HEALTHY@HARRIS
Caring for ourselves so we can care for others

Connecting with our Kids

3-Part Class Series

Class 3: Impacts of Social Media and Technology on our Connections
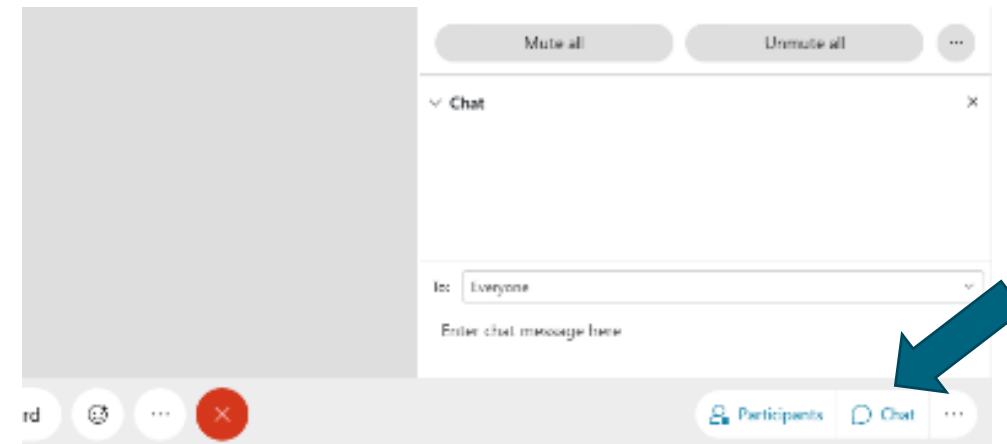
Taught by the Healthy@Harris Employee Wellness Team

HARRISHEALTH SYSTEM

Engaging and Earning Points

- **Chat Box**
  - Type questions, thoughts, examples, in the chat box. The more interaction the better**.**
- **Points**
  - You can only receive credit for one Wellness Class per day.
  - Confirm your employee ID is entered correctly when registering for Employee Wellness activities.
  - Please allow up to 4 weeks for 50 points to be reflected in MyCigna.
- **Calling in**
  - If you called in, make sure your phone number is connected to your registration ID in the participant list.
  - If not, Webex will not count you as attended. Please rejoin the Webex.

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Connecting With Our Kids – Class Series Outline

- Class 1: Getting Connected

- Class 2: Staying Connected

- Class 3: **Impacts of Social Media and Technology on our Connections**

Impacts of Social Media and Technology on our Connections

Class 3 Learning Objectives

Impacts of Social Media and Technology on our Connections

- How Technology Affects Social Development

- Digital Wellbeing

How concerned are you about the impacts of social media and technology on your kids and family connection?

a) Very Concerned
b) Somewhat Concerned
c) Not Concerned At All

How Technology Affects Social Development

Pros: Technology Encourages Positive Social Connection and Support

- Not all technology use is bad

- It can bring people together

- Apps allow kids to stay connected to peers they know in real life

- Can foster development of friendships

- Kids with social anxiety may gain confidence

Cons: Technology Can Create Social Disconnection and Development

- Overuse of screen time displaces time spent engaging in real life
- Kids require face-to-face engagement to understand and use verbal and non-verbal communication and develop empathy
- Increased technology can impact the development of social and relational skills
- Levels of disruptive social behaviors increased with more screen time activity in toddlers

Cons: Technology Can Create Social Disconnection and Development

- Can lead to a sense of isolation, loneliness and depression in older children and teens

- Spending one week at summer camp without screen time can lead to a significant improvement in children's ability to read and understand non-verbal emotional cues

- Decrease in positive family interaction, reduced quality time and increased parent child conflicts

- When parents use of devices infringes on quality engagement, kids' social development suffers

What Parents Can Do to Encourage Healthy Social Development

- Enforce Time Limits

- Talk Regularly With Your Children

- Be A Role Model of Healthy Device Habits

How are you modeling healthy device habits in your home?

Digital Wellbeing

What Is Digital Wellbeing?

Digital wellbeing is about how we engage with technology and how we can use it to make us better.

Four C's of Digital Wellbeing?

Control

Connection

Content

Care

Control: When we use technology and whether it is on our terms

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Connection: How and where we access technology, the personal financial cost and the opportunity "cost"

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Content: What we consume or contribute online. How we communicate and build relationships

Care: Noticing the impact of these technology habits on our own social, mental, and physical wellbeing

End Goal

Consciously connect with technology so that we can maximize its positives while minimizing any negatives

Summary

- As technology use has increased over the past decade, so have the number of concerns from parents about how it impacts the development of children
- The good news is that not all technology use is bad. It can be used to bring people together
- It is critical that parents spend enough quality face-to-face time engaging with children to support healthy social and emotional development.
- It is important to consciously connect with technology so that we can maximize its positives while minimizing any negatives.

Resources

- **The Connected Parent**

  by: Karyn Purvis & Lisa Qualls

- **Hold On To Your Kids**

  by: Gordon Neufeld & Gabor Mate

- **Aha Parenting.com**

Stress Management and Counseling

- Employee Assistance Program
  - Online: www.feieap.com
  - Username: hhs

- Cigna Behavioral Health
  - Visit myCigna.com or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at 800.274.7603.
  - Go to Cignabehavioral.com for extra resources.

- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
  - 713-873-6407 or Latecia.Murphy@harrishealth.org

- Well Powered Living Class Series

- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.

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Visit our website!

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#1 in Texas