

MANAGING SCREEN TIME

How Much Is Too Much?

Watch for signs that screen use is becoming a problem, such as:

- Your child complains about being bored or unhappy without access to technology.
- Oppositional behaviour when you set limits on screen time.
- Screen use is interfering with sleep, school or face-to-face interactions.
- Screen time is interfering with offline play, physical activities or socializing with friends and family.
- Negative emotions after interacting online, playing video games or while texting.

*Talk with your children if you have concerns about their use of technology. This includes listening to what they have to say. If you are still concerned, seek help from a health care professional such as your family doctor. **If your child is in crisis, take them to your local hospital.***

Where to Get Help:

CAMH Treatment Services for Problem Gambling, Gaming and Internet Use (16+)
416 535-8501, press 2

Children's Mental Health Ontario
www.kidsmentalhealth.ca

Peel Crisis Support (0-25 years)
416-410-8615
<http://everymind.ca/>

Kids Help Phone
1 800 668-6868
www.kidshelpphone.ca

Ontario Problem Gambling Helpline
www.problemgamblinghelpline.ca

ROCK (Reach Out for Kids)
24 hr Crisis Line (Halton)
905-878-9785
www.rockonline.ca/crisis

TextED.ca
An initiative of the Canadian Centre for Child Protection, this interactive website is designed to teach Canadian teens how to be safe, responsible and respectful users of texting technologies.
www.texted.ca

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.

Digital Literacy Skills Resources:

Common Sense Media (USA) www.commonsensemedia.org

- Information on technology use as well as a media guide for recent movies and games.

Media smarts (Canadian) www.mediasmarts.ca

- Canadian centre for digital and media literacy. Lots of material for parents, teachers and youth.

Internet Matters (UK) www.internetmatters.org/parental-controls

- This link provides step by step instructions to using parental controls. The website provides lots of resources on internet safety.

Smart, Safe, Social www.safesmartsocial.com

- Professional with website full of resources and material

Recommended Documentaries/ Resources:

CAMH

<http://www.camh.ca/-/media/files/youthfamilyinteractive-onlinebrochure-pdf.pdf>

<https://www.camh.ca/en/camh-news-and-stories/balancing-tech-use>

Childhood 2.0

<https://www.childhood2movie.com/>

The Social Dilemma

<https://www.netflix.com/title/81254224>

Parenting for a Digital Future: How Hopes and Fears About Technology Shape Children's Lives

https://www.youtube.com/watch?v=3yuN1j1Dd_o

Tweens, Teens, Tech and Mental Health: A Generation Coming of Age in Crisis

<https://www.youtube.com/watch?v=fk06Tp9irc8>

Dr. Michelle Ponti (CPRI) - Canadian Paediatric Society's Screen Use Recommendations

https://www.youtube.com/watch?v=sg_rcujaPj8

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Parental Controls:

Parental Controls

Parental controls help you manage your children's video game use, even when you are not around. www.esrb.org/tools-for-parents/parental-controls

Healthy Children – Media Use Plan

Create your personalized Family Media Plan that works within your family's values and busy lifestyles. <https://www.healthychildren.org/English/media/Pages/default.aspx>

Ratings - ESRB ratings provide information about what is in a video game or app so parents can make informed choices about which are right for their family.

<https://www.esrb.org/ratings/>

Recommended Parental Controls Apps

- Qustodio
- OpenDNSFamilyShield
- KidLogger
- SpyrixFree Keylogger
- Kaspersky Safe Kids
- Circle Home Plus (2nd Gen)

Online Tools for Mental Health Wellness:

Be Safe App (all ages) www.besafeapp.ca

Mind your Mind (14 to 29 years) www.mindyourmind.ca

Big White Wall (16+) www.togetherall.com

Beanbag Chat (16 to 29 years) www.beanbagchat.ca

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