

# NAVIGATING SCREEN TIME: What to Know and Consider

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### YOUTH EASTSIDE SERVICES



YOUTH & FAMILY
MENTAL HEALTH COUNSELING

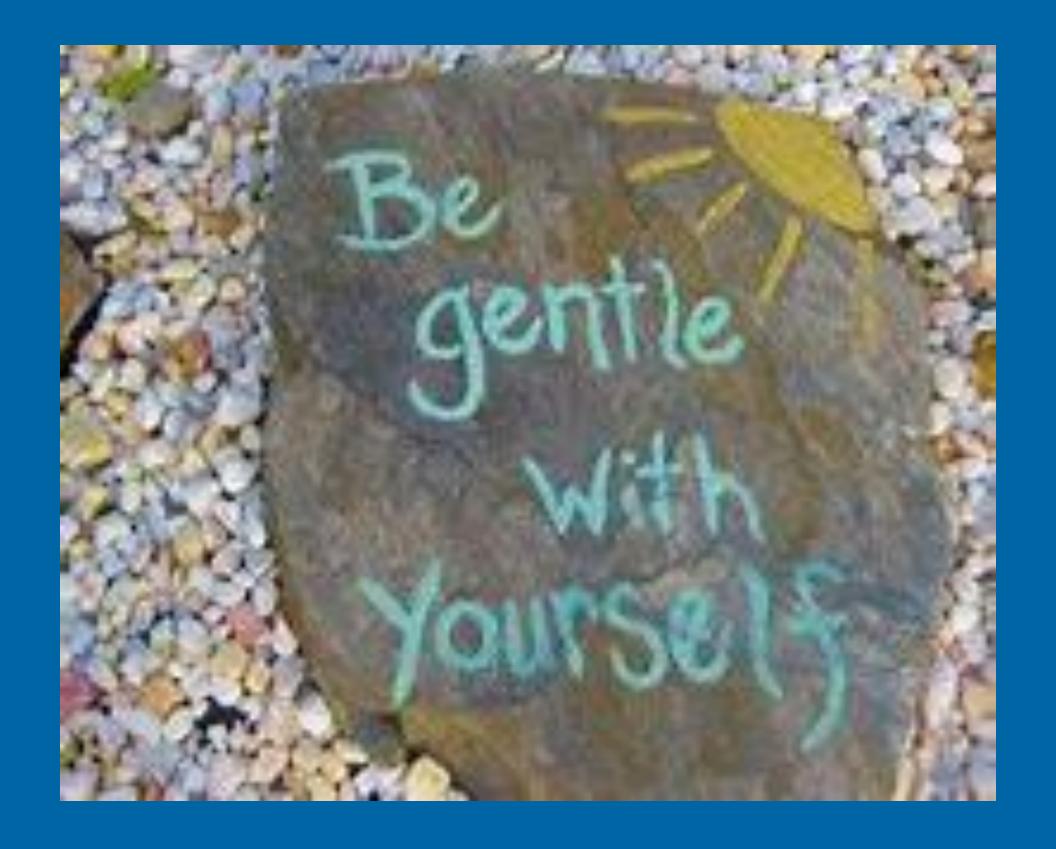


SUBSTANCE USE & CO-OCCURRING
DISORDER COUNSELING



COMMUNITY EDUCATION & PREVENTION PROGRAMS

If you hear only one message tonight, let it be this:



## A CONFLUENCE OF FACTORS

Adolescent Development

Digital Life

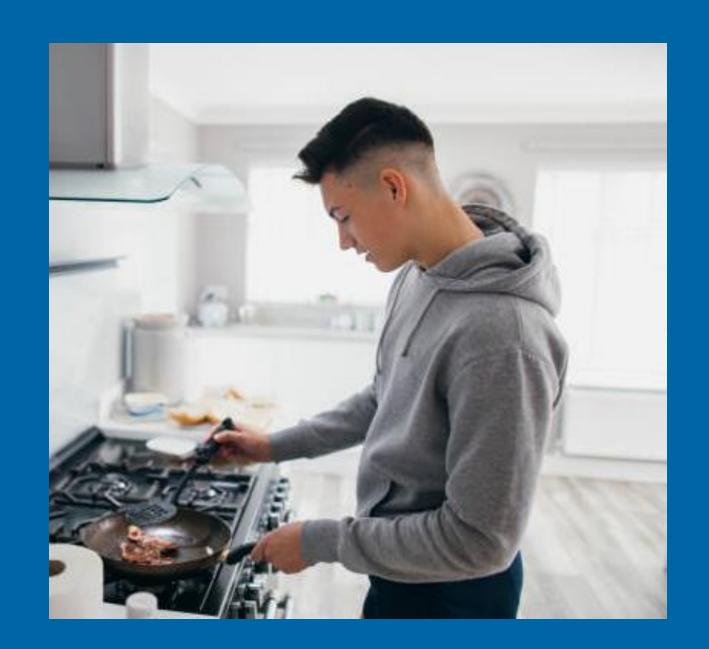
Covid



#### DEVELOPMENTAL TASKS



Identity Development



Autonomy

# WHAT SUPPORTS POSITIVE DEVELOPMENT?

Supportive Adult Connection

At Least One Friend

Positive Community Norms

Good Coping Skills

## TECH: BEST THING EVER OR THE WORLD'S GREATEST EVIL?



What we can say for sure:

Tech is here to stay

Let's learn to optimize opportunities & minimize risks

#### OPTIMIZING OPPORTUNITY



Community

Access to Supports





Learning

#### MINIMIZING RISK

Privacy Concerns





Unhealthy
Coping Skills

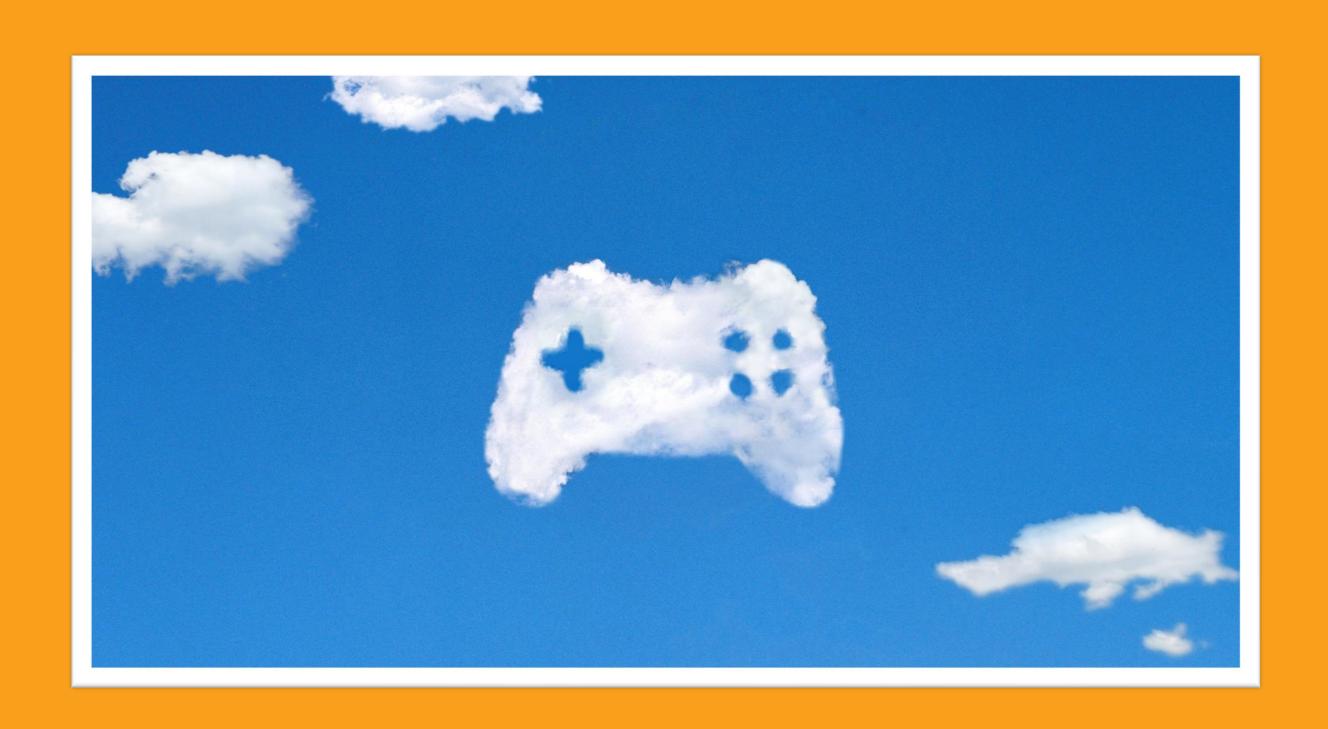
Harmful Social Interactions





Exposure to Concerning Content

## WHAT ABOUT GAMING?



#### HOW DO WE DO THIS?

#### Family Media Plan

#### Customize this greet for your family:

Each heading is hotowed by avariable or suggestions. Check those force that apply to your additional information that is specific to your family.

#### Customize for each shill.

Bono of these terms will apply to your whole family & others may apply to only certain orbits name for those terms that are appects to time or fee:

Cores back often throughout the year to update your family plan. He for westerds or waste

Make a Plan





Be a Role Model

Strike a Balance

#### RESOURCES





# thank you

