Families Managing Media empowers parents to confidently develop a healthy digital media lifestyle. Focusing on the connection between brain development and childhood media use, we provide practical solutions to reclaim kids and reconnect families in today's digital world.

EDUCATIONAL SEMINARS & SOLUTIONS
PARENTS • TEACHERS • COMMUNITIES

FamiliesManagingMedia.com

WARNING SIGNS for Childhood Screen Addiction

• Only thing that puts them in a good mood
• Unhappy when forced to unplug
• Screen use is increasing over time
• Only thing that motivates child
• Sneaks around to use screens
• General increase in anxiety and stress
• Secret accounts, apps and passwords
• Interferes with family activities, friendships, or school

HOW to BUILD STRONG KIDS in the DIGITAL AGE

Lead with a Coach’s Heart
• Remember that parents, not kids, are in charge of all screens.
• Equip your child through conversations, not by allowing experimentation on a screen.
• Give a basic phone before a smartphone.

Build Life Skills and Independence First
• Teach life skills before handing over digital devices.
• Develop grit through extracurricular activities and hard work.
• Choose non-screen entertainment options.

Prioritize Family-Time over Screen-Time
• Delay isolating video games and social media.
• Ensure screen habits reflect family core values.
• Create mindful connection times with family.
THE IMPACT OF MEDIA ADDICTION

**TEEN SCREEN TIME PER DAY**
- Only 16 minutes of educational content

**STUDENTS CHECK SOCIAL MEDIA 100 TIMES PER DAY**

**1 IN 8 GAMERS ARE ADDICTED**

**EXCESSIVE SCREEN USE REWIRES A CHILD’S BRAIN**

**HEALTHY CHILD’S BRAIN**

**CHILD’S BRAIN ON SCREENS**
- Depression & Aggression
- Dopamine

**POOR EMOTIONAL WELLBEING LEADING TO A MENTAL HEALTH CRISIS**
- Insignificance
- Isolation
- Depression
- Conflict at Home
- 6.3 Million Teens Suffering Anxiety Disorders
- 30% GIRLS 20% BOYS

**ELECTRONIC SCREEN SYNDROME**
- is contributing to the rise of ADHD diagnoses
- 53% increase in the last 10 years

**KIDS WITH SMARTPHONES 100% ARE MORE LIKELY TO VIEW PORN**

**Sources:** Cyberpsychology & Behavior, Common Sense Media, Kaiser Family Foundation, #Being13, ADDA, CDC, McAfee, Cyberbullying Research Center

34% of kids experience **CYBERBULLYING** of which 30% have **SUICIDAL** thoughts.