



Learning with Technology: Supporting Education at Home

DON'T DOUBT:
Digital Media Can Help Your Kid Learn!



School



Friends



Home

Our Approach



Proactive- empower young people to use powerful technologies confidently and wisely.

Not Fear-Based- help young people learn how to harness the power of digital technologies in positive ways that promote responsible use.

Behavior Focused- It's about neurology, not technology. We love lessons that can be conducted even without technology because they reaffirm our belief the digital citizenship is about basic behaviors... like being nice.

School



Tech Types: What are we using for school?

Tablets

Laptops / Chromebooks

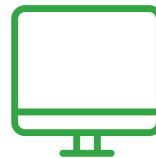
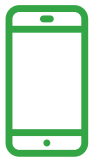
Grade Monitoring / Checking

Teacher Website

Google Drive

Teacher/Parent
Communication Tool

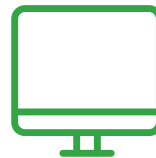
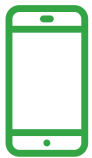
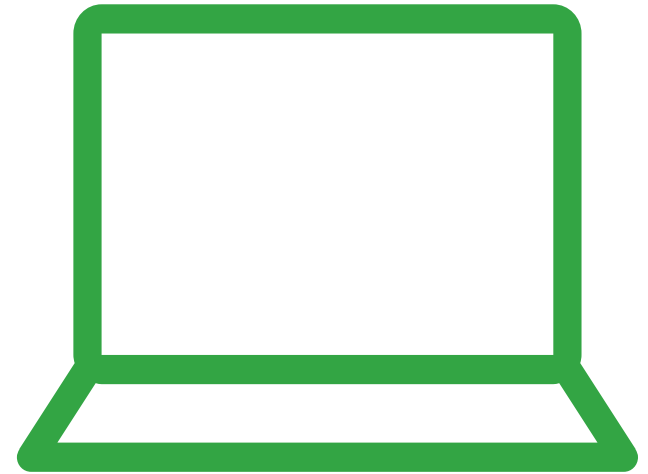
Learning Apps
And Sites



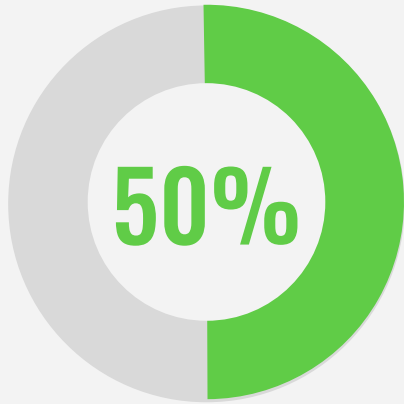
What are we using for school?

Chromebooks

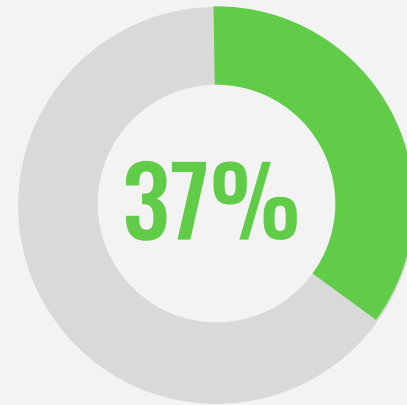
- Powered by Google
- Ease of use
- Security and administration tools
- Price



Tech Use in Schools



of classrooms use a digital device every day



of schools say they have an average of one device per every student

58% of mobile devices in schools are Chromebooks

19% of devices in schools are iPads and Mac laptops

Deloitte, 2016; Futuresource, 2017; COSN Infrastructure Survey, 2016

Tech Terms Decoded

1-to-1

Each student gets one device. This typically means tablets or laptops.

BYOD

Bring your own device. Some schools let students bring in laptops, tablets, and phones to use in the classroom.

CMS

Course management system. Usually a program that manages homework submission and resource access and helps with scheduling.

LMS

Learning management system. Usually a program that tracks, delivers, and generates reports about student learning.

Blended learning

Combination of online and classroom learning, and students have some control over various elements.

Old School/New School: Room for Both

Collaboration



Google Docs

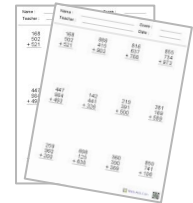


Word Processing

Skill Practice



Prodigy
Math Game

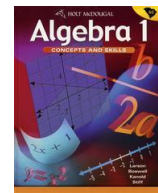


Worksheets

Conceptual Understanding



DragonBox Algebra



Textbook

How to Be Cool with School Tools: Asking the Right Questions

PURPOSE

ACCESS

TIMELINE

HINTS AND HELP

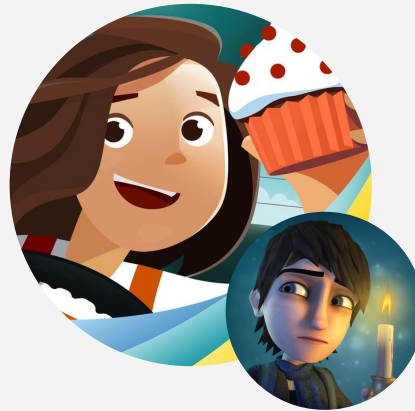
PRIVACY

Tech Tools Can Target Specific Needs

For Kids with
Special Needs,
Including
Giftedness



For Kids
with Low
Motivation



For
English-Language
Learners



For Kids with Special Needs, Including Giftedness

Social Detective

Newsela

Crack the Books

Forest: Stay focused,
be present



For Kids with Low Motivation

Motion Math: Cupcake
Weirdwood Manor



For English-Language Learners

Lingokids

MamaLingua

Memrise

Farfaria Storybooks



Screens, Screens Everywhere

1

Find quality
content

2

Minimize
multitasking

3

Strive for
balance

5

Dedicate device-free
times and zones

4

Be a
role model



MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.

DIGITAL CITIZENSHIP | GRADE 11

Can Media Be Addictive?





Media balance



Using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.)



CHILD MIND[®]
INSTITUTE



common
sense[®]

Social Media, Gaming & Mental Health

Big Picture: What's Happening With Teens' Mental Health?

Causes vs. Correlations: Lack of Clarity

1

Overall statistics

Between 13 and 20% of children in the U.S. experience a mental disorder in a given year.

2

Increase in depression

There was a 33% increase in the number of eighth- to 12th-graders who had high levels of depressive symptoms from 2010–2015.

3

Suicide Rate

Suicide is the second leading cause of death of people age 15–24.

4

Some Research Links to Social Media

Teens who spent 5+ hours on devices were 66% more likely to have at least one suicide-related outcome.

5

On the other hand ...

Other researchers say that data actually shows that social media only explains .36% of depressive symptoms.

6

So many variables

Because there are so many variables and the connections between causes and outcomes are unclear, we don't have a lot of clear answers.

Twenge, et al., 2017; Kessler, et al., 2005; CDC, 2017

What We Know for Sure



How much they use matters

Teens who use the most digital media are the most unhappy.



What they're using it for matters.

Teens who use social media passively or only to get likes and follows have the most negative outcomes.



Other factors might matter more.

Overall media balance, sleep, general health, and other factors play a huge role in mental health.

Brain Development: What Are They Thinking?

The Teenage Brain

- ✓ Prefrontal cortex helps us think ahead, see consequences, and make decisions.
- ✓ Teens' prefrontal cortex isn't finished developing.
- ✓ They see situations as absolute truths that will last forever.
- ✓ Tweens develop meta-cognitive abilities and awareness of others' opinions of them.



Bottom Line:

*A teen's brain is evolving,
so risk-taking,
poor decision-making,
awareness of peer approval,
and absolute thinking increase.*

The Multitasking Myth and Mental Health

- Switching between two tasks rapidly is known to decrease performance.
- Teens are usually better at switching between two tasks but it still tires the brain and performance drops.
- Hippocampus impacted (learning and memory) when brain of rats stimulated by multiple screens. Took mice 3x as long to learn a maze, and brain changes remained.
- Balancing screen use for school and home can be hard to manage and can lead to more multitasking.
- If performance decreases, it can cause depression.

Christakis and Ramirez, et al., 2012

More Pressure = Less Sleep

- 60% of adolescents view phones within the hour before bedtime.
- According to a 2015 CDC study, 73% of teens (across 30 states) and 58% of middle schoolers (across nine states) don't get enough sleep.
- Devices (like phones) with blue light can reduce quality of kids' sleep even more than for adults.
- Lack of sleep can significantly impact mental health.

CDC, 2015; Hysing, et al., 2015

Effects of On-call Communication and Never-ending Notifications

I have to know what's going on or I'll have FOMO.

If I don't keep tabs on what's happening on social media, I'll be left out so sometimes I stay up really late.

If I don't keep up, I'll miss out or be replaced.

If I don't respond to a text or keep up a Snapstreak, I'm letting my friends down so I multitask while doing homework.

I have to keep checking for better or worse.

My notifications might make me feel good or bad, but I have to know either way.

How To Help

Know that the pressure feels real, so lead with empathy.

"I bet sometimes it feels hard to keep up with all of this."

Encourage your teen to limit notifications.

"Let's take a look in your settings and see if we can adjust how urgent it seems."

Take a break.

Even a short break can give some relief.

Set limits to help your kid contain demands for communication.

"As a family, we're not using phones at the table or in bed."

Be a strong role model for healthy behavior.

"It's hard for me, too. Maybe we can help each other."



Drama

Between being left out, cyberbullying, and significant others, social media can be stressful.

Effects of Meanness, Embarrassment, and Fear of Rejection

I can't face the mean comments.

If I see one more mean comment, I don't know how I can go to school and face everyone.

I'm all alone against the world.

If my friends are sending around embarrassing pictures of me, who can I trust?

I have to send that sexy picture.

If I don't tell him my passwords or send that picture, he won't like me anymore.

How To Help

Stay engaged, empathic, and encouraging.

"I'm right here with you, and I know this is hard."

Help teens think through potential consequences of posting and sharing.

"How do you think she'll feel if that picture gets around school?"

Collect evidence, block, report, and involve institutions when necessary.

Encourage teens to be upstanders and create a positive online culture.

"I know it might feel scary, but I'll bet she'd like someone to have her back."



Isolation

Sometimes being in the digital world feels easier than being face-to-face and strangers feel safer than friends.

Effects of Being Online to Exclusion of Everything Else

It's easier to have relationships online.

Real-life relationships are too hard, so I'd rather chat with online friends.

Online gaming is my escape from everything.

I feel accomplished and cool in-game, and I don't have to think about how I'm feeling.

There's no way back, so I give up.

I've already screwed up my grades, and my parents are mad at me, so I might as well just stay online alone.

How To Help

Address underlying causes before taking away devices completely.

"I notice that you prefer to just stay in your room lately, and I'm curious about why that is. What's going on?"

Keep devices out of private spaces.

"We're all going to charge our phones in the living room at night so we can get better sleep."

Remind teens that online friends are different from face-to-face friends.

"I believe your online friends are real friends, and also to really know a person, you need to see them face-to-face."

Bring time online back into overall balance.

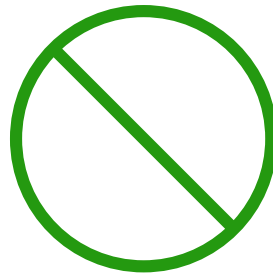
"As a family we're going to set some limits around when and where we use devices."



Treading Carefully With Teens



Judge



**Jump to
Conclusions**



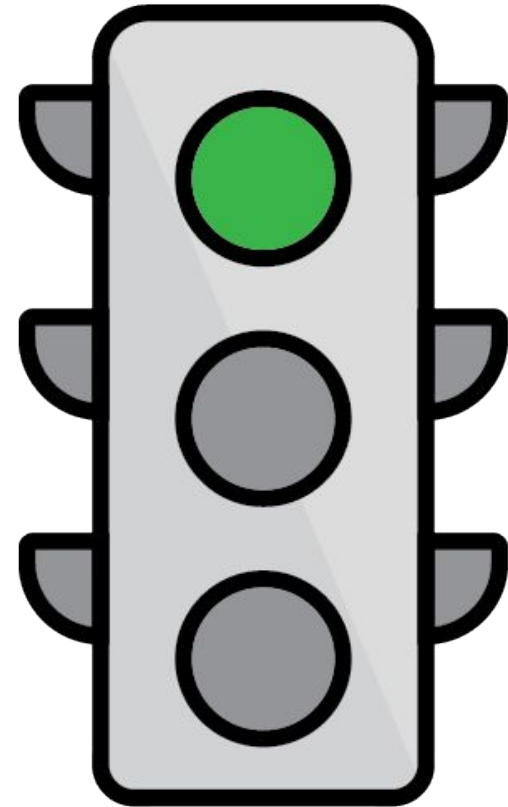
**Jump into
Action**

Worst-Case Warning Signs: What to look for and what to do

Time to Watch

Typical Tween/Teen Development:

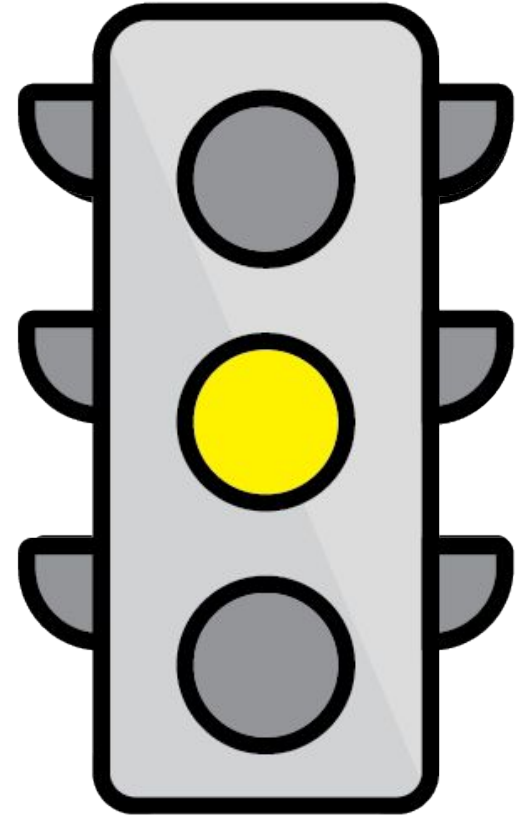
- Popularity and pecking order
- Growing independence and distancing from family
- Concern about appearance, especially in the eyes of peers
- Strong and swinging emotions
- Exploration of sexuality
- Trying on different identities
- Lack of consideration for consequences



Time to Ask

Changes in behavior, achievement, contact with friends:

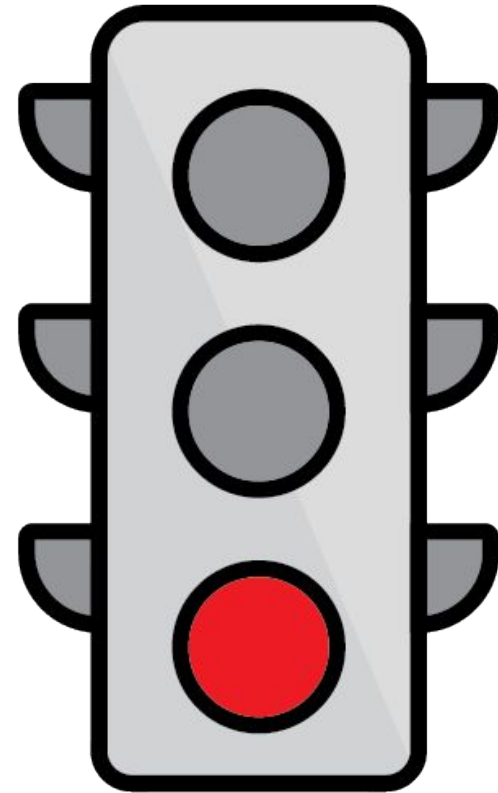
- Anxious and on edge after being online
- More irritable and prone to emotional outbursts
- Secretive in general and about time online, hiding the screen, glued to phone
- Withdrawn and wanting to be alone more than usual



Time to Get help

Clear warning signs:

- Self-harm
- Suicidal thoughts/ideation
- Increased withdrawal
- Grades dropping
- Sleeping and eating changes
- Increased crying
- Hidden depression/anxiety



Other Ways to Gauge



HEADSS

Mental Health Pain Scale:

- Like the 1–10 pain scale used by doctors but for mental health
- Can be easy shorthand for you and your teen
- Anywhere on the scale from 5–10 is time to intervene

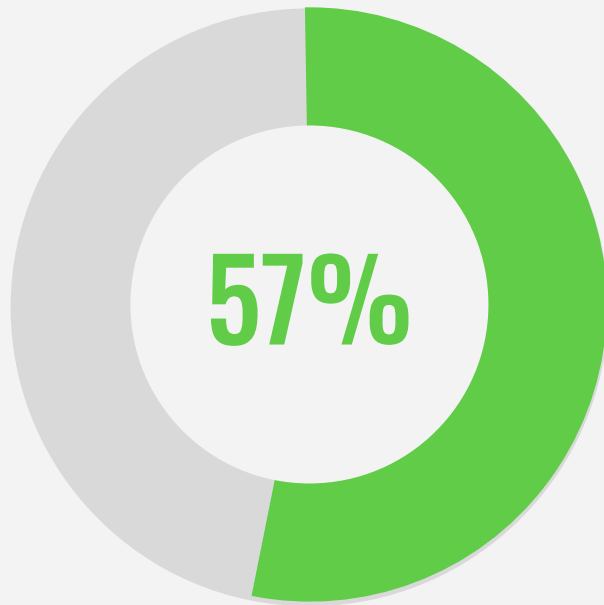
HEADSS Assessment

- Home
- Education
- Activities
- Drugs
- Sexuality
- Suicide/Depression

Potential Positives: What's the good news?

Myth or Truth?

Social media alienates teens.



Myth!

57 percent of all teens have made new friends online.

68%

Of teen social media users have had online friends support them through tough or challenging times.

84%

Of boys who play networked games with friends feel more connected when they play online.

70%

of teens use social media multiple times each day.

Over 70%

of teens don't feel better or worse after social media use.

25%

of teens feel less lonely after social media use.

16%

of teens feel less depressed after social media use.

12%

of teens feel less anxious after social media use.

18%

of teens feel better about themselves after social media use.

The Sunny Side of the Street

- Teens can connect, find their people, and feel *less* isolated.
- Both social media and gaming offer opportunities to be creative critical thinkers and build 21st century skills.
- When used in balance -- and together -- both social media and digital games can help families connect.

Be There and Show You Care!



Get Involved
Stay Involved
See What They See
Find The Fun

YOU GOT THIS!



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Thank You!

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