

TECH ADDICTION

STATS & TIPS FOR PARENTS

There is so much to love about technology, but like everything in life, nothing is perfect. While the internet and social media might be important to your teen, as the following stats from a recent study show, they can also be addictive.

The average smartphone user spends almost **3 hours** a day on their phone.

**3
HOURS**

87%

87% of smartphone users check their phone within an hour of waking up.

67% of teachers report their students being distracted by phones.

67%

47%

47% of parents believe their child is addicted to their smartphone.

60% of teens would rather communicate with friends online than in person.

60%

46%

46% of parents report feeling addicted to their mobile devices.

Today's youth are often more tech-savvy than their parents. Young people, however, still need their parents to provide structure and set limits.

- ▶ If left on their own, many young people will spend hours and hours online. Have an open dialogue about how much time your child can spend with technology—and about how much time he/she feels is fair. *Know that you have the final say on this.*
- ▶ Have a rule that states everyone (including adults) must put their phone away during dinner and other family times.
- ▶ To ensure your student gets a good night's sleep, encourage your teen to turn off all devices an hour before bed. You might also consider requiring that his/her phone be put in another room to charge – to take away the temptation of using it late at night.
- ▶ There are apps that can help curb phone use by blocking distracting apps, tracking phone usage, or even locking a person's phone for a set amount of time. Examples include **Offtime**, **Moment**, **BreakFree**, and **Flipd**.

Expect resistance.

Imposing technology limits on teens is often met with resistance—sometimes a great deal of resistance. This resistance can take a variety of forms. It can be loud, screaming “tantrums,” the silent treatment, or emotionally manipulative/guilt provoking statements such as “none of my friends’ parents are doing this.”

No matter how angry your child is, you don't need to react. Eventually the display of anger will stop, but only when your teen realizes that calm conversation works better.