

## **Promoting family harmony: Strategies to foster appropriate screen time use for children and teens**

### **Program Description**

Children, teens, and adults spend numerous hours per day engaged with screens, sometimes causing conflict within families. When it comes to screen time, what should we worry about? This program will focus on the connection between screen time and child/adolescent behavior and mental health outcomes. Evidence related to screen time will be reviewed such as the new focus on quality of screen time vs. quantity. Additionally, a number of strategies will be explored that enable practitioners to support families as they navigate screen time use.

### **Learning Objectives**

Upon completion of this workshop, participants should be able to:

1. Outline the research about the impact of screen time upon children and adolescents.
2. Explain the factors that contribute to challenging family dynamics around screen time use.
3. Describe opportunities that the digital world creates for traditionally marginalized groups and assess how it also contributes to inequities.
4. Construct a list of strategies that will be used to support positive family dynamics.

### **Target Audience**

This workshop will benefit mental health practitioners, educators, human service professionals, and community advocates interested in this topic.

### **Contact Hours**

3.0 contact hours (to include one 15-minute break)

### **Program Agenda**

- Introduction and background- 15 minutes
- Assess opportunities and challenges related to screen time use. – 15 minutes
- Review of the evidence about the impact of screen time upon behavior and mental health outcomes-45 minutes
- Explore equity issues related to screen time access and use- 15 minutes
- Break- 15 minutes
- Introduction of range of possible behavioral interventions-45 minutes
- Design interventions to address case scenarios in small groups-30 minutes
- Group Discussion/Questions—15 minutes

### **Faculty**

**Ronni Zuckerman, MSW** is a Clinical Associate Professor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child and adolescent development and interventions. She serves as a faculty member in the field education program as a liaison to agencies providing mental health services to children and adolescents. Ronni has a practice background in direct and macro services on a local and statewide level to

children and families. Ronni's practice and research interests include exploring how the environment impacts human development and child mental health, and behavioral interventions with children/adolescents,