

Technology and the Impact on ALL of Us

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Resource List

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General Resources:

- **[Every Moment Holy](#)**, Douglas McKelvey (2020). Excerpts read from: *A Liturgy for Those Flooded by Too Much Information*.
- **Jean Twenge, Ph.D. Research on Adolescent Well-Being**
 - [iGen: Why Todays Super Connected Kids are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood—and What That Means for the Rest of Us](#). Twenge, J.M. (2018).
 - Twenge, J. M., Martin, G. N., & Campbell, W. K. (2018, January 22). [Decreases in Psychological Well-Being Among American Adolescents After 2012 and Links to Screen Time During the Rise of Smartphone Technology](#). *Emotion*. Advance online publication.
- **Resources on Flow:**
 - “The key finding, though, was that flow—but not mindfulness —made a significant difference in well-being. People who experienced high levels flow showed little or no association between quarantine length and low scores in the domain of well-being.” _ Perry, S.K. (2020). [Can You Access the Joy and Benefits of Flow in Lockdown?](#) _ Sweeny, K., Rankin, K., Cheng, X., Hou, L., Long, F., Meng, Y., ... Zhang, W. (2020, March 26). [Flow in the Time of COVID-19: Findings from China](#).
- **Zoom Fatigue and Vicarious Trauma:**
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 - This is a helpful article explaining [zoom fatigue and vicarious trauma/overload](#) from the constant news updates. The article also makes sound recommendations for how to cope effectively with these kinds of stressors.
 - A brief discussion of vicarious [trauma in the black community](#) due to news events.
- **Resources available through Tech on Racial Awareness and Reconciliation**
 - Rolling Hills Community Church has compiled a wonderful [list of resources](#) to further build cultural competency, race and privilege awareness, and help develop racial reconciliation.
 - [Embrace Race](#): Raising a generation of children who are thoughtful and informed about race

- [RESilience](#): Uplifting youth through healthy communication about race
- **Adolescent Development and Technology:**
 - Renowned psychologist Lisa Damour, PhD, has practical and meaningful resources on adolescent development, stress and coping, and building healthy relationships with your kids.
 - Her [website](#) has some other great articles - including how to cope when your teen doesn't want to socially distance
 - Here is a great [article](#) on the importance of making space for our teens harder feelings. A significant part of development is learning how to tolerate difficult feelings. Uncomfortable feelings – sadness, anger, worry – are not bad and do not need to be “fixed.”
 - [Grown and Flown](#) is a conglomerate of expert articles, parent advice, and articles written by teens themselves. They talk about a wide range of topics related to parents and teens effectively working through the transition years as teens head into adulthood.
 - [Impact of sleep, exercise, and screens on predicting teen health.](#)
 - [Importance of Parental Modeling of Screen usage.](#)
 - Check out the hashtag [#usetechforgood](#) and then read up on incredible ways youth and young adults are using tech to encourage others, build relationships, and share knowledge

Technology Resources and Management:

- [Cyberwise.org](#) is an excellent resource for all sorts of advice and guidance around tech use and young people. They also have several articles specific to tech and the COVID 19 pandemic.
- [Cybercivics](#) is an award-winning curriculum offering free classes on cyber citizenship during the COVID 19 pandemic. These classes are ways for parents and teens to learn how to use technology in effective ways while building awareness of the risks (such as cyber bullying). This website also has tools available for developing a technology agreement. These kinds of agreements can clarify expectations, boundaries, etc. around technology. Having set guidelines that (hopefully) parents and teens collaborated on will clear up communication and help reduce arguments about tech.
- This [article has some great straight forward advice](#) about managing teens time on their phones.

Most programs don't do it all well. Usually you must choose between Time limits and Content filters. Features that can be monitored:

- Schedules (when device has access and when the apps disappear)



- Time Allowance (usage up to a certain amount of time)
- App Rules (customize which apps are blocked when)
- Content filters web (blocks search terms or certain websites)
- Content filters other (deleted content, texting, Facebook/Instagram, photos)
- Others: Geofencing, Panic Button,

General recommendations on engaging native parental controls on iPhone:

- [How to Use Apple's Screen Time on iPhone or iPad](#). PC Mag. (2020)
- Figure out how to have a password that is hard to break. Use the same password across all your content filters so it is easy to remember. Generally, you will do better if the password has some meaning specific to the purpose so you can keep your monitoring password different from other family passwords (e.g., banking, etc.).
- Turn [Parental Control Restrictions](#) on the iPhone
- Restrict ability to install and delete apps as well as make In-App purchases.
- You can also take advantage of [Family Accounts](#) to give your older teen their own access but requiring them to ask permission for app installation, etc. But be aware about the setup of your account or purchases from your adult account can be accessed on child accounts.

Easy way to manually check usage on iPhone:

- Settings>Battery>Scroll down to Battery Usage.
- Click on the "clock" icon. Allows you to see real time spent broken down by apps for the last 24 hours and last week.

Specific Recommendations for Monitoring

Good [article reviewing various content filtering](#) (less applicable for time usage): iPhone:

- Our Pact (www.ourpact.com). Best for time limits and ease of use.
- Family Time (www.familytime.io) Robust for content filters, fences, etc.
- Teen Safe. www.teensafe.com No frills monitoring through your iCloud account that can view deleted content or hidden apps. Includes some hard to monitor social media apps.

PCs/iMacs/General content across devices (not as user friendly for iPhone):

- Qustodio. (www.qustodio.com)

Xbox One Parental controls:

- Time limits done through a general Microsoft account website on the computer:
- <https://account.microsoft.com/account/manage-my-account>
- Set up article: <https://www.maketecheasier.com/limit-screen-time-xbox-one/>