Smart Phones, Social Media and Screen Time: What Parents Need to Know

"Recent research has found that smartphones may be making kids more <u>depressed</u>, social media may cause increased <u>anxiety</u>, and there is a possible connection between gaming and <u>lower grades</u>. But kids' device use shows no sign of slowing: 45 percent of teens say they are online nearly constantly, and mobile device time for children under 9 has tripled in recent years to an average of 48 minutes per day." [1]

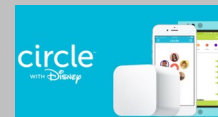## APPS TO KNOW

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MAPPEN   LIVE.ME   ASK.FM   MUSICAL.LY   WHISPER   WHATS APP

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SETTING PARENTAL CONTROLS

Setting restrictions on your child's phone can prevent them from being exposed to inappropriate content at an early age. Google "How to set-up parental controls for (device type)". A few easy steps can help safeguard your child from a world of danger.

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[1] Source: https://www.nbcnews.com/better/tech/how-much-screen-time-too-much-here-are-limits-10-ncna877136