

KIDS' BRAINS & SCREENS

STRONG KIDS. STRONG FAMILIES

screenSTRONG

RETHINKING SCREENS. RECLAIMING KIDS. RECONNECTING FAMILIES.

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screen STRONG



The *Fastest* way to resolve

SCREEN conflicts and build **STRONG** families

SCREENS ARE STEALING CHILDHOOD



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THE MENTAL HEALTH STRUGGLE

72%

Of teens reported they are struggling with mental health issues.

New York Times

1:5

School-aged children have a diagnosable mental disorder.

That's 20% of kids.

1:3

Teens ages 13 - 18 will experience an anxiety disorder.

The National Institutes of Health

7.5

Hours a day is the amount of time the average student spends using social media.

Common Sense Media

22%

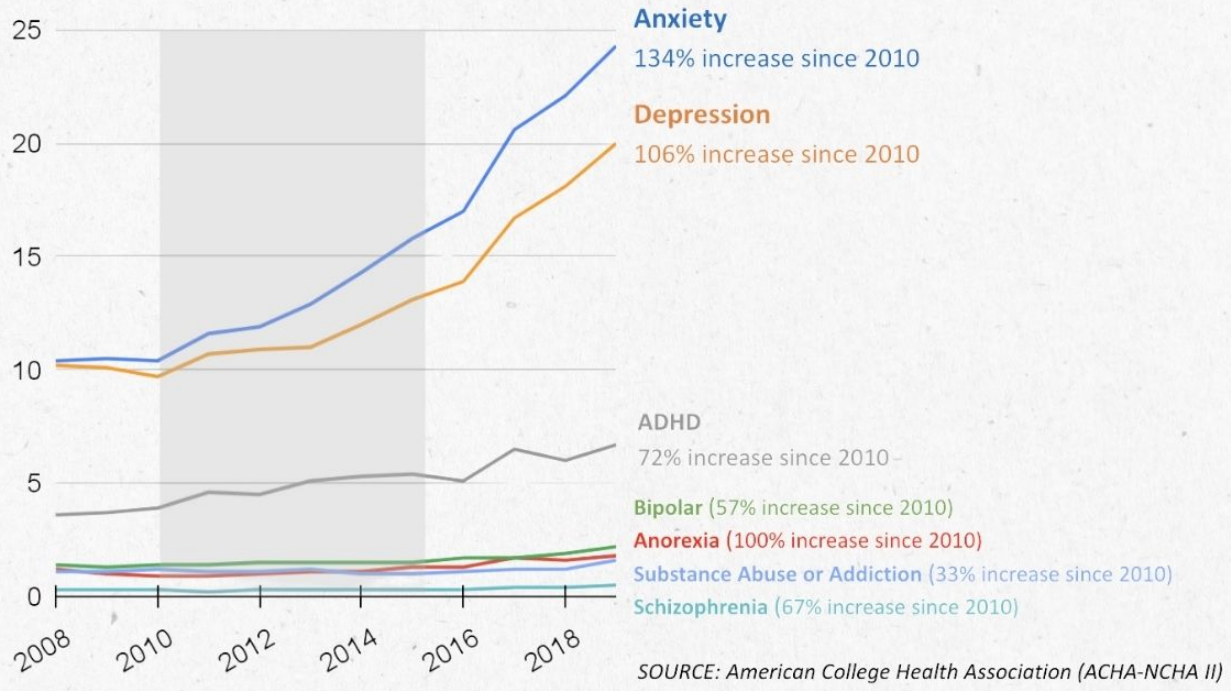
High School Youth have seriously considered suicide n the last year, 10% have attempted suicide in the last year.

CDC 2023

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MENTAL ILLNESS DIAGNOSES

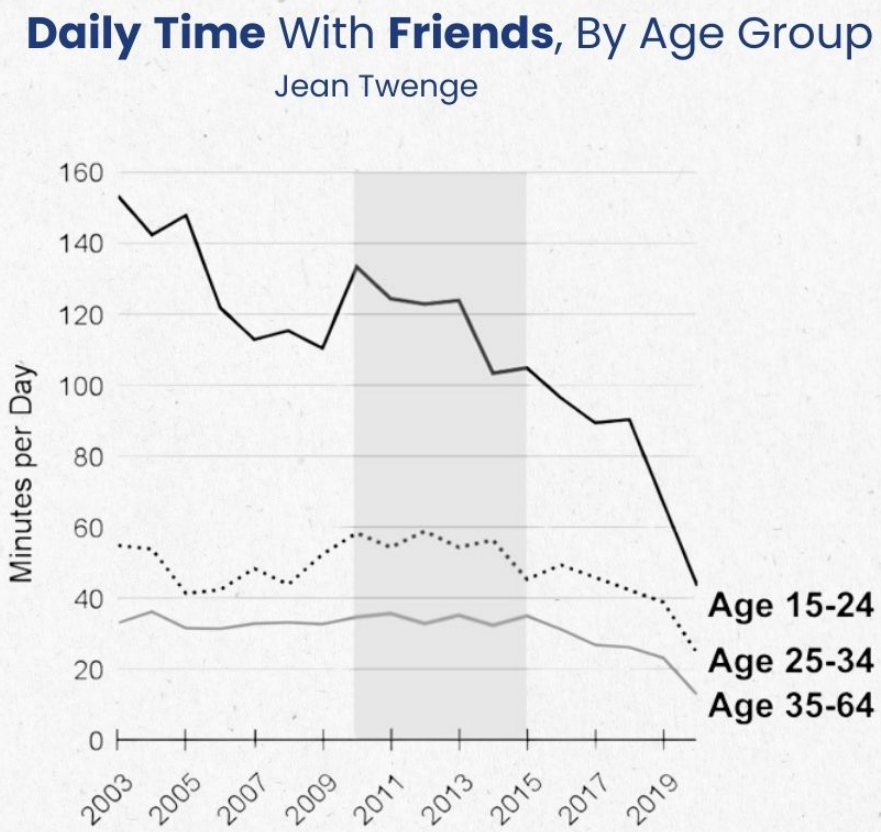
Percent of U.S. Undergraduates Diagnosed with a Mental Illness



Data from U.S. National Survey on Drug Use and Health

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DECLINING SOCIAL SKILLS = **FEWER FRIENDS**

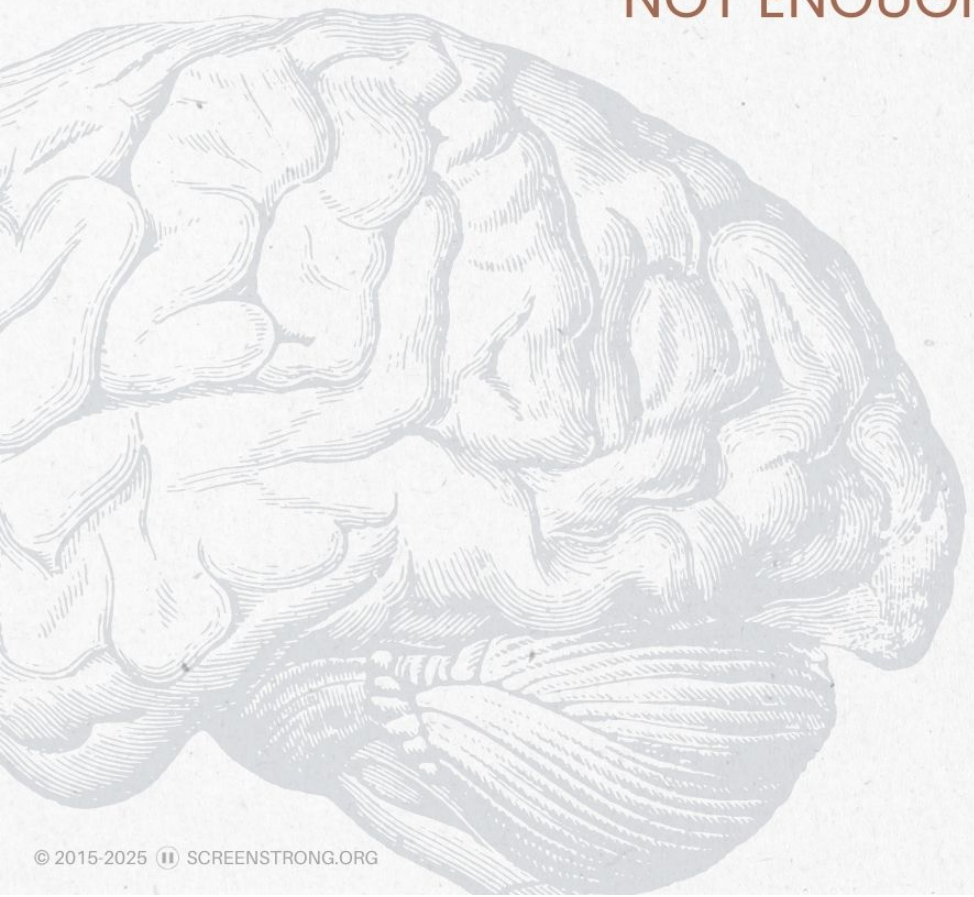


Children were socially distanced before covid

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THEY **CAN'T STOP**. WHY?

NOT ENOUGH WILLPOWER? **NO**.



How do **Attention Engineers** change human behavior?

+ **Motivation:** Make it fun
+ **Ability:** Make it simple
+ **Triggers:** Make it irresistible

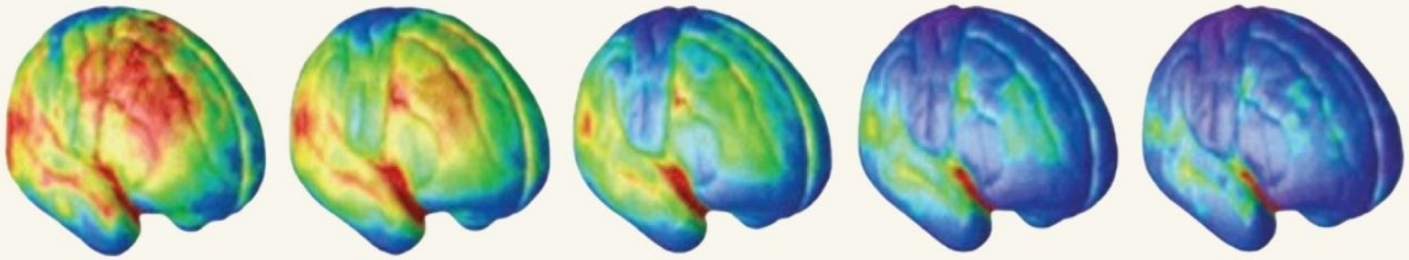
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HEALTHY BRAIN DEVELOPMENT



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25 YEARS TO MATURITY



AGE 5 ADOLESCENCE AGE 25

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ACTIVITIES SHAPE THE BRAIN

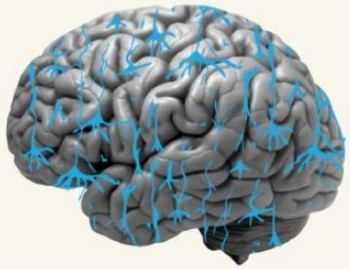
THE BRAIN IS WHAT THE BRAIN DOES



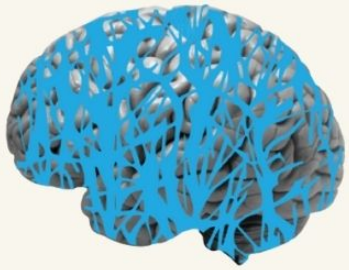
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NEURAL PRUNING

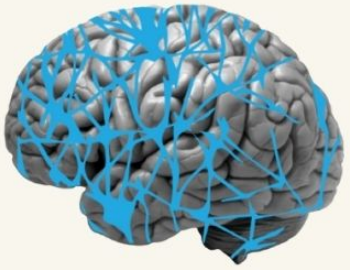
USE IT OR LOSE IT



BIRTH



3 YEARS



15 YEARS

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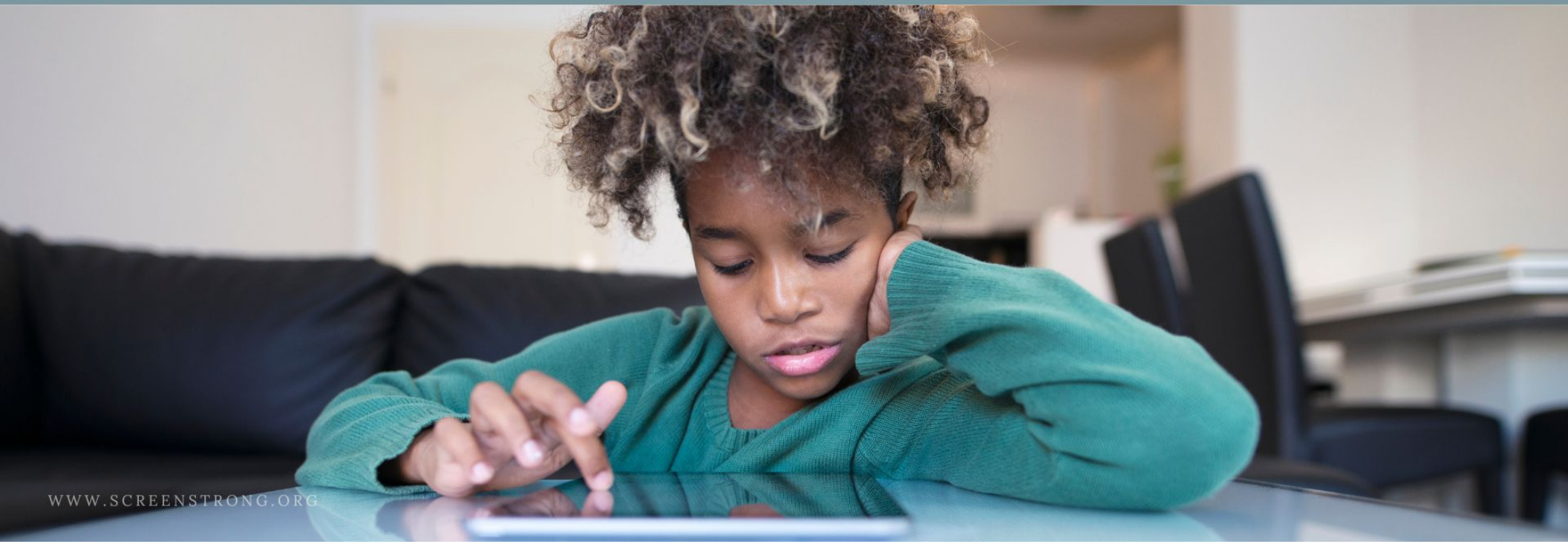
"What you do and learn in life physically changes what your brain looks like. You can wire and rewire yourself with the simple choice of what musical instrument or professional sport you play."

- John Medina, PhD & Author, *Brain Rules*

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SCREENS CHANGE THE DEVELOPING BRAIN

CHEMICAL | PHYSICAL | BEHAVIOR



CONSTANT STIMULATION CAUSES STRESS



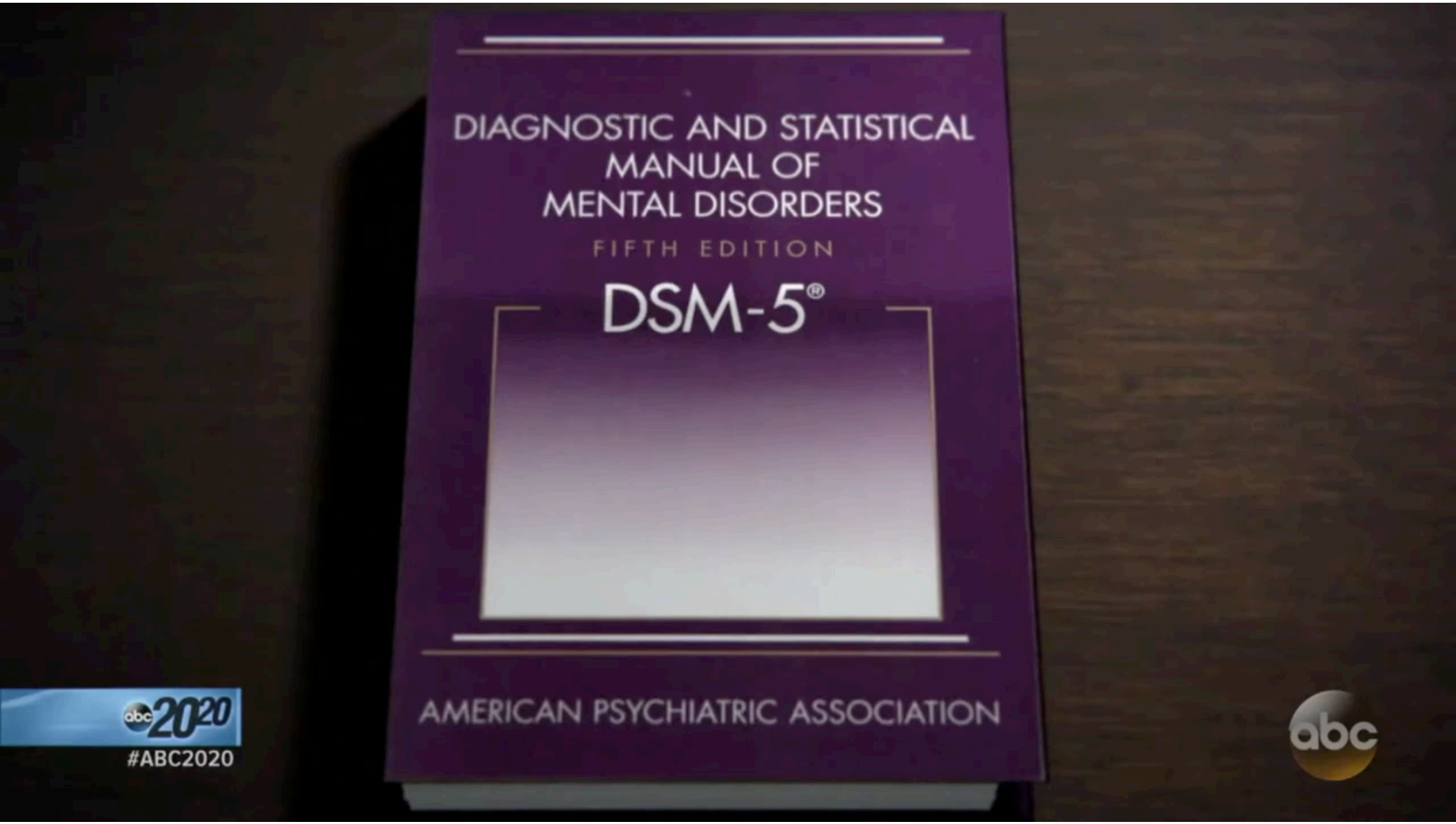
IN MRI IMAGES

OF THE BRAINS OF CHILDREN WITH INTERNET ADDICTION, YOU CAN SEE DECREASED ACTIVITY.

"The brain shuts down and its executive functioning is not working. It looks like a brain addicted to drugs. ***A brain hooked on the internet, phones, or tablets looks like a brain hooked on heroin***. There is a striking difference compared to healthy adolescents. The brain's processing center is not the same as a normal child."

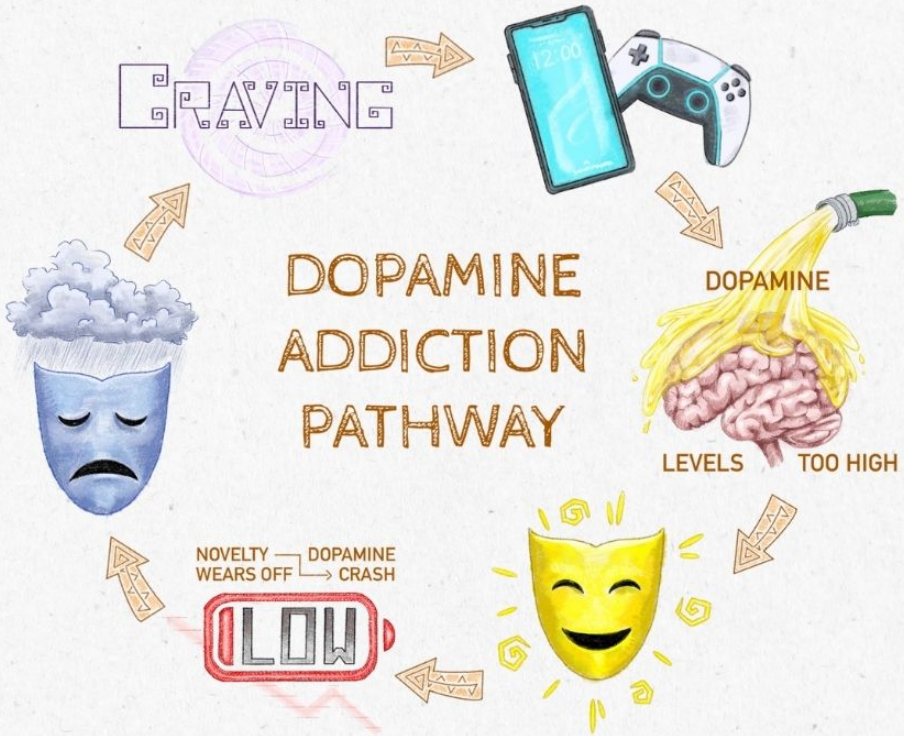
- Dr. David. R. Rosenberg, MD

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DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS
FIFTH EDITION
DSM-5®
AMERICAN PSYCHIATRIC ASSOCIATION
abc 20/20
#ABC2020
abc

THE ROLE OF **DOPAMINE** IN SCREEN ADDICTION

90% OF ALL ADULT ADDICTIONS START IN THE TEENAGE YEARS



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COMMON MISTAKES WE MAKE



STARTING TOO YOUNG



USING SCREENS
AS A REWARD



USING SCREENS
TO SHELTER KIDS



CLUELESS TO HOURS
SPENT & CONTENT
VIEWED



CREATING EASY
ACCESS

IGNORING YOUR
GUT FEELING



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"In my experience, every good parent intuitively knows what is good and not good for their children. The problem is, we ignore our intuitions and jump on the train loaded with mothers and fathers pushing their children to outshine the others. Get off of that train."

- Meg Meeker, MD. Pediatrician, Mother, & Best-Selling Author

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TWO PATHWAYS





SCREENSTRONG VALUES

- Build Healthy Families
- Eliminate Toxic Screens
- Develop Life Skills
- Prioritize Authentic Relationships
- Dare to Be Different

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And be not conformed
to this
World
but be
TRANSFORMED
by the
Renewing
OF
YOUR
MIND
ROMANS 12:2

SCREENSTRONG

SUCCESS STORY

– Benham, Shah & Haser



STEP ONE

LEAD LIKE A COACH

FIRM BUT LOVING LEADERSHIP

Know the "Why" - Educate your family with the Kids' Brains & Screens Series

- Home Edition
- School Edition
- Elementary Edition (coming soon)

Bonus Tip: *Have a bold conversation with your kids.*

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STEP TWO

REMOVE ACCESS

NO TOXIC SCREENS THROUGH ADOLESCENCE

- Trade smartphones for basic phones
- Replace video games with healthy hobbies
- Remove social media apps from your phone
  - Set your phone setting to grayscale

Bonus Tip: *Install Canopy filter on all devices. Check out the Gabb phone.*

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STEP THREE

FOCUS ON LIFE SKILLS

CHORES AND HOBBIES

- Learn a musical instrument
- Discover sports teams and exercise
- Help them get a job (small or big)
- Guide downtime activities to replace screen time

Bonus Tip: *Assign one night a week for your child to plan and/or make family dinner.*

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LIFE SKILLS & PEOPLE SKILLS

GOAL: DEVELOP THESE SKILLS VIA REAL LIFE EXPERIENCES.

- LAUNDRY
- MAKE APPOINTMENTS
- LEADERSHIP & TEAMWORK
- MOW THE LAWN
- TAKE CARE OF PETS
- EMPATHY & COMMUNICATION
- GRIT & WORK ETHIC
- COOKING
- MAKE SCHOOL LUNCH
- CLEANING
- ORGANIZING
- MANAGING MONEY
- TIME MANAGEMENT
- ATTENTION TO DETAIL



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STEP FOUR

RECONNECT YOUR FAMILY

SPEND MORE TIME TOGETHER

- Make meals important - establish traditions and routines around celebrations
- Create new family hobbies (camping, biking, hiking)
- Prioritize socializing with family friends

Bonus Tip: *Get a fire pit! Purchase a new board game!*

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STEP FIVE

DARE TO BE DIFFERENT

EMBRACE BEING COUNTERCULTURAL

- No smartphones in school
- No social media during middle school and high school

Stand up for your kids and stand out from the crowd!

Bonus Tip: *Find your ScreenStrong community!*

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This is not the age of information

This is not the age of information

Forget the news,

And the radio, and the blurred screen

This is the time of loaves and fishes

People are hungry

And one good word is bread for a thousand

David Whyte

GET EDUCATED

KIDS' BRAINS & SCREENS COURSE

KIDS' BRAINS & SCREENS
STRONG KIDS. STRONG FAMILIES

Parent Edition
KIDS' BRAINS & SCREENS

- This course was designed with PARENTS in mind.



Student Edition
KIDS' BRAINS & SCREENS

- This course was designed with KIDS in mind.

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Ideal for Schools

STUDENT EDITION

- Full 8-week curriculum
- Ideal for middle-school and high-school students
- Includes worksheets, quizzes, and class challenges to enhance learning



Ideal for Families

HOME EDITION

- Streamlined for home use
- Ideal for children ages 10-18
- Includes 7-Day Challenge to kickstart healthier habits at home

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"Kids Brains and Screens is an extraordinary book. It covers so many aspects of digital life, it covers the science for each area, and it makes it all interesting, accessible, and useful to young people. The book is ideal for any school that has a digital media course, for any parent who wants to talk with their adolescent about why they have the family policies they do, and for any young person who can see that digital childhood is damaging some of their friends.
The book shows ways out of the trap, ways to regain a human childhood that is full of real-world fun."

--Jonathan Haidt, Thomas Cooley Professor of Ethical Leadership, New York University—Stern School of Business, author of The Righteous Mind, Co-author of The Coddling of the American Mind

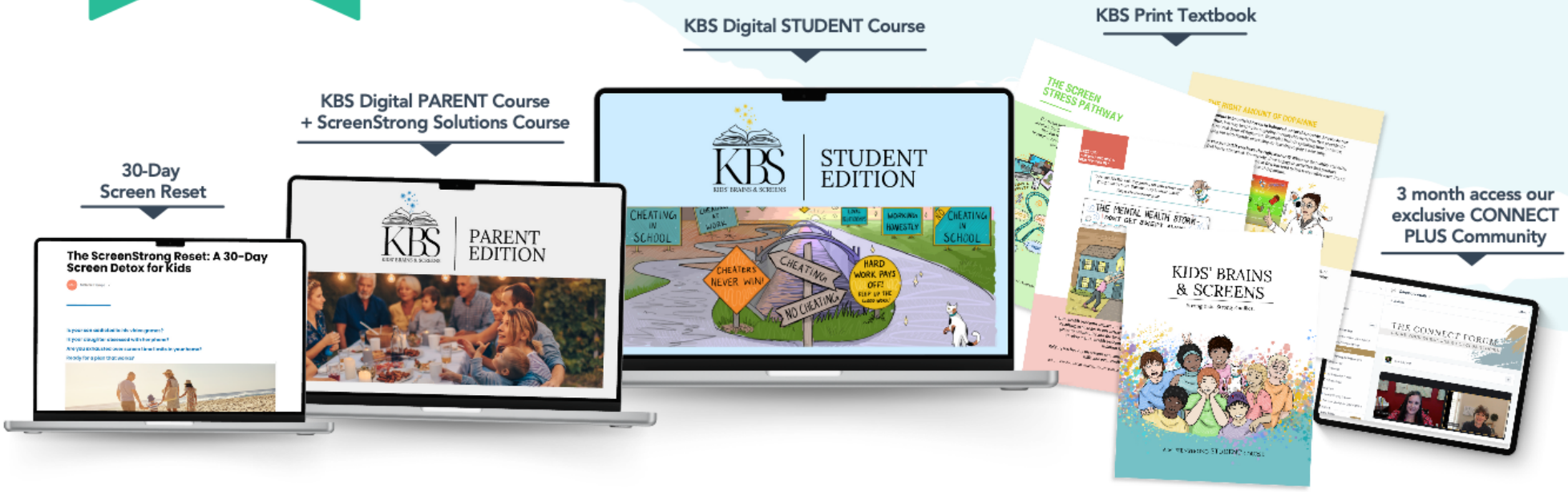
KBS
KIDS' BRAINS & SCREENS

FAMILY BUNDLE

EDUCATION ABOUT SCREENS LEADS TO FREEDOM FROM SCREEN DEPENDENCY

KIDSBRAINSANDSCREENS.COM

$303 VALUE, JUST $227



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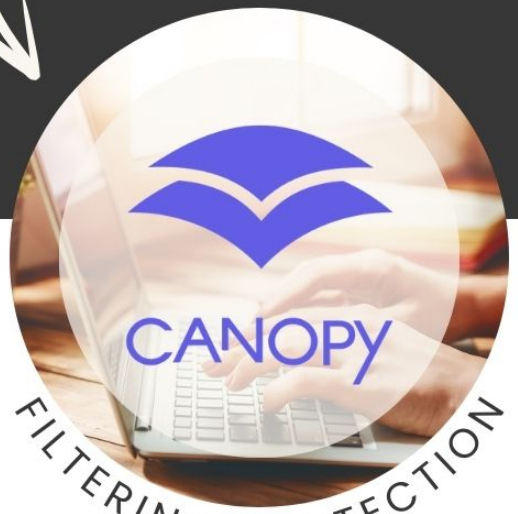
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SCREENSTRONG SOLUTIONS

REMOVE ACCESS | FILTER | EMPOWER



TALK / TEXT PHONE



FILTERING PROTECTION



HELP EMPOWER MORE FAMILIES

GABB & CANOPY DISCOUNT CODE:
STRONG

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SCREENSTRONG **APPROVED**

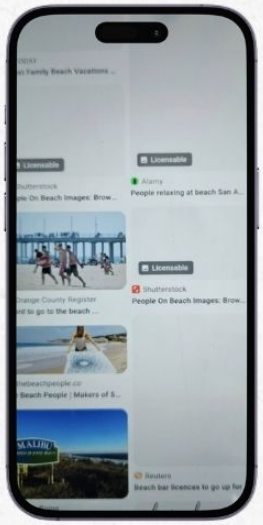


ZERO
internet, social media & games

gabb WIRELESS

CANOPY

GABB & CANOPY DISCOUNT CODE:
STRONG



Filtering
blocks images before they reach your device

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SUBSTACK: BE SCREENSTRONG

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