

The number of cloudy, cold, and rainy days is increasing and our screen time is as well. Communicating with friends and family can be challenging, however, some are saying that they talk more to their distant friends and family now than ever before. How technology is used makes all the difference.



1

Is it ok for my kids to just sit and chat on Facetime or Zoom?

The good news is that they are most likely talking to someone they know using these tools, so that checks the first box. Having a “no locked doors” policy and keeping the technology within earshot helps. Listening to their laughter with their friends is good for us, too! It’s amazing how creative kids are getting online. We all know about the **TikTok craze** and kids are getting into **Escape Rooms, construction challenges** (who can build the tallest structure with spaghetti and small marshmallows?), or write a play, story, poem or song together! You can use **Teleparty** to **watch a movie** together or **create your own newscast** (like these island kids!). The best tool is to use it together when possible.



2

My teen is asking to start their own YouTube channel and I think they have a really great idea. Is it safe?

My teen is asking to start their own YouTube channel and I think they have a really great idea. Is it safe? First, congratulate yourself that they asked permission. This means your child understands that there are limits around their technology use. Next, it’s necessary to weigh out the pros and cons and see what is a good fit for your family. This is a really good outline of factors you can consider before taking the plunge or hitting the brakes:
<http://bit.ly/YouTube4MyKids>



3

It felt like we had a good plan in the beginning of this crazy time, but it’s slowly unraveling and I am worried about the next few months. Does social media and / or gaming cause addiction or depression?

This is such a loaded question. We’ve talked about how kids can use social media to connect with family and friends right now, but we know that this is a multi-faceted space and that you have a lot of questions. Here is a collection of articles on the specific topic of mental health: <http://bit.ly/6-8MentalHealth>



4

My teen puts their phone or screen down when I come near. I am torn between respecting their privacy and wanting to know what they are up to. Which way should I go?

Our number one job to our kids is parenting and sometimes that is uncomfortable. Since so much of our kids’ social life isn’t happening at school, on fields or at home in person, it is more important than ever to set expectations with your child around screens and this is a great place to start: <https://bit.ly/KeepChecking>



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Do you have any questions for our next issue? <http://bit.ly/Tech-TalkQuestions>

DID YOU MISS ISSUE #2?

HERE IT IS:

<https://bit.ly/TechTalk6-8Ed2>



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