



## Topics Covered

- Information about the social media platforms and games children are using
- Privacy settings
- Best practices for safe and responsible social media and online gaming use
- Information about what an online reputation is and how we can protect it
- Technology use and mental health
- Helping kids make real intimate connections with family and peers
- Setting good examples with technology use
- Limits and Boundaries

## Safe and Responsible Technology Use

The overuse of technology has become a major area of concern within our society. It has become a topic of debate for everyone from parents and educators to social scientists and politicians. Whether one is for or against the widespread use of digital technology, the fact remains that it has become an important source of socialization for our children as well as an essential form of communication. Children and parents may not realize the impact that technology use can have on mental health. New research suggests that large amounts of time spent on social media and video games can increase symptoms of depression and anxiety. Current research also shows that adolescents are spending about seven and half hours per day online, and adults are spending nine and half hours per day. We are all at risk of the negative consequences of excessive technology use.

Parents may feel at a loss as to how to handle this new and sometimes overwhelming world that we find ourselves in. They may feel that they cannot keep up with the technology that their kids are using, or that involvement in their children's lives on social media and online gaming is somehow an invasion of their privacy. These feelings are natural and understandable, but children need guidance and supervision on their devices just like in every other aspect of their lives. Education and knowledge about these technologies and their impact on mental health is more important than ever. This presentation aims to provide a foundation for parents that will help them better navigate these technologies that they and their children spend so much time on.