

---

# CHILDREN & TECHNOLOGY

12-2-2022

ZOOM FAMILY LUNCH & LEARN

An abstract graphic on the right side of the slide, consisting of numerous overlapping, curved lines in shades of blue, green, yellow, and orange. The lines are arranged in a way that creates a sense of depth and movement, resembling a stylized globe or a complex network of connections.



# FULL DISCLOSURE

- I am not an expert on this topic!
- But it is a theme we are seeing more and more with students, staff, and families.



## LET'S TALK ABOUT DEVICES

- IPADS
- Laptops
- Phones
- Tablets
- Watches
- Computers
- XBOX
- Play Station
- Nintendo Switch
- Alexa
- Google Home



## LET'S TALK ABOUT SOCIAL MEDIA

- Facebook
- Youtube
- WhatsApp
- Facebook Messenger
- WeChat
- Instagram
- TikTok
- QQ
- Sina Weibo
- Qzone
- Reddit
- Kuaishou
- Snapchat
- Pinterest
- Twitter
- Douyin
- Telegram
- Quora
- LinkedIn
- Nextdoor
- Remind App

## GCS IMPORTANT APPS

- Remind: will keep you up to date on news from your teacher as well as the school
- GCS APP: it houses many apps:
  1. Here Comes the Bus App (track's your child's bus location and substitutions)
  2. PowerSchool (let's you check attendance and your child's grades)
  3. FaceBook ( see glimpse of what is going on within the school)
  4. Twitter (GCS tweets all of the time about everything)
  5. Notifications (you can pick multiple schools)
  6. Sports (schedules / standings for older students)
  7. K12 Payment Center (lunch money count, field trip payments)

# LET'S TALK ABOUT COMMON ACRONYMS

## Teenage Texting Abbreviations & Acronyms

VSF ----- Very sad face  
TIME ----- Tears in my eyes  
GG ----- Good game  
ONLY ----- Oh, really?  
AFAIK ----- As far as I know  
KFY ----- Kiss for you  
H8 ----- Hate  
RUOK ----- Are you okay?  
ATM ----- At the moment  
YGM ----- You get me  
MIRL ----- Meet in real life  
WB ----- Welcome back  
L8 ----- Late  
SYS ----- See you soon  
ILY / ILU ----- I love you  
MOS ----- Mom over shoulder  
WTH ----- What the h---  
ADN ----- Any day now  
IM ----- Instant message  
PLS or PLZ ----- Please  
LSR ----- Loser  
TMRW ----- Tomorrow  
YOLO ----- You only live once  
HW ----- Homework  
RAK --- Random act of kindness  
[www.Engdic.org](http://www.Engdic.org)

[www.Engdic.org](http://www.Engdic.org)

JK ----- Just kidding  
IDK ----- I don't know  
LMAO ----- Laughing my a-- off  
WTF ----- What the f---  
PAW ----- Parents are watching  
POS ----- Parents over shoulder  
TTYL ----- Talk to you later  
DM ----- Direct message  
FOMO ----- Fear of missing out  
LOL ----- Laugh out loud  
OIC ----- Oh I see  
SSDD --Same stuff, different day  
DWBH ---Don't worry, be happy  
P911 ----- Parent alert  
NAGI ----- Not a good idea  
GAL ----- Get a life  
TBC ----- To be continued  
IYKWIM-If you know what I mean  
THX ----- Thanks  
IU2U ----- It's up to you  
BRB ----- Be right back  
OMFG ----- Oh my f----- god  
FWIW ----- For what it's worth  
J4F ----- Just for fun  
GTG ----- Got to go; good to go  
[www.Engdic.org](http://www.Engdic.org)

---

# INSTANT GRATIFICATION: WHAT IS IT AND WHY IS IT A PROBLEM?

- In today's world, we're obsessed with constantly needing stimulation. Whether it comes from social media, watching Netflix or just playing video games. They're all part of the same problem.
- If you think about it, this is the first time in history we've had instant access to dopamine delivery systems as potent as our smartphones. In the past, you had to put in a lot more work before you got your reward.
- There're several issues that arise as a result of prioritizing instant over delayed gratification (Decreased attention span, Lack of focus, and Losing Interest in your passions).



## WHAT IS DOPAMINE?

- Dopamine is a chemical released in the brain that makes you feel good. Having the right amount of dopamine is important both for your body and your brain.
- Having low levels of dopamine can make you less motivated and excited about things. It's linked to some mental illnesses including depression, schizophrenia and psychosis.
- Having too much dopamine — or too much dopamine concentrated in some parts of the brain and not enough in other parts — is linked to being more competitive, aggressive and having poor impulse control. It can lead to conditions that include ADHD, binge eating, addiction and gambling.



# SOME NEGATIVE EFFECTS OF TECHNOLOGY ON CHILD DEVELOPMENT

- **Attention Span:** Because unlike an adult's brain, a child's brain is still developing, and as a result, malleable. When children are exposed to technology at high rates, their brain may adopt an internet approach to thinking – quickly scanning and processing multiple sources of information.
- **Coping skills:** although in the immediate handing over a cellphone or tablet may calm a raging preschooler, the American Academy of Pediatrics states that the distraction of mobile devices may negatively affect children's opportunity to learn how to self-soothe and regulate in those moments.
- **Increased Aggression:** Exposure to violence was found to make children and teens more likely to argue with peers or teachers, and less empathetic and impacted by actual violence.
- **Decreased Physical Activity:** Given the vast amount of time children are reportedly spending with technology now, this also means that active indoor or outdoor playtime has now largely been replaced by this sedentary activity.
- **Affects Emotional Development:** For young children, the impact may be felt as screen time replaces time previously devoted to play, peer interaction and exploration, which are thought to foster empathy, problem-solving skills, curiosity, intelligence, and listening skills.
- **Sleep deprivation:** A good night's sleep is also key to brain development. Research has shown that using blue light-emitting screen devices like smartphones before bedtime can disrupt sleep patterns by suppressing secretion of the hormone melatonin. Many students who stay up late texting are not only getting less shut-eye, but they're also lacking the deep REM sleep essential for processing and storing information from that day into memory.



# SOME POSITIVE EFFECTS OF TECHNOLOGY ON CHILD DEVELOPMENT

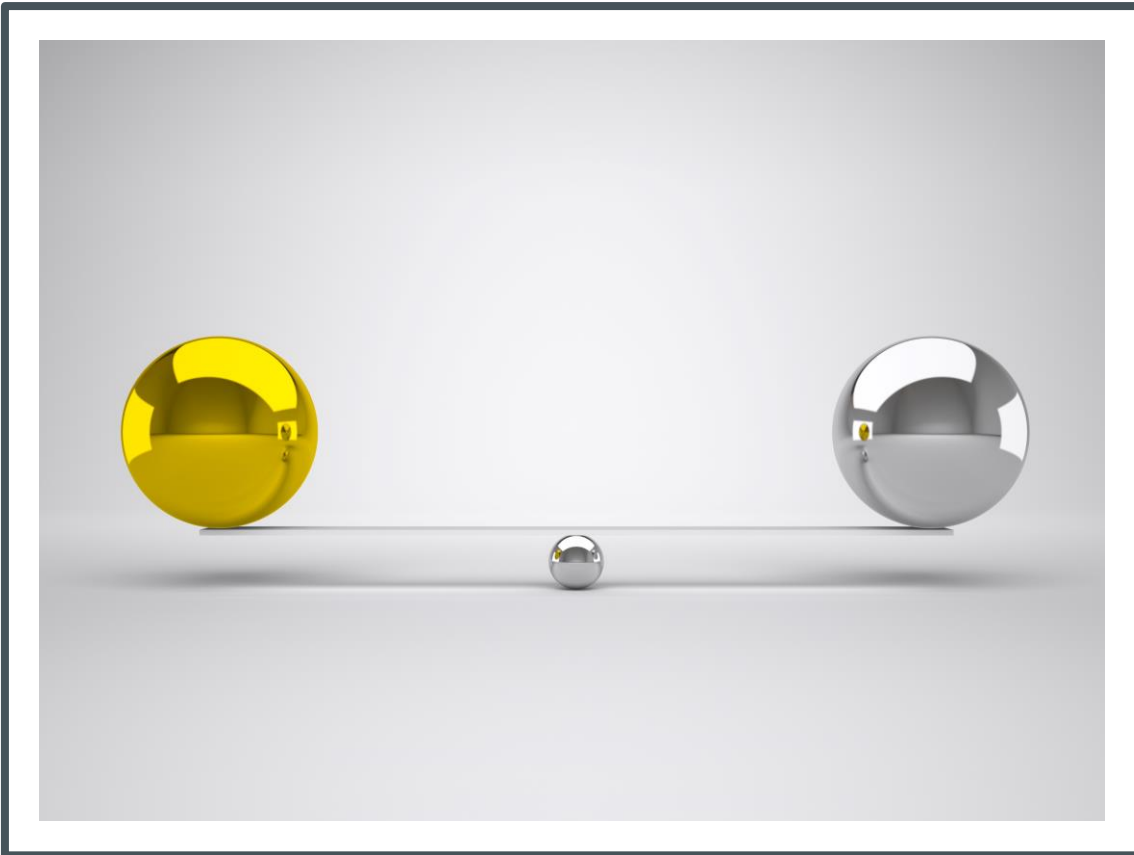
- **Helps Visual-Spatial:** general visual motor skills (tracking objects or visually searching for something) may improve with technology use.
- **Helps Multi-Tasking:** ability to multi-task that is brought on with technology use equips children with a necessary skill for modern adult life
- **Aids Learning:** Internet users flex their decision-making and problem-solving brain functions more frequently and are more likely to handle rapid cyber searches well. Technology may present the next wave of vocational training for students who may not thrive in traditional academic subjects.



## WHAT DOES THIS MEAN?

- We live in a world where technology is key. Everything is becoming digitalized from medical records to digital signatures. What does this mean for our kids?
- While it's important for children and teens to develop an aptitude for technology, after all, they will use computers their whole lives.

## WHAT CAN I DO AS A PARENT?



- Make sure to monitor your child's social media use and be aware of the types of websites they're visiting and the games they're playing online. Set up parental controls on computers, smartphones, and tablets to block inappropriate websites and apps.
- Parents should also understand that while parental controls are a good support, they are not 100% effective, therefore it is also very important to talk to your child about using the internet safely.
- It is all about balance!

# PARENTAL CONTROLS ON YOUR COMPUTER OPERATING SYSTEM

- Most computer systems offer easy to follow steps on setting up parental controls which are free to use. Here are links to some of the main providers:
- **Windows**  
Windows Parental Controls allows users to set limits on the amount of time spent on computers, the games users play and the programs they can access. To set these up go to [windows.microsoft.com/set-parental-control](https://windows.microsoft.com/set-parental-control)
- **Apple**  
Apple's Parental Controls filter can operate in 3 modes (unrestricted, automatic and whitelist). Ensure you choose the most appropriate filter for your child. For step-by-step info on how to set-up, see: <https://support.apple.com/en-ie/guide/mac-help/mtusr004/mac>
- **Chrome OS**  
For Chrome Book users, we recommend setting up **Supervised Users**. Supervised Users allows you to see what sites/pages the supervised user has viewed and also allows you to block sites you may not want Supervised Users to access. Find out how to set up Supervised Users here: [google.ie/safetycenter/families/](https://google.ie/safetycenter/families/)

---

# PARENTAL CONTROLS ON SMARTPHONES AND TABLETS

- Whether your child has access to an Android/Apple smartphone or tablet, parental controls are available across all these devices. You can turn off functions like in-app purchasing, social networks, app store access, camera access, Bluetooth and more.
- **Apple**  
You can use Restrictions to block or limit specific apps and features on your iPhone, iPad, or iPod touch, including access to explicit content in the iTunes Store. For more information on setting up restrictions on Apple devices go to [support.apple.com/](https://support.apple.com/)
- **Android**  
This useful guide from PC Advisor gives step by step information on setting up parental controls on Android devices: [pcadvisor.co.uk/how-to/](https://pcadvisor.co.uk/how-to/)
- **Google Play Store**  
For Android Phones, we also recommend putting in place controls on the Google Play store. You can turn on these controls to restrict the content someone can download or purchase from Google Play on your device.

# PARENTAL CONTROL ON VIDEO SITES

- **YouTube Safety Mode:**

YouTube have also recently introduced a free YouTube kids app which may also be worth considering for your child. Find out more about the new app here: [webwise.ie/parents/youtube-kids/](https://webwise.ie/parents/youtube-kids/)

- **Swipe TV**

RTÉ have a dedicated channel app which is a great source of video content for children including videos, games, TV shows and more. The app is suitable for primary level children. [rte.rte.ie/swipetv/](https://rte.rte.ie/swipetv/)

- **Netflix**

- You can control access to certain maturity levels of Netflix content from the [Your Account](#) page under [Manage Profiles](#).
- Netflix parental controls consist of four maturity levels:
- Little Kids – Watch movies and TV shows suitable for all ages.
- Older Kids – Watch movies and TV shows suitable for older kids.
- Teens – Watch movies and TV shows suitable for teens.
- Adults – Watch all movies and TV shows, including mature content.

---

# PARENTAL CONTROLS ON SEARCH ENGINES

- Search engines play a big part in what we look at online so it is important to help manage the types of content your child can come across when searching for something online. Most search engines have free controls in place to help parents.
- Google Safe Search: <https://support.google.com/>  
Bing: <http://www.bing.com/account>  
Yahoo: <http://help.yahoo.com/kb/SLN2247.html>



---

# PARENTAL CONTROLS ON YOUR INTERNET BROWSER

- Most internet browsers offer free restrictions to help manage what sites your child can access when online. Find out how to activate parental controls on the most popular internet browsers below.
- Google Chrome: [google.ie/safetycenter/families](https://google.ie/safetycenter/families)  
Safari: [support.apple.com/](https://support.apple.com/)  
Firefox: [support.mozilla.org/parental-controls](https://support.mozilla.org/parental-controls)  
Internet Explorer: [windows.microsoft.com/using-content-advisor](https://windows.microsoft.com/using-content-advisor)

# PARENTAL CONTROLS ON GAME CONSOLES

- In many households, gaming can be just as popular or even more popular than spending time online, so it is just as important to protect our children when gaming. The most popular consoles all offer free parental controls and easy step by step guides to setting them up.

**Xbox:** [xbox.com/en-IE/parental-controls](https://xbox.com/en-IE/parental-controls)

**PS4:** [playstation.com/parental-controls](https://playstation.com/parental-controls)

**PS3:** [playstation.com/playstation-3/](https://playstation.com/playstation-3/)

**Nintendo Wii:** [support.nintendo.com/parent](https://support.nintendo.com/parent)

**Nintendo DS:** [nintendo.com/parents](https://nintendo.com/parents)

**PSP:** [playstation.com/get-help/](https://playstation.com/get-help/)

# EVERYTHING IS ABOUT BALANCE.

FEED BACK LINK: [HTTPS://FORMS.GLE/RXCWAS7P5VVMHJM2E9](https://forms.gle/RXCWAS7P5VVMHJM2E9)

