

DEParents' Association

Thank you for coming to our screening of *LIKE* and panel discussion!

If you'd like to continue the conversation and share or receive more tips about WHAT YOU CAN DO NOW to protect yourself and your family, please come to one of the two PEP talks the Parent Ed. Committee is hosting on the subject:

Wednesday, November 6 7-8:30 pm Hulst House

Thursday, November 7 8:30-10 am Hulst House

These are Parent Educating Parents (PEP) discussions sponsored by the Parent Education Committee; these two will be led by Patricia Brown, MD, D-E parent and Child and Adolescent Psychiatrist. If possible, before attending, check out any of these recommended resources:

60 minutes segment "Brain Hacking": <https://www.youtube.com/watch?v=awAMTQZmvPE>

Glow Kids: How Screen Addiction is Hijacking our Kids-and How to Break the Trance by Nicholas Kardaras (book)

<https://www.theguardian.com/lifeandstyle/2018/oct/14/the-lost-art-of-concentration-being-distracted-in-a-digital-world> (article)

<https://ledger.humanetech.com/> (web page with dangers of social media and links to research)

Tips from the Center for Humane Technology:

1. Lead by example
2. Have phone-free zones in the house
3. Physical alarm clocks (Charge phone outside the bedroom)
4. Decrease blue light to promote sleep
5. Study/work with phone in another room
6. Focus on ways to build and promote a healthy lifestyle (Spend time doing real-world play!)
7. Turn off notifications except from people
8. Use greyscale
9. Make discussing phone and social media use part of regular conversations at home



Try these simple changes to live more intentionally with your devices right now.

What's the Difference Between Apps We Cherish vs. Regret?

Center for Humane Technology partnered with Moment, an app that helps people track their screen time, to ask how much screen time in apps left people feeling happy, and how much time left them in regret. The rankings below reflect data collected from a pool of 200,000 iPhone users.

On average, comparing between "Happy" and "Unhappy" amounts of usage of the same apps, their unhappy amount of time is 2.4x the amount of happy time.

Our feelings about apps depend on how much time we spend...

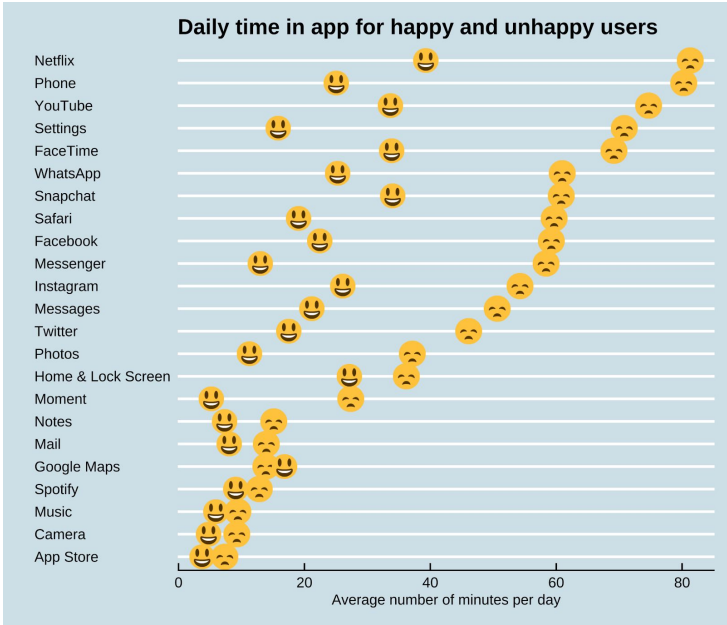
- 22 mins per day on Facebook vs. 59 mins.
- 12 mins per day on CandyCrush instead of 47 mins.
- 29 mins per day on Reddit instead of 57 mins.
- 26 mins per day on Instagram instead of 54 mins.

Most Happy

	% of Users Happy	Daily Usage (Minutes)
1. Calm	99% 😊	10
2. Google Calendar	99% 😊	3
3. Headspace	99% 😊	4
4. Insight Timer	99% 😊	20
5. The Weather	97% 😊	3
6. MyFitnessPal	97% 😊	8
7. Audible	97% 😊	8
8. Waze	96% 😊	19
9. Amazon Music	96% 😊	7
10. Podcasts	96% 😊	8
11. Kindle	96% 😊	26
12. Evernote	96% 😊	10
13. Spotify	95% 😊	9
14. Weather	95% 😊	2
15. Canvas	95% 😊	5

Most Unhappy

	% of Users Unhappy	Daily Usage (Minutes)
1. Grindr	77% 😞	61
2. Candy Crush Saga	71% 😞	46
3. Facebook	64% 😞	59
4. WeChat	62% 😞	97
5. Candy Crush	59% 😞	47
6. Reddit	58% 😞	56
7. Tweetbot	58% 😞	78
8. Weibo	57% 😞	73
9. Tinder	56% 😞	22
10. Subway Surf	56% 😞	32
11. Two Dots	53% 😞	34
12. Instagram	51% 😞	54
13. Snapchat	50% 😞	61
14. 1010!	45% 😞	35
15. Clash Royale	42% 😞	58



Graphics by Center for Humane Technology

Notes: