



This packet contains handouts for
“Social Media and The Fight for Kids’ Attention”
Presented at Courage to Risk Conference
January 24 to 25, 2025

About Summit PAC:

At Summit we are committed to providing services to children, families and schools with integrity and excellence.

In Clinic: We help families and children develop skills to become independent in school and in life. We specialize in comprehensive Neuroeducational Evaluations and Individualized Support Plans that are developed through meaningful and targeted assessment and consultation. Our philosophy is to rule out differential diagnoses, identify an individual's strengths and areas of need and offer time, education and consultation with parents to help them best advocate for their child.

Contract Services: We provide contracted, licensed, special and related service providers to support local schools, school districts and special education population. We think and work creatively with educational institutions to meet their needs. We support educational institutions to maintain compliance with legally required assessments and student needs; Provide 'gap' coverage to alleviate the stress of employee shortages; Think creatively and problem-solve how to cover the school/district's needs; Take pressure off employees to increase longevity and job satisfaction. We support school-based professionals to work at the 'top of their license' to feel valued.

The presentation today: Is designed to initiate conversation and foster healthier screen habits for children and teenagers. With expert-driven insights based on our practice, we aim to equip parents, educators, and youth with some tools to navigate the challenges of media use in today's digital age.



Handout 1.

Questions to ask teens to begin a conversation about technology use.

- Walk me through how you typically use your phone in a day.
 - Are you on as soon as you wake up?
 - During class?
 - Just before falling asleep?
- How much time do you estimate you spend on your phone on an average day?
 - Do you feel that's too much, not enough, or just the right amount of time?
- Which apps, games or platforms are your favorite and why do you like them?
 - When you get on your favorite, what do you hope to get out of it?
- Do you feel you have a healthy relationship with technology and social media?
 - What does a healthy relationship look like to you?
- Do you feel you have fair and clear boundaries for screentime?
 - Are those limits something you can stick to?
 - Do you want to see some changes to the rules?
- Has there ever been a time when technology gets in the way of doing an activity you wanted to do.
- Do you ever feel like there's pressure from friends or people at school to be on your phone?
- Are there some people you know who don't use technology in the best ways?
- Is there anything about technology or social media you're worried about?
- Have you ever tried to reduce your screentime? What made you feel that way?
- Are you hopeful for your future? Why or why not?

Follow Summit Psychological Assessment & Consultation on Facebook for more tips!!



Handout 2.

How to have a healthier relationship with your phone.

- Start with a simple question “Do I really need to do this right now?”
- Take the “mobile” out of your mobile devices. Heading for a walk? Going to grab a coffee? Leave your phone behind or power it down.
- Schedule tiny tech breaks.
 - 10 – 15 min breaks,
 - take a walk,
 - close your eyes,
 - do a crossword puzzle, etc.
 - add tech breaks to your calendar.
- Don’t rely on willpower alone, set up the environment for success.
 - Use an alarm clock instead of your phone in the morning.
 - Appoint an accountability partner to point out when you are on the phone for a while.
 - Delete social media from your phone.
 - Keep apps out of sight by removing them from phones or most-used devices.
 - Leave the phone in another room.
 - Keep the phone out of the bedroom.
 - Turn off app notifications.
 - Remove all friends and followers unknown in real life.
- Make technology work for you and be intentional.

Summit PAC Evaluations

We specialize in evaluating, diagnosing and supporting:

- Autism Spectrum Disorder
- Learning Disabilities (reading, writing and math)
- Attention-Deficit/Hyperactivity Disorder
- Anxiety
- Brain Injury/Concussions
- Neurodevelopmental Disorders
- Executive Functioning Problems
- Gifted Evaluation
- Suspected Developmental Delays/Intellectual Disabilities



Handout 3.

When to consider asking for help

Parents should consider seeking help regarding their child's media use if they notice any of the following warning signs:

Behavioral Changes:

- Increased irritability, anxiety, or aggression when not using devices.
- Difficulty stopping screen time despite clear boundaries.
- Neglect of schoolwork, chores, or hobbies due to excessive screen use.

Excessive Time Spent on Screens:

- Spending significantly more time on screens than interacting with family or peers.
- Sleep disruption due to late-night screen use.
- Prioritizing screen time over meals, hygiene, or physical activity.

Academic or Social Decline:

- A noticeable drop in school performance.
- Withdrawal from friends or family interactions.
- Lack of interest in offline activities they once enjoyed.

Mental and Emotional Health:

- Signs of depression, anxiety, or low self-esteem linked to online interactions.
- Exposure to harmful content or cyberbullying.

Lack of Control Over Usage:

- Repeated failure to reduce screen time despite rules or attempts to limit it.
- Sneaking device use or hiding online activities.

When to Seek Professional Help:

If these issues persist despite parental efforts, it's time to consult professionals:

- **Pediatrician:** For advice on screen time and health effects.
- **Child Psychologist or Counselor:** To address emotional or behavioral concerns.
- **Family Therapist:** To work on household boundaries and communication.

Summit contracts Special Service Providers into school settings to support students, school teams and families.



Handout 4.

Tools and features available to help parents manage technology use and screen time for children across various devices and platforms.

The most common options:

Device-Level Controls

Smartphones & Tablets (iOS/Android)

- Screen Time (iOS): Allows parents to set daily time limits, schedule downtime, restrict specific apps, and monitor usage.
- Family Link (Android): Enables parents to set screen time limits, manage apps, lock devices remotely, and view activity reports.

Computers (Windows/Mac)

- Microsoft Family Safety: Offers screen time limits, content filters, and activity reports for Windows and Xbox devices.
- Mac Parental Controls: Lets parents set time limits, block inappropriate content, and control app access.

App-Level Controls

- YouTube Kids: Includes content filters, screen time limits, and the ability to block or report content.
- Netflix: Allows parents to create kid profiles, set maturity ratings, and use PIN protection for restricted content.
- Social Media (Instagram/TikTok): Both platforms offer screen time management tools, content filters, and options to restrict direct messages and interactions.

Router-Level Controls

- Parental Control Routers: Some routers offer parental controls that can block specific websites, set internet curfews, and monitor online activity across all devices connected to the network.

Third-Party Apps

- Qustodio: Monitors screen time, blocks apps, and provides detailed reports of your child's online activity.
- Norton Family: Offers web filtering, location tracking, and screen time management.



- Bark: Monitors social media, texts, and emails for signs of potential risks, and also provides screen time controls.

Gaming Consoles

- PlayStation/Xbox/Nintendo Switch: Each console has built-in parental controls that allow parents to set screen time limits, restrict purchases, and manage communication with other players.

Smart TVs and Streaming Devices

- Roku/Apple TV/Amazon Fire Stick: These devices offer parental controls to restrict content by age rating and set PINs for purchases.

General Tips

- Content Filtering: Use built-in browser filters (e.g., Google SafeSearch) or third-party apps to block inappropriate content.
- Setting Boundaries: Establish clear rules and schedules for technology use, such as no screens during meals or before bedtime.
- Modeling Behavior: Children often emulate adult behavior, so modeling balanced technology use is crucial.

Other resources

American Academy of Pediatrics - Family Media Plan – step by step guide to develop a media plan for the whole family

<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx#/>

Article from the American Psychological Association covering tips for parents on kids' social media use

<https://www.apa.org/topics/social-media-internet/social-media-literacy-teens>

If you have any questions about the services provided at Summit, please reach out to

Lupita Medina (Office Manager)

Email: summitpac@summitpac.net Phone: 719 235 7104

Dr. Bri Makofske

Email: bmakofske@summitpac.net

Dr. Rachel Toplis

Email rtoplis@summitpac.net



Summit PAC

At Summit we are dedicated to promoting an environment of awareness, respect and safety for all of the families and children we serve. We strive to foster an atmosphere of acceptance and inclusion in which all individuals from diverse backgrounds and with diverse perspectives and experiences are supported and welcomed. We actively encourage an inclusive culture that celebrates diversity.

Handout 5.

Ways to decrease social media use.

- Encourage mindful media use (not all content is created equally)
- Be aware of what is modeled in the home and school
- Keep apps out of sight by removing them from phones or most-used devices.
- Leave the phone in another room.
- Keep the phone out of the bedroom.
- Download apps that can limit the time spent on social media.
- Find a hobby that does not require the use of screens.
- Avoid taking the phone to family meals.
- Turn off app notifications.
- Remove all friends and followers unknown in real life.
- Ignore negative messages.
- Take frequent breaks from social media.
- Ask friends and family for help and support.



Handout 6.

Organizations advocate for children's safety and rights online.

These groups focus on various aspects, from preventing online abuse and exploitation to promoting digital literacy and privacy. Some prominent ones:

- UNICEF: The United Nations International Children's Emergency Fund advocates for children's rights globally, including their digital rights. They focus on creating a safe online environment for children.
- The National Center for Missing & Exploited Children (NCMEC): This U.S.-based organization provides resources and services to prevent child exploitation, including online safety education and a cyber tipline.
- Childnet International: A UK-based charity that works to make the internet a safe place for children. They offer resources for children, parents, and educators on how to stay safe online.
- Internet Watch Foundation (IWF): This organization works to remove and prevent online child sexual abuse content. They collaborate with tech companies, governments, and law enforcement.
- Common Sense Media: An organization that provides reviews and advice on media and technology for families. They focus on helping kids navigate the digital world safely.
- The CyberTipline: Managed by NCMEC, this service receives tips about potential child sexual exploitation and forwards them to law enforcement agencies for investigation.
- NetSafe: A New Zealand-based organization that promotes online safety and digital citizenship for children and young people.
- End Violence Against Children: A global partnership that works to end all forms of violence against children, including online exploitation and abuse.

These organizations are involved in policy advocacy, education, awareness campaigns, and providing direct support to children and families.



Laws looking to establish legal guardrails

Colorado law –

- Reasonable independence for kids. Aug 2020
- https://www.coloradopolitics.com/legislature/gov-jared-polis-signs-reasonable-independence-for-children-into-law/article_3579fe7a-b066-11ec-8f97-13254b436633.html

US Congress –

- Kids online safety act
- <https://www.congress.gov/bill/118th-congress/senate-bill/1409>
- Protecting Kids on Social Media Act
- https://www.congress.gov/bill/118th-congress/senate-bill/1291?utm_source=chatgpt.com
- Kids off Social Media Act
- https://www.congress.gov/bill/118th-congress/senate-bill/4213/text?utm_source=chatgpt.com



SUMMIT

Psychological Assessment
& Consultation

Dr. Briana Makofske
bmakofske@summitpac.net

Dr. Rachel Toplis
rtoplis@summitpac.net

<http://summitpac.net>



<http://summitpac.net> phone: 719 235 7104