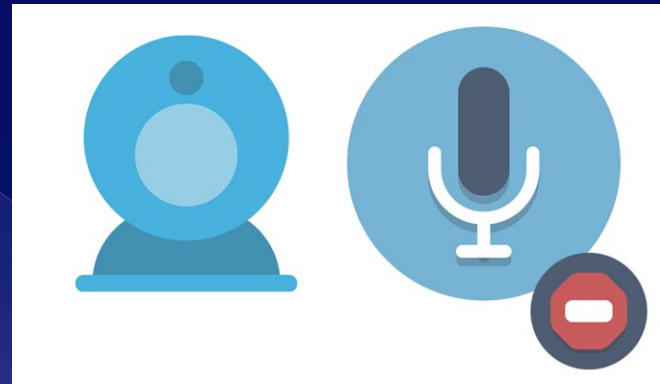# Managing Screen Time, Social Media and Gaming
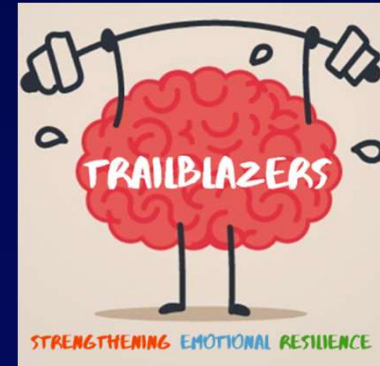
Lizzie and Ellie
Haringey MHST

Before we start

- Please can you mute your microphones and switch your cameras off as we are recording this webinar

- We will provide the slides and notes after the session

Introduction

- We work in the Haringey Trailblazer Team

- Working in Haringey schools offering evidence based interventions for children, young people and families

What we will cover

- Brief overview to current research
- Effects of screens, social media and gaming on mental health
- General guidance and ideas
- Strategies and specific tips
- When is there a problem?
- Activity and discussion
- Resources

Background

- Average of 2 hours of online screen-time a day before the pandemic [2]. 49% children spending over 6 hours a day online since pandemic [6]

- Over half of children use Social Media [6]. By Adolescence 97% use Social Media [11]

- 93% of UK children aged 10-16 play video games [1]

- ¾ of 8-11 year olds who game, spend 10 hours per week doing so. For 12-15 year olds this average increase to 13 ¾ hours a week. [2]

TIK TOK

Research on the Impact of Gaming

- Social communication, attention and problem-solving skills. [4]

- Benefits for psychological wellbeing. [3]

- Links between violent video games and aggressive behaviour [1]

- Negative impact on physical health, mental health and behaviour. [12, 13, 14]

Social Media and Mood

- UK teens perceive threats of social media 'addiction', cyberbullying and mood disorders [7]

- Mixed evidence, negative mental health outcomes as well as benefits [8,9]

General guidance

Start with a family meeting

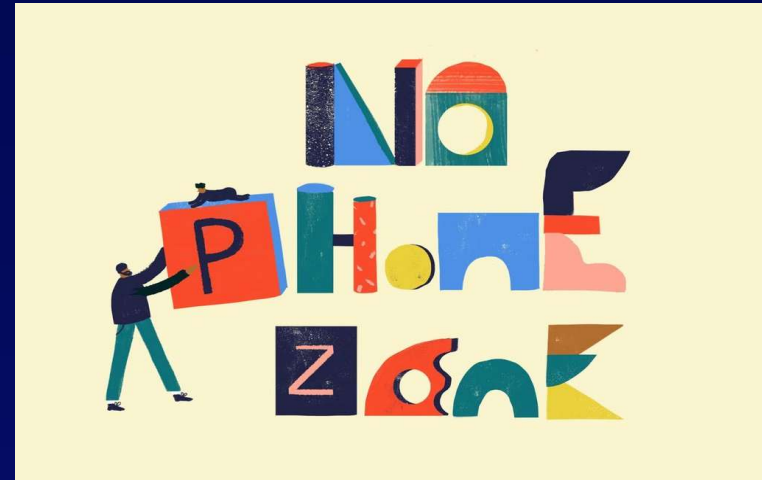- **Find the right balance of activities**

- **Model healthy behaviour**

- **Communication is key**

- **Prioritise safety**

- **Location**

- **And finally... do what feels best for you and your family**

Strategies and Tips

Positive approach to dealing with screens

- We suggest to reduce the screen time gradually

- For example reducing by 10mins each week

Clear instructions
> Count down/ warnings
> Transitioning out of 'game time'

- Consequences

- Consistency

REMEMBER: PLAY
From: Ask About Games

- • **P** – Play with your kids. Discover amazing games and understand what they play and why.

- • L – Learn about family controls for your console.

- • A – Ask what your kids think. Discuss ground rules before setting restrictions.

- • Y – You're in charge. Set restrictions that work for your family

When is there a problem?

Here are some signs that there might be a problem

- Constantly thinking about or wanting to play the game
- Feeling irritable and restless (fidgety) when not playing
- Underreporting or lying about how much time you've spent playing or playing in secret (such as in the middle of the night)
- Tiredness, headaches or hand pain from too much screen time and use of controllers

- Not wanting to pay attention to things like your personal hygiene (e.g., washing) or eating

- Not seeing friends as often or doing other things they used to enjoy doing as all their time is spent gaming

- Not wanting to go to school so that they can game

Further Support

- Contacting your GP
- Contacting your school
- Difficulties with boundaries and behaviour for primary age
  - offer of 6-8 sessions with one of our Practitioners please contact your school for more information

Useful Resources

- Childline: Bullying and Cyberbullying (www.childline.org.uk)
  - ①Practical Tips for Kids ② Advice for Parents ③ Advice for Bullies ④ Phone Services
  - 'Bullying on Social Media' walkthrough on reporting and blocking
- Childnet International: Parents and Carers (www.childnet.com)
  - ①Practical Tips for Kids ② Advice for Parents ③ Practical Resources for Parents
  - 'Parent's and Carer's Toolkit' documents on approaches to Social Media
- Ask About Games: Family Controls (www.askaboutgames.com)
  - ①Advice for Parents ② Reviews of different games
  - 'Setting Up Family Controls To Work For You' walkthrough on setting limits on consoles
- Child Exploitation and Online Protection Command (ceop.police.uk)
  - ① Police service for online grooming and abuse

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