

An overhead photograph showing several children's hands holding various mobile devices, including smartphones and tablets, on a light-colored wooden floor. The children are wearing colorful clothing, such as a pink long-sleeved shirt and a blue denim jacket. The text is overlaid in the center of the image.

# **DIGITAL RESPONSIBILITY AND SCREEN TIME**

**Mr. Travis Reynolds**

- 
- Digital Literacy/Responsibility
  - Social Media and Perception
  - Screen Time and Student Success
  - ASU Data

# What is Digital Literacy?



# Social Media



# Social Media



ELSEVIER

Contents lists available at SciVerse ScienceDirect

Personality and Individual Differences

journal



## Social Media as 'Fair Game' in Admissions

Self-presentation and belonging: social media use and motivation

Survey finds that majority of college officials and students think it is legitimate to examine applicants' social media accounts. But declining numbers do so.

Gwendoly  
*Psychology Dept*

## What Does It Mean For Social Media Platforms To "Sell" Our Data?

ARTICLE

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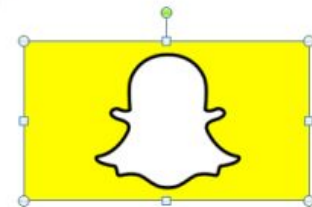


Kalev Leotar Contributor

AI & Big Data

*I write about the broad intersection of data and society.*

Keywords:  
Facebook  
Social networking  
Big Five  
Need to belong  
Self-presentation



# Screen Time and Student Success

## Media use and brain development during adolescence

Eveline A. Crone & Elly A. Konijn

Nature Communications 9, Article number: 588 (2018) | DOI: 10.1038/s41467-018-0347-4

### Abstract

The current generation of adolescents grows up in a digital world. However, it is unclear how media-induced changes in the trajectories of brain regions involved in social cognition and executive function review the neural development in adolescence. Computational neuroscience can provide a deeper understanding of the sensitivities related to adolescents' media use. We show that adolescents are highly sensitive to acceptance and rejection on social media, and that their heightened emotional reactivity to social media may protract development of reflective processes. This may make them specifically reactive to emotional feedback.



## Screen time

Screen time is the amount of time spent using a device such as a smartphone, computer, television, or video game console. The concept is under significant research, together with related concepts in digital media use in mental health.

Wikipedia

[https://en.wikipedia.org/wiki/Screen\\_time](https://en.wikipedia.org/wiki/Screen_time)

### TECH OVERLOAD

The average American child spends 50+ HOURS a week in front of a screen. That's more than A FULL TIME JOB!

- 2 hrs: Recommended daily screen time for children and teens
- 7 hrs: Average screen time per day
- 10%: % of children addicted to mobile devices

### Downside of Screen Time

- Vision Problems
- Impaired Social Skills
- Obesity
- Aggressive Tendencies
- Poor Digital Footprints
- Developing Unhealthy Relationships

### Unplugging Tips!

- Encourage tech-free hobbies and activities
- Monitor what you present. Children follow for example.
- Create tech-free zones in your home.
- Don't allow devices of family members.
- Set screen time schedules.

### Screen Time for Parents

Child's device use? Contact is a free solution for parents to block internet and apps on all children's iOS and Android devices. Manage screen time by blocking children's devices or a touch of through automated schedules. Through our Web App or iOS app, limit device use with a bedtime schedule or set a manual block during a family meal.

Get Started for Free

## HUMAN CAPITAL

# The Backlash Against Screen Time

Combining education and technology is great—until it's not.

ROB WATERS NOV 9, 2018



Epidemiology

Research

## Prevalence of high screen time and associated factors among students: a cross-sectional study in Zhejiang, China

Hao Wang<sup>1</sup>, Jieming Zhong<sup>1</sup>, Ruying Hu<sup>1</sup>, Bragg Fiona<sup>2</sup>, Min Yu<sup>1</sup>, Huaidong Du<sup>2, 3</sup>

Author affiliations 

Clinical review

## Screen time and sleep among school-aged children and adolescents: A systematic literature review

Lauren Hale  , Stanford Guan

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<https://doi.org/10.1016/j.smrv.2014.07.007>

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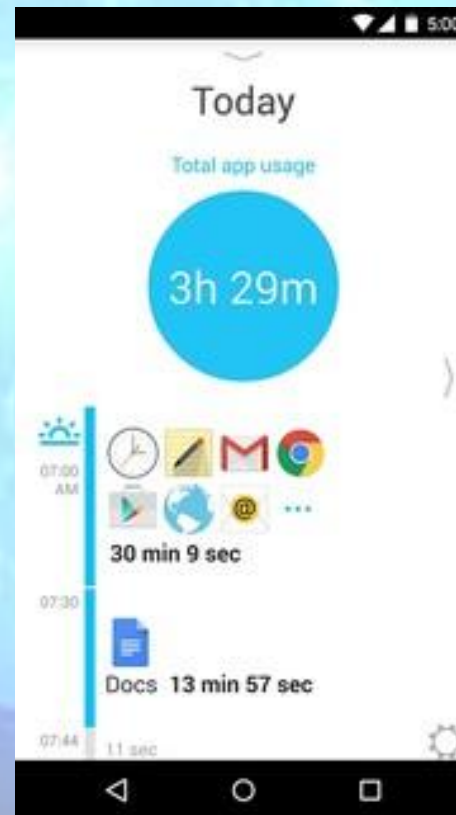
## Screen Time and Metabolic Risk Factors Among Adolescents

Louise L. Hardy, PhD, MPH(Hons); Elizabeth Denney-Wilson, PhD, MPH; Aaron P. Thrift, BSc(Hons); [et al](#)



# ASU Data

\* Screen time was monitored using iPhone apps and Quality Time app





## High School Phone Usage \*Hours on Phone

<b>Grade</b>	<b>Average Weekly Usage (per hour)</b>	<b>Daily Usage (per hour)</b>
<b>12</b>	<b>30.08</b>	<b>4.30</b>
<b>11</b>	<b>49.78</b>	<b>7.11</b>
<b>10</b>	<b>38.39</b>	<b>5.48</b>
<b>9</b>	<b>39.11</b>	<b>5.59</b>

# Number of Times Phone was Picked Up

Grade	Avg. Pickups	Daily
12	740.68	105.81
11	840.27	120.04
10	581.33	83.05
9	589.08	84.15

## Social Media and Youtube Usage

Grade	Avg. Facebook	Daily	Avg. Instagram	Daily
12	0.67	0.10	6.52	0.93
11	0.55	0.08	10.86	1.55
10	0.98	0.14	7.93	1.13

Grade	Avg. SnapChat	Daily	Avg. Youtube	Daily
12	1.04	0.15	5.73	0.82
11	1.74	0.25	8.85	1.26
10	1.57	0.22	10.83	1.55

# Conclusion

