Regaining Control in Your Community

Community Discussion on The Anxious Generation

Session 3 of 3

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Welcome & Reflection

💬 **Since our last session...**
What conversations have stayed with you?

💡 **Quick share**
Connect with your neighbor about key insights.

📅 **Today's focus**
Actionable steps for community change.

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Quick Share

Since our last session, what conversations or thoughts have stayed with you?

Share with your table group.

Series One Takeways

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Big Ideas: Regaining Control

Collective Action

Shifting tech norms requires community effort.

Schools & Families Lead

Partnership builds stronger boundaries.

Early Intervention

Set norms before middle school.

Strength in Numbers

Reducing screen time easier with community support.

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The Power of Norms

Change Expectations
Behavior shifts when norms shift.

Normalize Face-to-Face
Make in-person connection the default.

Tech-Free Zones
Meals become conversation time.

Prioritize Outdoor Time
Nature as the antidote to screens.

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Small Group Brainstorm

- What can we do as families?
- What can schools do?
- What can youth organizations do?

Add each idea to the Padlet.

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Scan Here: One Reporter Per Table

Share Out...

What's one idea that excites you?

What could we implement right now?

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Community Solutions Mapping

Family Actions

- Device-free dinner table
- Parent tech accountability groups
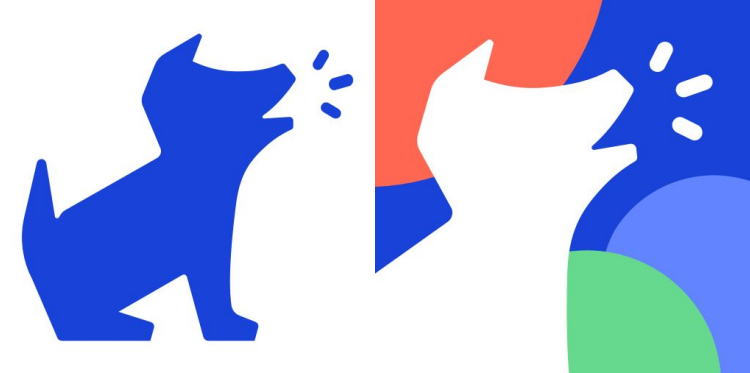- Weekend outdoor activities

School Initiatives

- Phone-free classroom policies
- Digital citizenship curriculum
- Parent education nights

Youth Organizations

- Tech-free activity programs
- Peer mentorship training
- Community service projects

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Parenting in the Digital Age

Parenting control apps and online safety

Parental Control Tools

Apple Screen Time

- Settings > Screen Time > Turn On

- Set Downtime & App Limits

- Content & Privacy Restrictions

- Family Sharing for remote management

Android Family Link

- Download app on both devices

- Set time limits and app controls

- Approve/reject downloads

- Review activity reports

Handout: Parental Control Quick Guide

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Xbox Family & Nintendo Switch Parental Controls

Xbox Family app

- Manage gaming experiences
- Set screen time limits
- Set content filters
- Set communication & multiplayer options
- Receive activity reports

Switch Parental Controls

- Set screen time limits and content filters
- Monitors what games were played and for how long
- Control communication settings and prevent sharing data and screenshot
- Restricts social media posting and eShop purchases

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Amazon kids & Microsoft Family App

Amazon Kids

- Adjust access to links, social media, and ads
- You can control what shows/books/apps/videos your child can access
- Manage screen time, content filtering, and daily limits
- Set educational goals to meet before noneducational content can be accessed

Microsoft Family App

- Manage screen time, content filtering, and daily limits
- Restrict access to specific apps and games based on age or content rating
- Monitor activity summaries

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Bark Technologies

- Founded by a dad looking to keep his kids safe but preserving their privacy
- Can be used on any phone, tablet, and chromebook
- Option to buy a bark phone but not required
  - Also available on Bark watch - does not require a bark phone
- Monitors:
  - 30+ social media apps, web browsers, emails, text messages, photos and videos
  - For cyberbullying, self harm, depression, body image/eating related issues, drug and alcohol related content, hate speech, phishing, suicide, suicidal ideation, sexual content, violence, weapons, and more using AI monitoring

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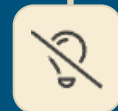
Mental Health Resources
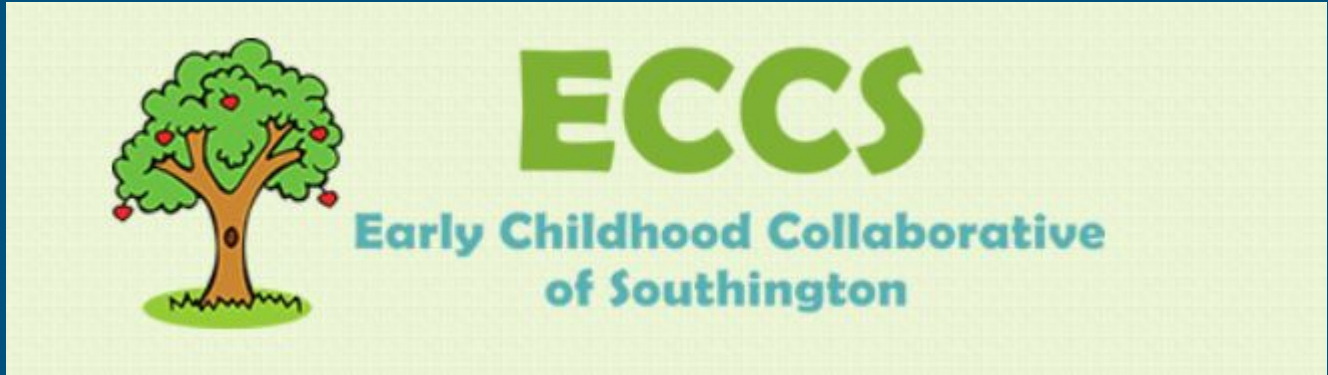
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