

Wimbledon Park

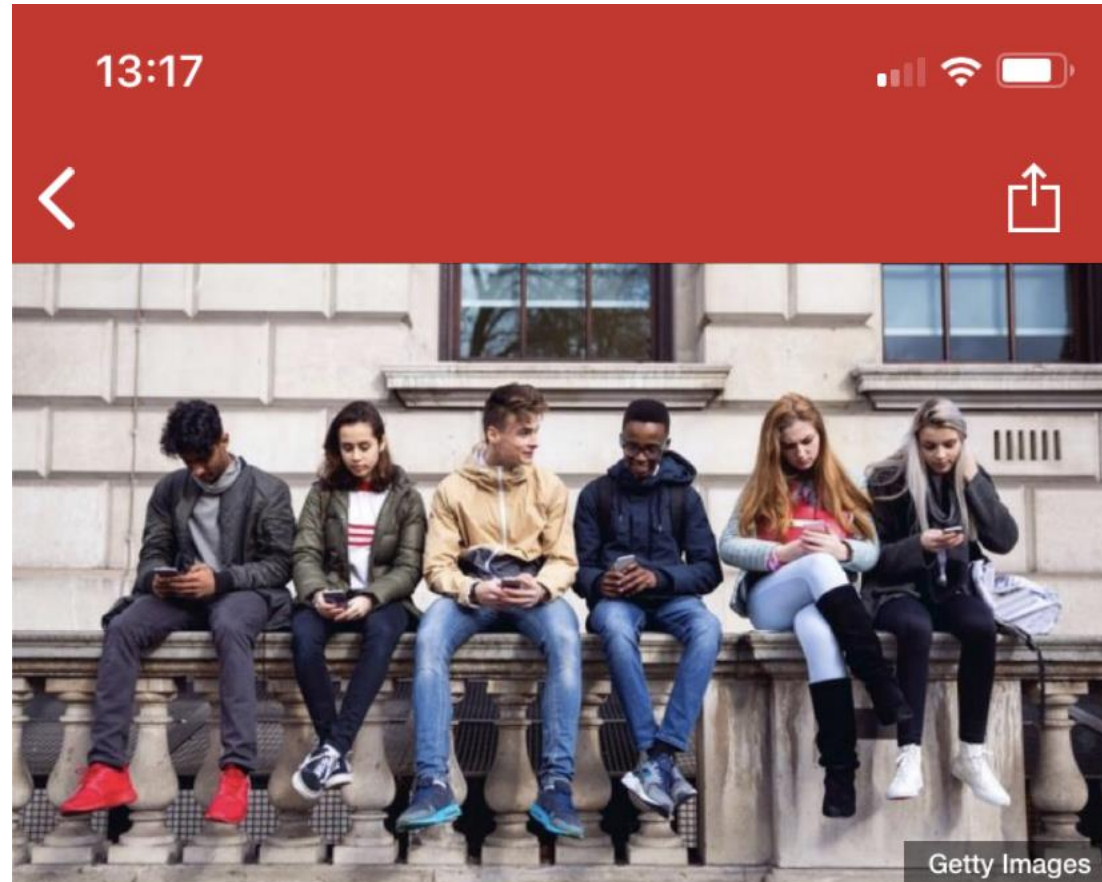
Parenting a digital generation



The Issues

- Impact on mental health





Ban phones in schools, says minister Nick Gibb



The PreFrontal Cortex

BASIC NEUROSCIENCE



Centre for reason and rationale



Amygdala

BASIC NEUROSCIENCE



- Centre for fight or flight
- Steps out of its remit



Here's the Rub

BASIC NEUROSCIENCE



- Prefrontal fully develops mid-twenties
- Amygdala develops by age of two



Dopamine

BASIC NEUROSCIENCE



- Takes action to meet needs
- Reward motivated
- Likes the chase

PARENTING
for Life



The tech-giants saw us coming



The Coctail

BASIC NEUROSCIENCE



- Brain development
- Dopamine charged
- Profiteers



The School's challenges



Parent Power

PARENTING
for Life



“Being listened to
is so close to being loved
that the average person
cannot tell the difference.”

-David Augeburger



Boundaries

PARENTING
for Life



Social Media



Apps available

Yubo

Minimum age: 13



Yubo - Make new friends 17+

Make new friends nearby

[Twelve APP](#)

#37 in Social Networking

★★★★☆ 4.3, 16.2K Ratings

Free · Offers In-App Purchases

iPhone Screenshots



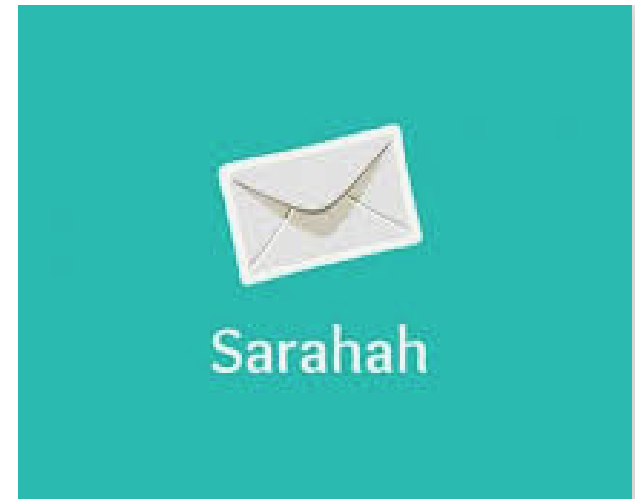
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Apps available

Sarahah

Minimum age: 17



Apps available

Omegle

Minimum age: 13



Apps available

Whisper

Minimum age: 17



Monitoring



Tricks available



Tricks available



Observe



Parental Controls



ios 12



Parental Controls

You can:

- use time blocks for homework or sleep
- block certain apps
- see which apps they've been using and for how long
- put their phone on emergency mode...even remotely
- block inappropriate content



Your Part

- Contracts are two-sided
- Influenced by our choices
- Model self control



Consequences

- Punishments aren't Consequences
- We can influence the rationale process of their frontal lobe



Conflict

Gentleness is Strength under control

Elizabeth George, Author



Empathy

Defuses Amygdala



Parent-up!

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Oxytocin

BASIC NEUROSCIENCE



The Cuddle Hormone

- Released in response to love or bonding
- Produces contentment, calm, trust
- It's free!



Adventure



PARENTING
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