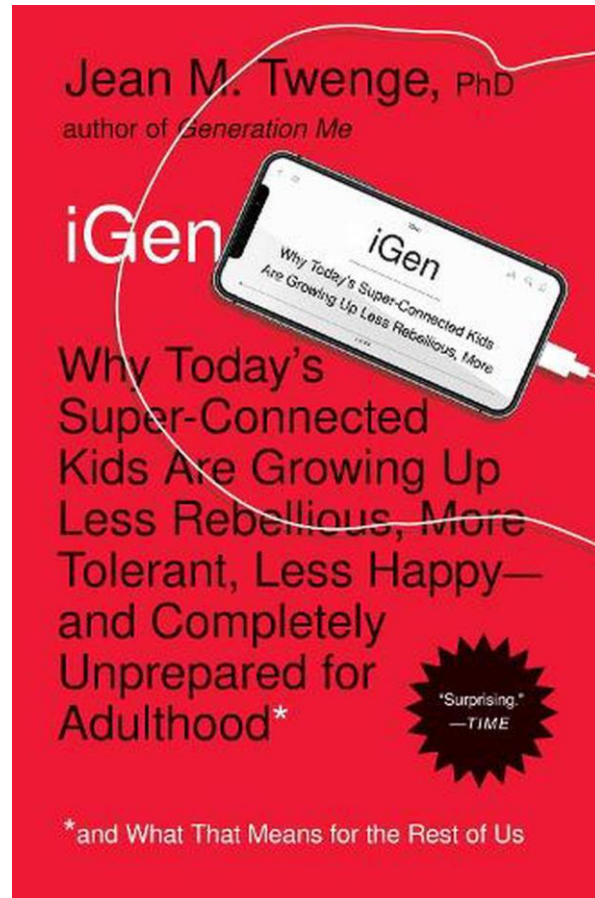
Sleep Matters



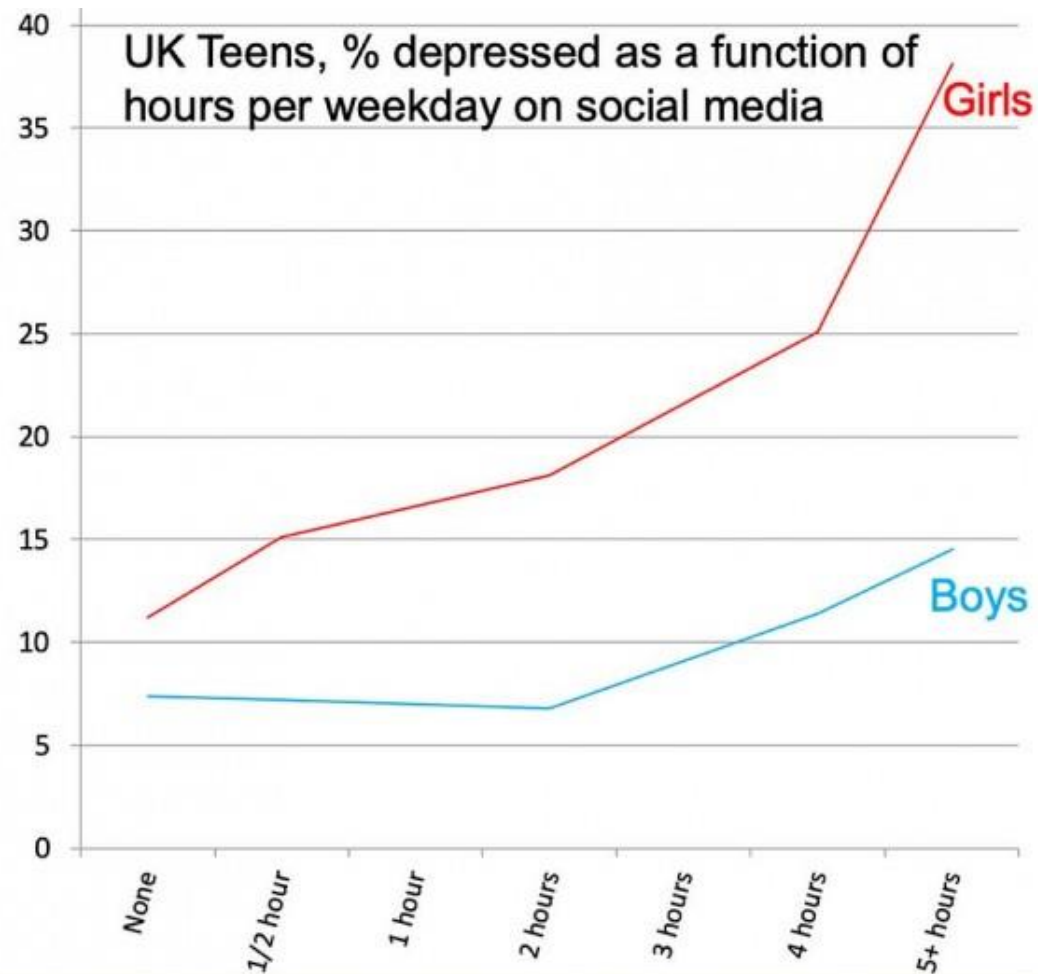


AGE	RECOMMENDED AMOUNT OF SLEEP
Infants aged 4-12 months	12-16 hours a day (including naps)
Children aged 1-2 years	11-14 hours a day (including naps)
Children aged 3-5 years	10-13 hours a day (including naps)
Children aged 6-12 years	9-12 hours a day
Teens aged 13-18 years	8-10 hours a day
Adults aged 18 years or older	7-8 hours a day

iGen, Jean Twenge

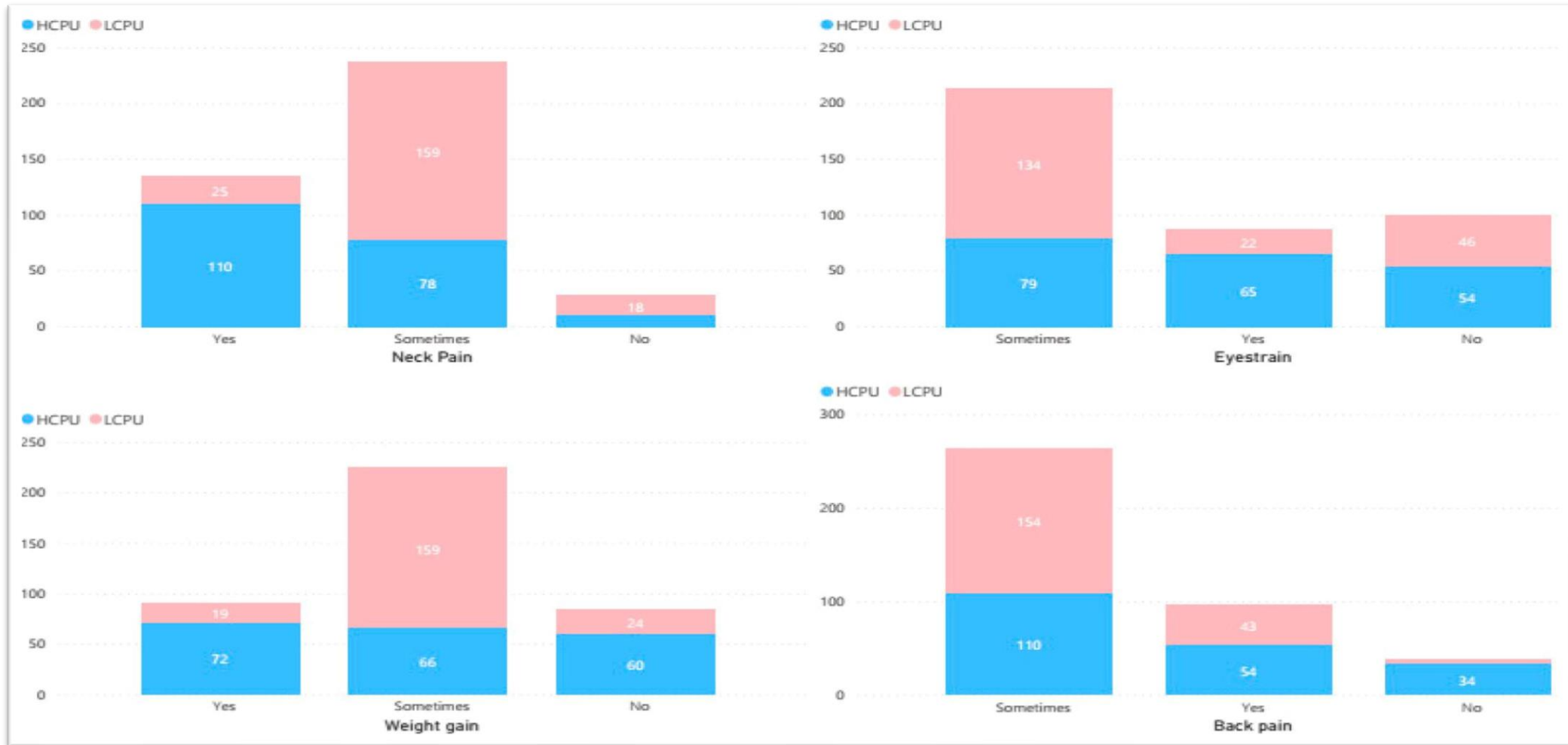


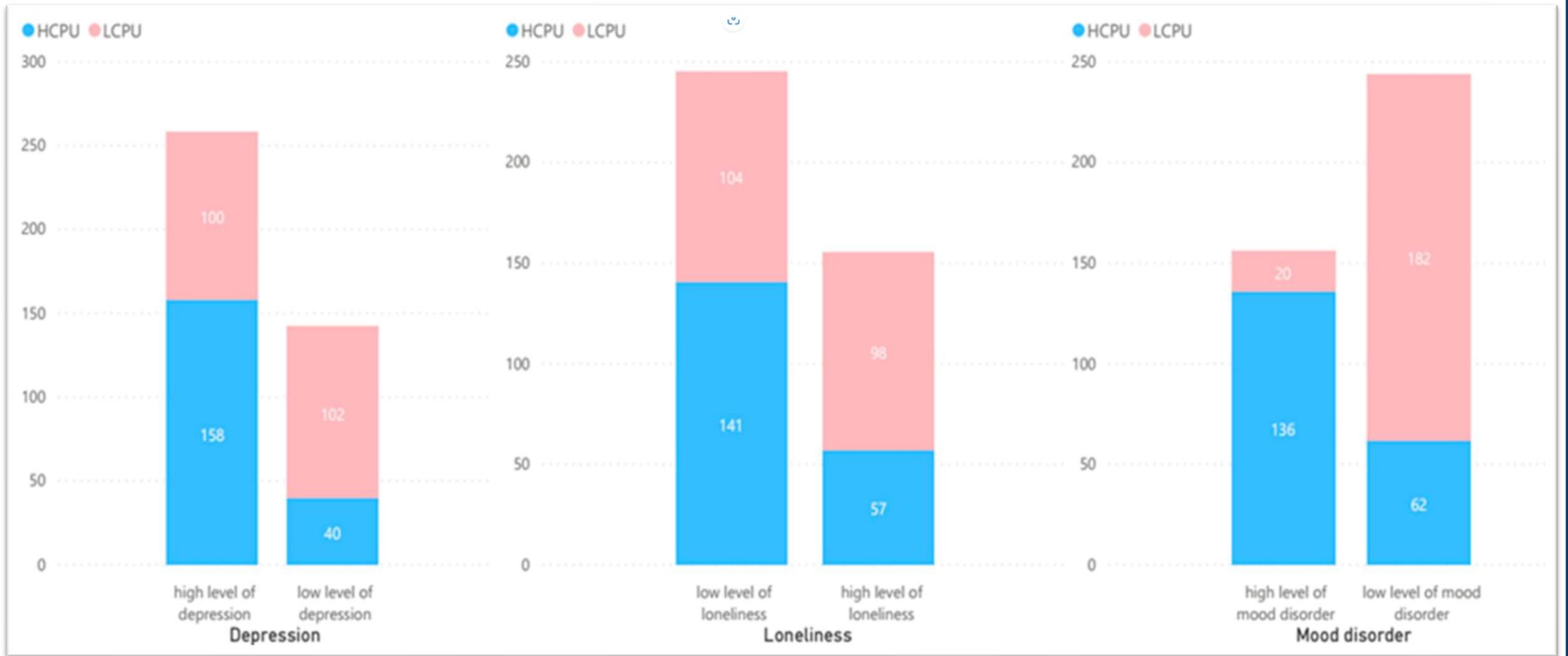
- 56% percent more teens experienced a major depressive episode in 2015 than 2010.
- Twice as many 12-14 year-olds killed themselves 2010 -2015
- Screens six to nine hours per day.
- 25% of young men now say they play video games three or more hours a day.
- Less fighting with parents, less alcohol and sex



- Girls are more negatively impacted by social media use than boys.
- Increased Cyber bullying
- Depression x 3
- Body image issues
- Increased suicide rates
On it more and more complex sites, that are filtered and edited

Source: Kelly, Zilanawala, Booker & Sacker (2019) In a UK study of 10,000 young people, researchers





The Relationship between Cellphone Usage on the Physical and Mental Wellbeing of University Students: A Cross-Sectional Study

Year 7 to 9 Student Survey Data

What do you do most on your device on a typical weekday?

[More Details](#)

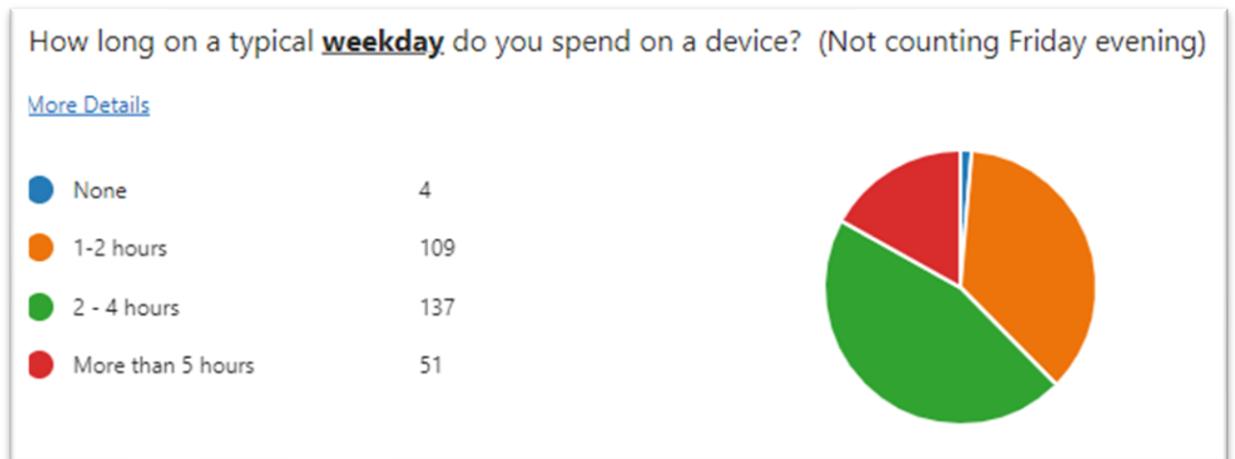
● Scroll and look at random things	136
● Game	108
● School work	163
● Go on social media, talk to peo...	206
● Watch programs	126



Screen Time Balance

A point between low and high usage of technology that is 'just right' for teenager's well-being. They attributed this to the ability of digital connectivity to enhance creativity and communication skills.

- Moderate use of digital technology is not intrinsically harmful and may be advantageous in a connected world (Przybylski & Weinstein, 2017)
- **15 years olds** should spend no more than **1 hour and 57 minutes** on a smartphone on a weekday.



Year 7 to 9 Student Survey Data

Parenting in a Digital Age



Chami Hutterd

*Assistant head of Secondary School,
(Innovative Practice and Strategy)*

1.

Educate yourself










Educate yourself

- Help your child navigate the social media ocean
- Know conditions will change
- Be ready to help with questions

Use Policies

7. What social media apps do you use?

[More Details](#)

 Tik Tok	177
 Snap Chat	232
 Messenger	96
 Twitter	26
 Other	123

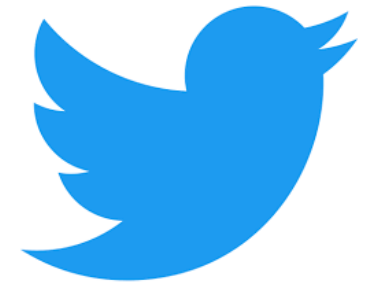
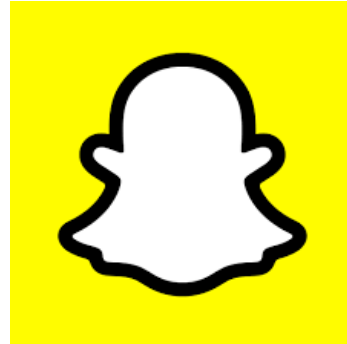


Year 7 to 9 Student Survey Data

Use Policies



Users under age 13 can't post videos or comment



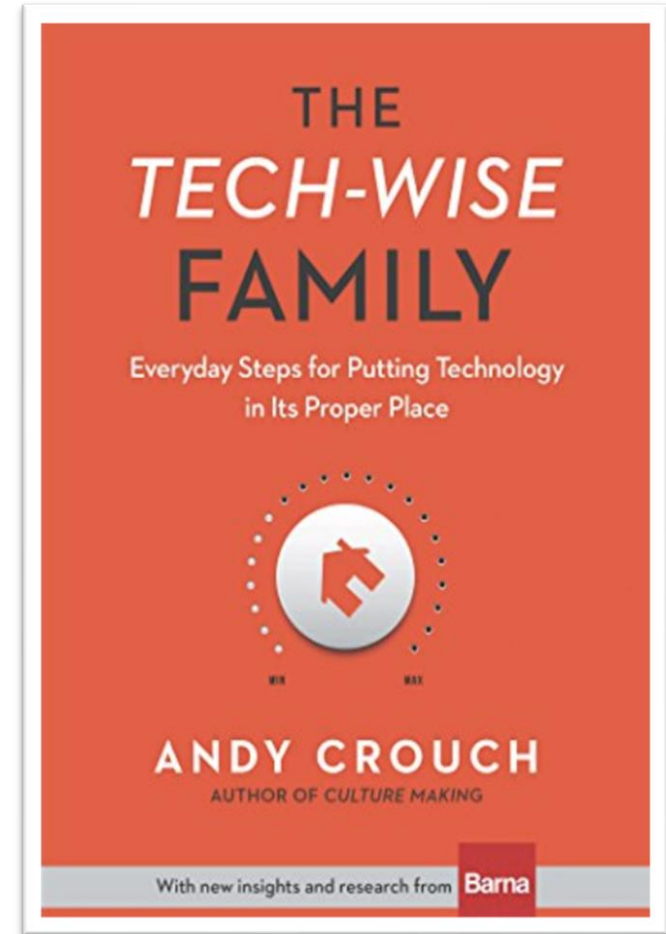
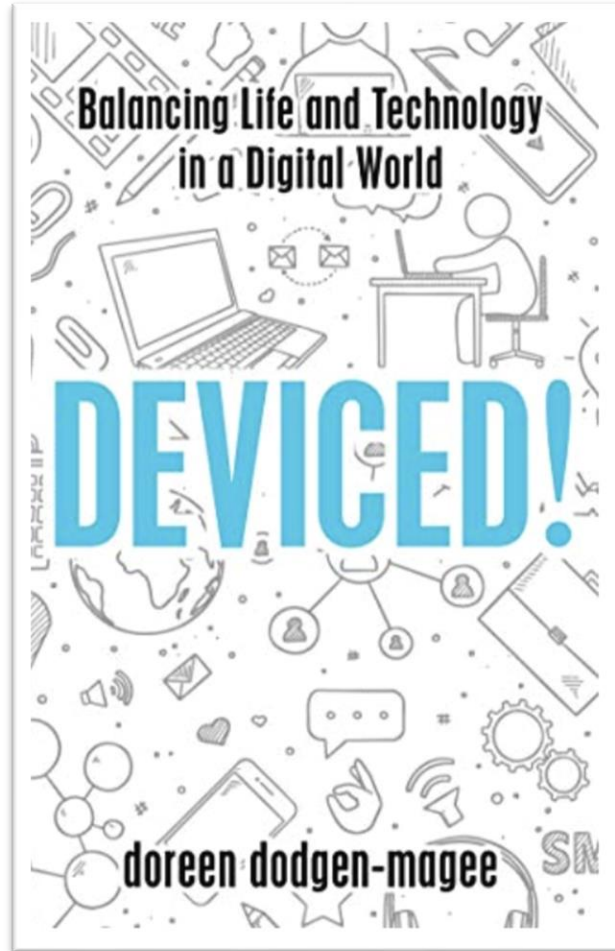
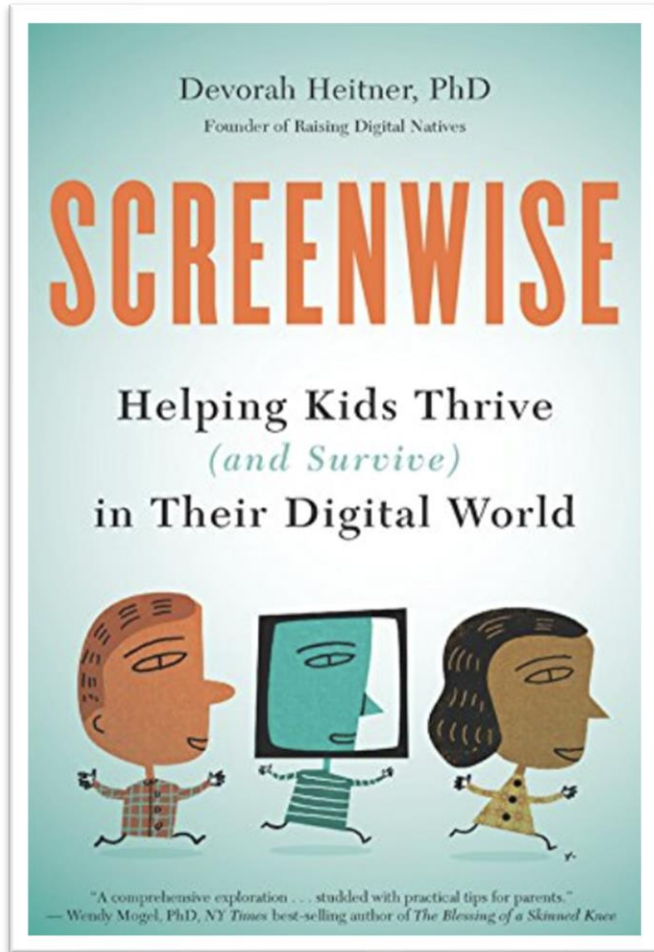
Users must be 13

Use Policies

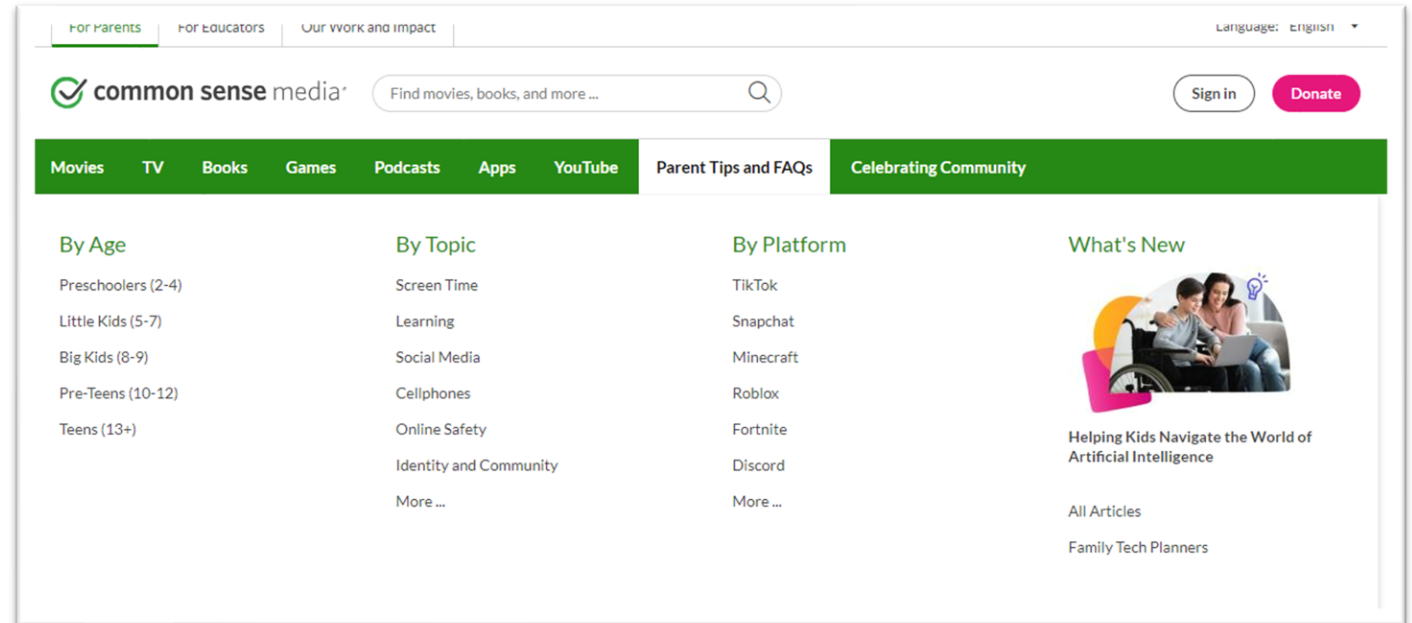
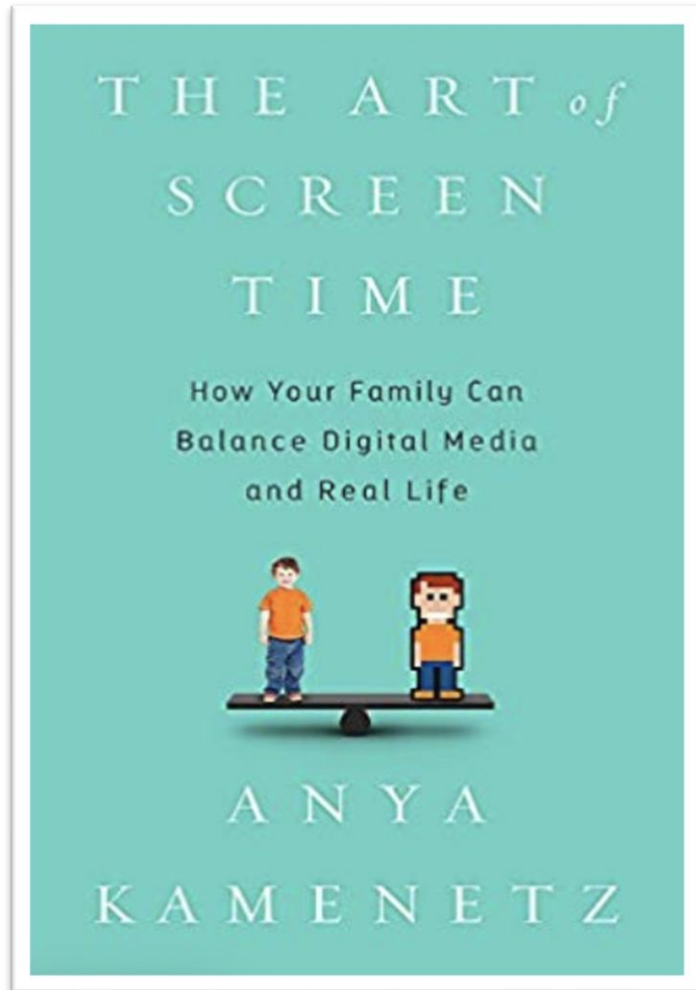


Users must be 13

Resources



Resources



<https://www.commonsensemedia.org/>

2.

Modelling


*How often do you find yourself
online or on a screen longer
than you intended?*


*Have you noticed any changes
in your reading habits?*

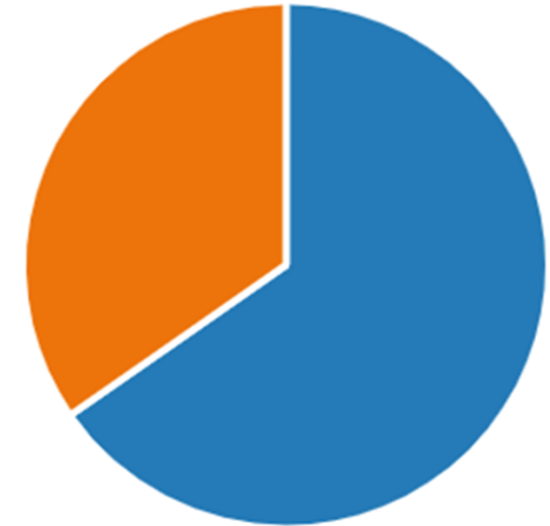


13. Do you have any rules at home in terms of device use?

[More Details](#)

 Insights

 Yes	196
 No	104



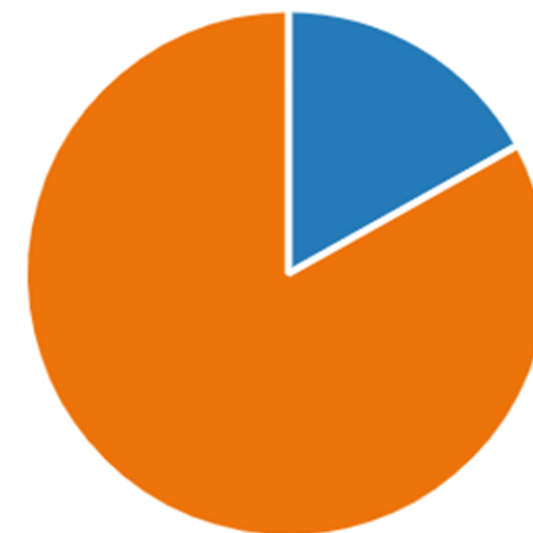
Year 7 to 9 Student Survey Data

15. Do these rules apply to the adults as well?

[More Details](#)

 Insights

 Yes	33
 No	162



Year 7 to 9 Student Survey Data

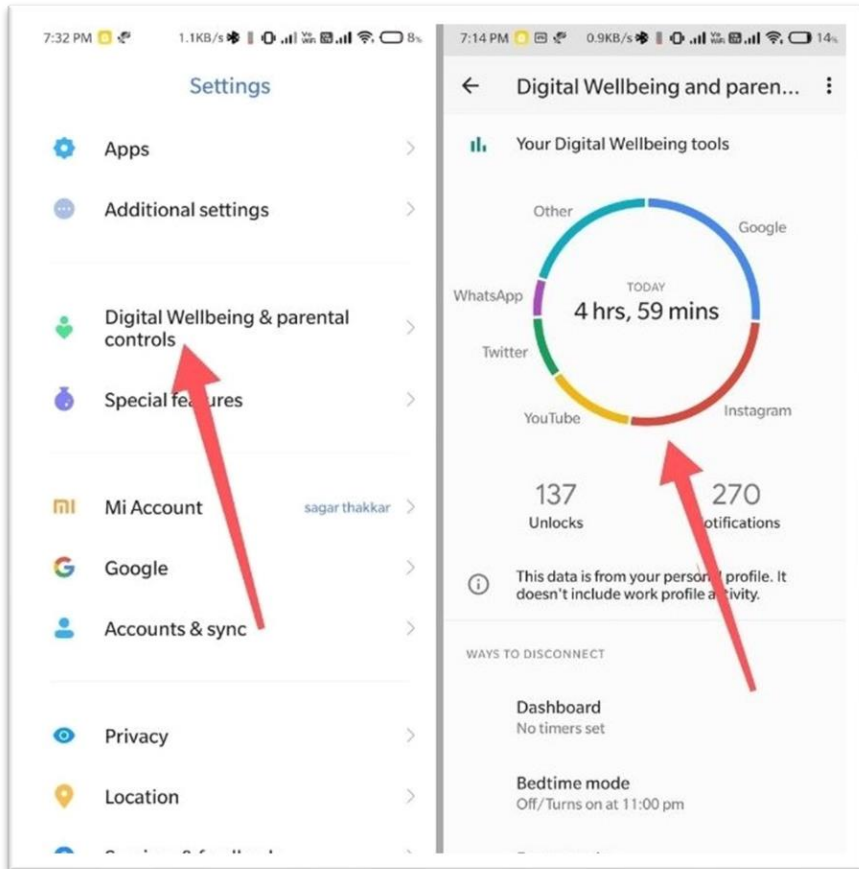


My personal guidelines

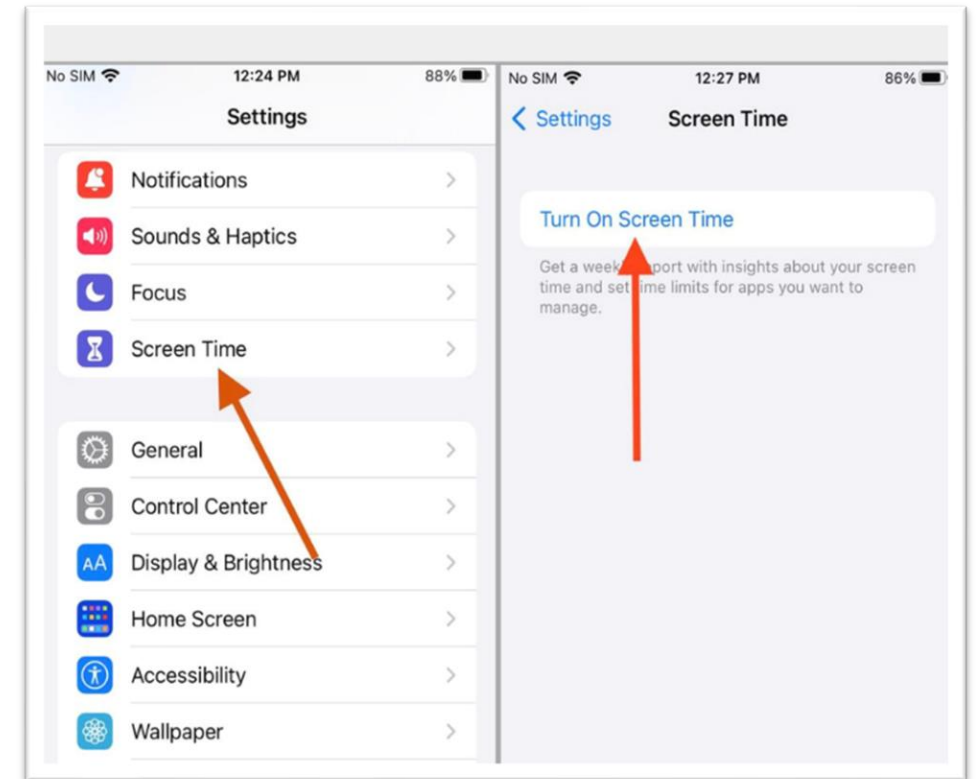
- *Read printed books*
- *Family time is no phone time for everyone - like meal times, car rides*
- *No Tech days - have an alternative 'fun' plan*
- *Don't check emails as soon as I wake up*



Android Digital Wellbeing App



Iphone Screen Time App



- *Overview of device use*
- *App Timer*
- *Website Timers*
- *Focus Mode*
- *Parenting Controls*



Resources

- [12 Best Tips for Using Screen Time on Your iPhone – TechWiser](#)
- [How to Use Digital Wellbeing on Android - TechWiser](#)



- *Automatically categorizes time spend on specific apps, websites, and projects and gauges your daily productivity.*
- *Allows focus mode*
- *Links all devices*
- *Free two week trial*



RescueTime

3.

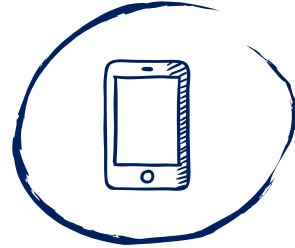
Give Kids Some Control



Conversations

- Talk to your kids about how they use their device for:
School, Communication and Leisure
- Develop a 1 to 1 Device Home Plan

[RESOURCE: Common Sense Media Family Tech Plans](#)



Have clear guidelines

- No screens in bedrooms at all for under 14years
- No screens in bedrooms after 8pm (if needed homework in a communal area)
- Weekends: 100% device, no charging, child manages time
- No devices in the car

Key Takeaways

- ***Be Honest*** with your kids - talk about your concerns.
- *Avoid waiting for a crisis*
- *Be a good **role model**- model moderation*
- ***Co-create*** an agreement
- ***Be honest*** about how you monitor
- **Friend or follow** them on social media

What do we do here at school?



John Ruge
Head of Senior School

StAC Unplugged

Panel



Poppy Rumble
Year 13 Student



Max Blockley
Year 13 Student



Kate Scott
Psychologist



Mike Coleman
Counsellor



Vicki Pettit
*Deputy Principal
(Prep School)*



John Ruge
Head of Senior School



Dave Hart
Chief Information Officer



Chami Hutterd
Assistant head of Secondary School, (Innovative Practice and Strategy)

Handout



Navigating the Digital Landscape: Healthy Recommendations for Adolescent Social Media Use

Based on findings from: American Psychological Association (2023). Health Advisory on Social Media Use in Adolescence Report.

"Social media is neither inherently harmful nor beneficial to our youth," said American Psychological Association President Thema Bryant, PhD. "But because young people mature at different rates, some are more vulnerable than others to the content and features". (p.3)

"Age-appropriate use of social media should be based on each adolescent's level of maturity (e.g., self-regulation skills, intellectual development, comprehension of risks, and home environment)." (p.3)

"Just as we require young people to be trained in order to get a driver's license, adolescents' social media use should be preceded by training in social media literacy to ensure that users have developed psychologically-informed competencies and skills that will maximize the chances for balanced, safe, and meaningful social media use" (p.7)

In early adolescence (i.e., typically 10-14 years), adult monitoring (i.e., ongoing review, discussion, and coaching around social media content) is advised for most youths' social media use; autonomy may increase gradually as kids age and if they gain digital literacy skills. However, monitoring should be balanced with youths' appropriate needs for privacy. (p.8)

Key Recommendations:

Encourage balanced online/offline activities:

The APA emphasises the importance of achieving a balance between online and offline activities. Parents should encourage adolescents to engage in a variety of activities beyond the digital realm such as sports, hobbies, and spending time with family and friends. Social media use should not restrict opportunities to practice in-person reciprocal social interactions and should not contribute to psychological avoidance of in-person social interactions.

Researchers from Oxford and Cardiff Universities proposed a 'Goldilocks Theory'. After studying 120,000 15-year-olds, they found a point between low and high usage of technology that is "just right" for teenager's well-being. They attributed this to the ability of digital connectivity to enhance creativity and communication skills. Overall, the evidence indicated that moderate use of digital technology is not intrinsically harmful and may be advantageous in a connected world (Przybylski & Weinstein, 2017). They suggest that 15-year-olds should spend no more than one hour and 57 minutes on a smartphone on a weekday. The authors felt any more than this could interfere with socialising, exercise, schoolwork or sleep.

Set healthy boundaries and limits:

Establishing clear guidelines and limits around social media use is essential. Work together with adolescents to develop a family media plan that outlines appropriate usage, screen-free times, and device-free zones. Researchers like Twenge and Haidt strongly suggest pre-teens should not access social media platforms like Instagram. For example, Booker, Kelly, and Sacker (2018) studied 10,000 10-15-year-olds in the UK and concluded that social media interaction at ten years of age was associated with declines in well-being for females.

We should encourage young people to take breaks from social media, particularly before bedtime, to prioritise quality sleep. Setting these boundaries helps adolescents develop healthy habits and maintain a balanced lifestyle.

[Resource Link](#)

The use of social media should be limited to not interfere with adolescents' sleep and physical activity. Research recommends adolescents get at least eight hours of sleep each night and maintain regular sleep-wake schedules. Data indicate that technology use particularly within one hour of bedtime, and social media use in particular, is associated with sleep disruptions.

Adolescents' social media use also should not interfere with or reduce adolescents' opportunities for physical activity and exercise. Significant research demonstrates that physical activity is vital for both physical and psychological health (i.e., lower rates of depression).

Promote digital literacy and critical thinking:

One of the most valuable skills for adolescents navigating social media is digital literacy. Adults should teach them how to critically evaluate the information they encounter online, such as fact-checking and identifying reliable sources. Education enables our young people to question and analyse the content they consume, protecting them from misinformation and manipulation.

Encourage open communication:

Establishing open lines of communication with adolescents is crucial. Encourage them to share the online experiences, concerns, and challenges they encounter on social media platforms. By fostering a non-judgmental and supportive environment, parents, teachers, and mentors can provide guidance, address potential risks, and empower adolescents to make responsible choices online.

Promote positive self-image and well-being:

Social media can sometimes contribute to negative self-image and poor mental health among adolescents. Encourage them to focus on developing their unique talents, interests, and strengths rather than comparing themselves to others online. Reinforce the idea that social media is often a highlight reel and that everyone experiences ups and downs.

Teach digital citizenship:

As responsible digital citizens, adolescents should understand the impact of their online actions. Educate them about the potential consequences of cyberbullying, spreading rumours, or sharing inappropriate content. Emphasise the importance of respecting others' privacy, being mindful of the digital footprint they leave behind, and promoting positive online interactions. By fostering empathy and compassion, adolescents can contribute to a healthier and more inclusive online community.

Be a positive role model:

As adults, we play a significant role in shaping adolescent behaviour. It is essential to model healthy social media habits ourselves. Show adolescents that we can enjoy the benefits of social media while maintaining a balanced approach. Demonstrate responsible use, such as limiting excessive scrolling, engaging in meaningful interactions, and using social media as a tool for learning and personal growth.

The American Psychological Association's report provides valuable recommendations for parents and teachers to ensure safe and positive social media use among adolescents. By promoting digital literacy, open communication, balanced lifestyles, critical thinking skills, and healthy boundaries, we can empower young individuals to navigate the online world responsibly. Parents and schools need to work together to create a supportive environment where adolescents can thrive online while maintaining a healthy offline life.

What actions are you taking to support your adolescents to have a healthy relationship with social media?



St Andrew's College

