



CYBERBALANCE SURVEY RESULTS

November, 2015



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Center on Media and Child Health

ASK THE MEDIATRICIAN

About the study:

- Gathered information and Perspectives
 - Michael Rich, MD, MPH “The Mediatrixian”
 - Kimberly Young, PsyD
 - Dr. Suzanne Martin Ph.D. who conducted the research

Made possible through the generous support of AT&T



“The Center for Internet Addiction.. your source since 1995”

Objectives and Goals

- To advance the visibility of cyberbalance and digital health
- To understand and help families create safe and healthy digital experiences

Methodology

MODE	Online Survey
LENGTH	10 minutes
DATES	Sept 14-21, 2015
AUDIENCE	n=1,003 n=100 Tweens (8-12 years old) n=100 Teens (13-17 years old) n=803 Adults (18+ years old)
GEOGRAPHY	United States

*Tween interviews were assisted by a parent

*Note small bases size for ethnic sample

EXECUTIVE SUMMARY

Executive Summary

While dependence on technology is growing, many are unsure whether they have achieved the balance between on and offline activities that is necessary to enjoy a thriving, healthy life in today's digital culture. iKeepSafe interviewed tweens, teens, and adults from across the United States to capture generational differences in thoughts and habits surrounding technology use and health.

Most tweens rely on their parents for information about balancing technology, but many adults report confusion over what cyberbalance entails, and half of adults are uncomfortable declaring themselves good examples of cyberbalance. Both children and adults admit their biggest challenge is managing distractions, and a full third of respondents share that digital device use has

replaced an activity they used to love.

Many reported that screen time interfered with sleep, with 29% of tweens, 44% of teens, and 26% of adults experiencing sleep deprivation. Work disruption was an additional difficulty, with 40% of teens not completing homework and 25% of adults not completing work due to digital activity. When queried on time spent in front of a screen, everyone suggested an ideal maximum time per age group lower than their self-reported real hours spent. Although kids are experiencing clear difficulty managing their own cyberbalance, only 31% of teens have household rules in place to help teach them healthy habits.

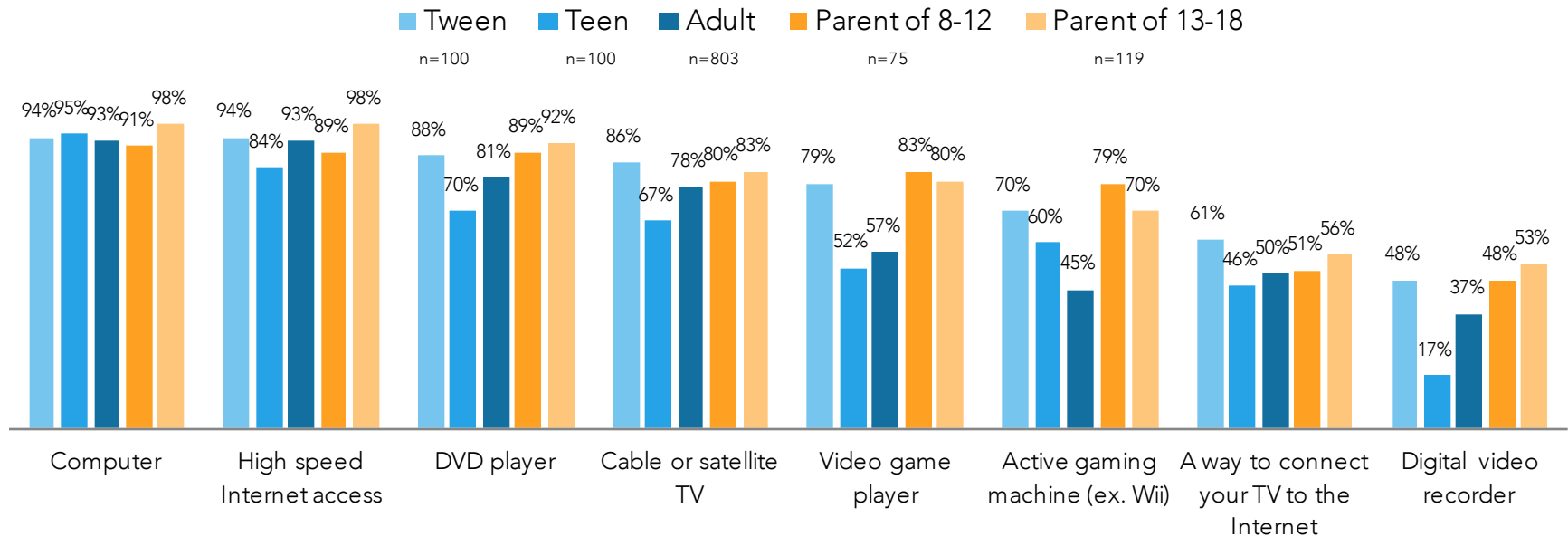
Executive Summary

Despite the challenges reflected in the surveys, we see a number of encouraging trends. Of the parents that have digital use rules, 7 out of 10 feel confident that they are followed by teens. 1 out of 6 tweens are not allowed to use cell phones at the dinner table, and 6 out of 10 tweens follow device usage limits. More people are using technology to support better health, such as fit bits and apps to track diet. Additionally, survey respondents reported that friends and family are still more important than digital devices.

People of all ages are struggling to maintain a healthy cyberbalance, but they are interested in learning strategies and teaching healthy habits. iKeepSafe's goal is to utilize the trends and opportunities identified in this research to support cyberbalance education in the most useful and relevant way.

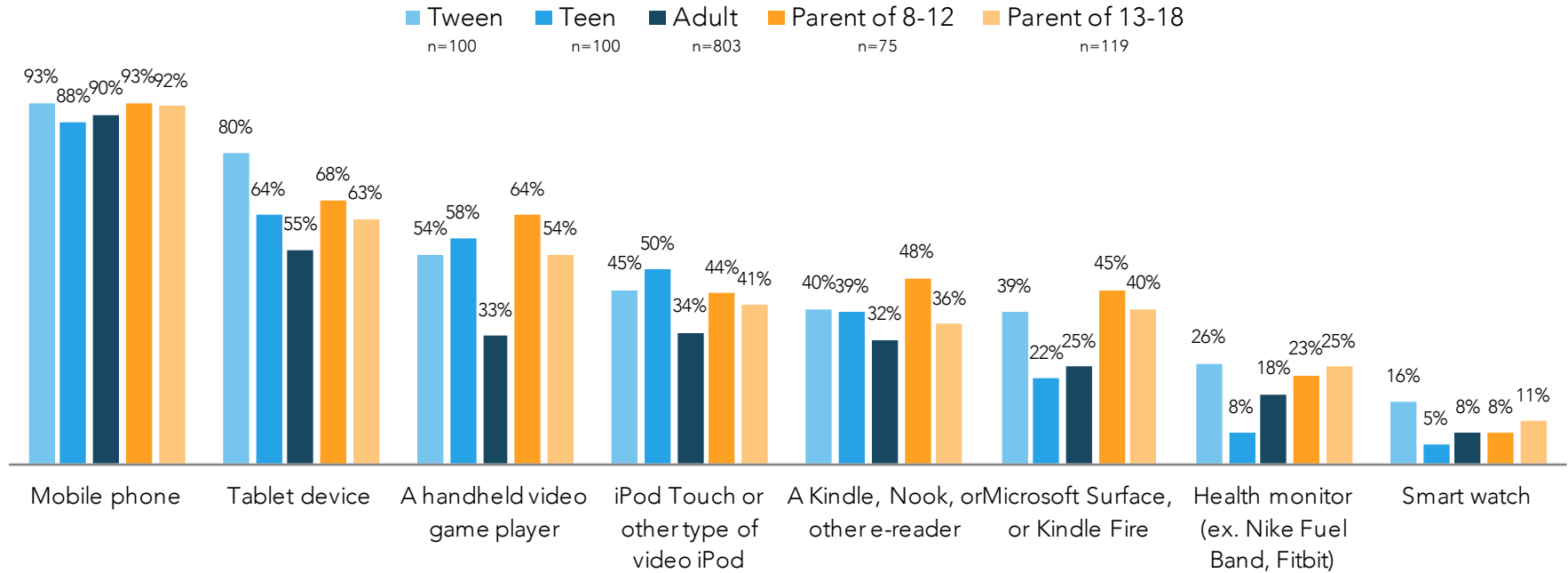
TECHNOLOGY IN THE HOUSEHOLD

Household Technology Used: The most ubiquitous technology is a computer with high speed access.



Q205 Which of the following, if any, do you have in your household that you can use?

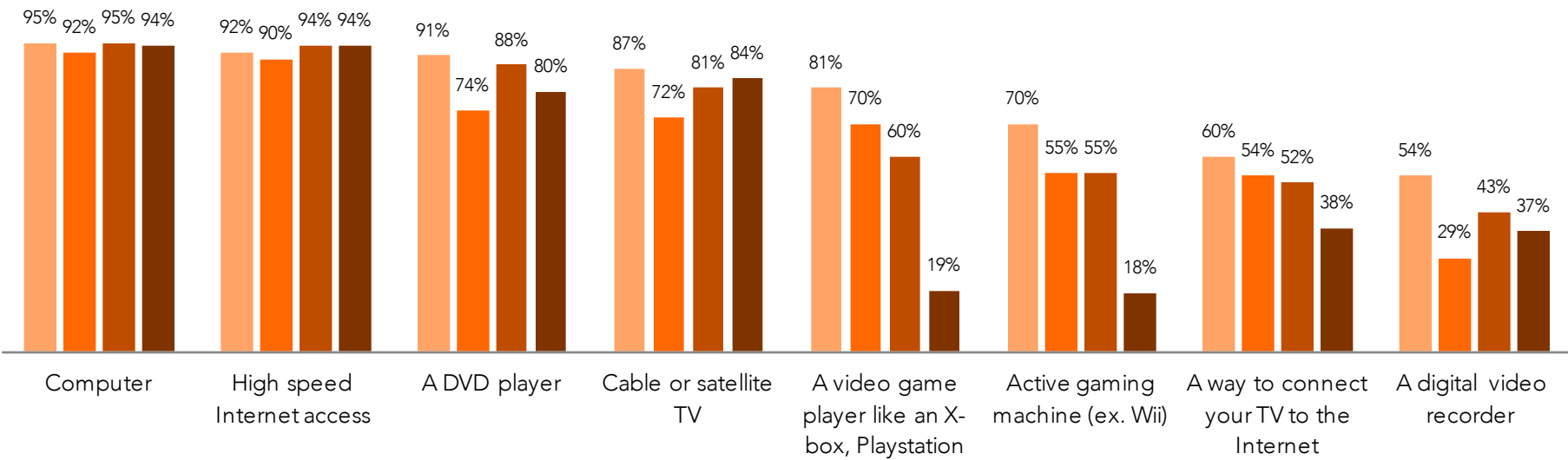
Household Technology Used: (cont'd)



Q205 Which of the following, if any, do you have in your household that you can use?

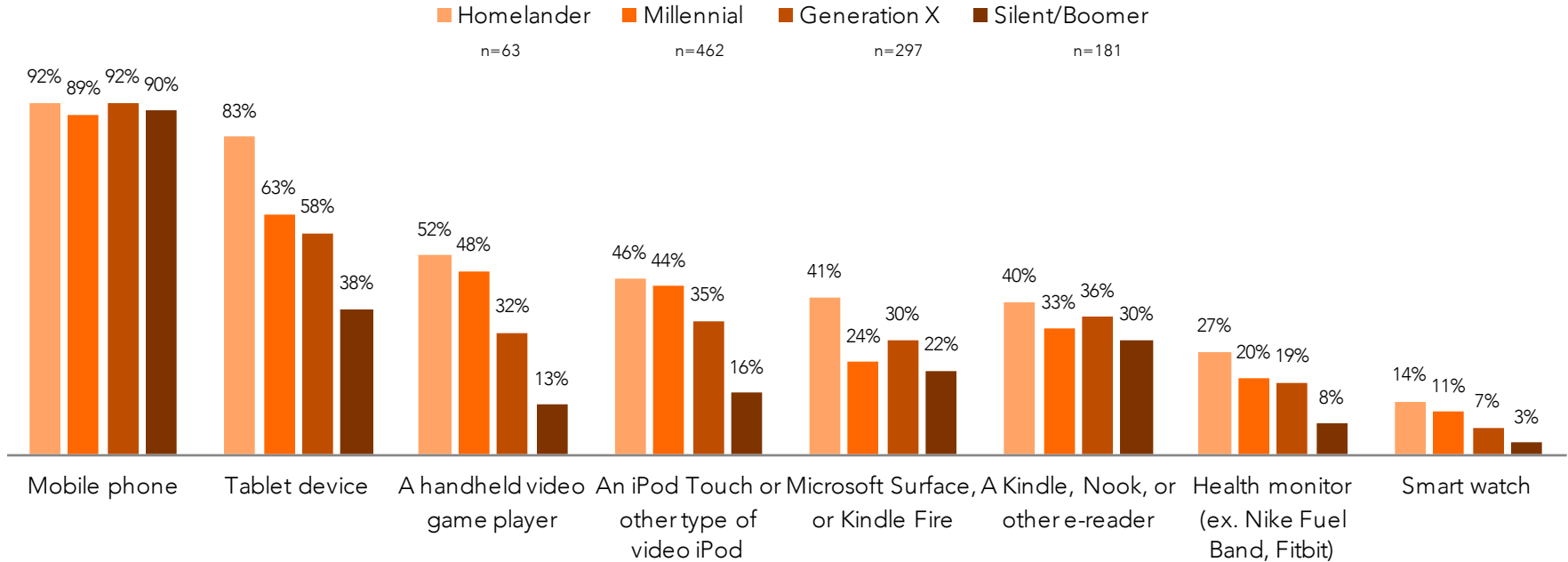
Household Technology Used

■ Homelander n=63
 ■ Millennial n=462
 ■ Generation X n=297
 ■ Silent/Boomer n=181



Q205 Which of the following, if any, do you have in your household that you can use?

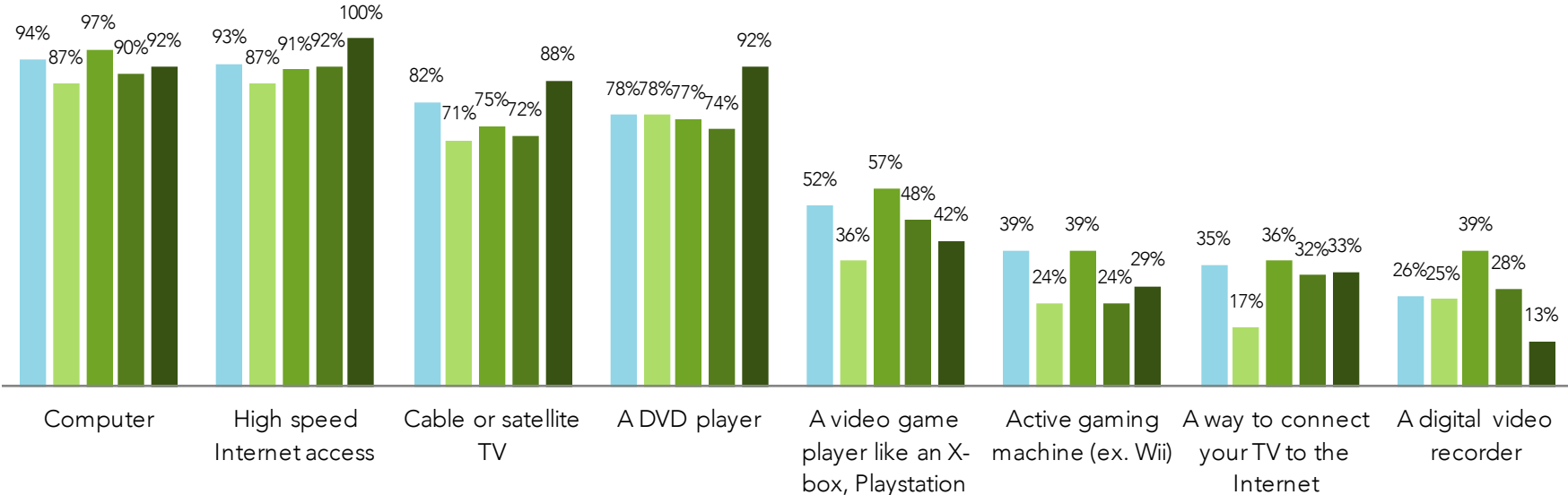
Household Technology Used (cont'd)



Q205 Which of the following, if any, do you have in your household that you can use?

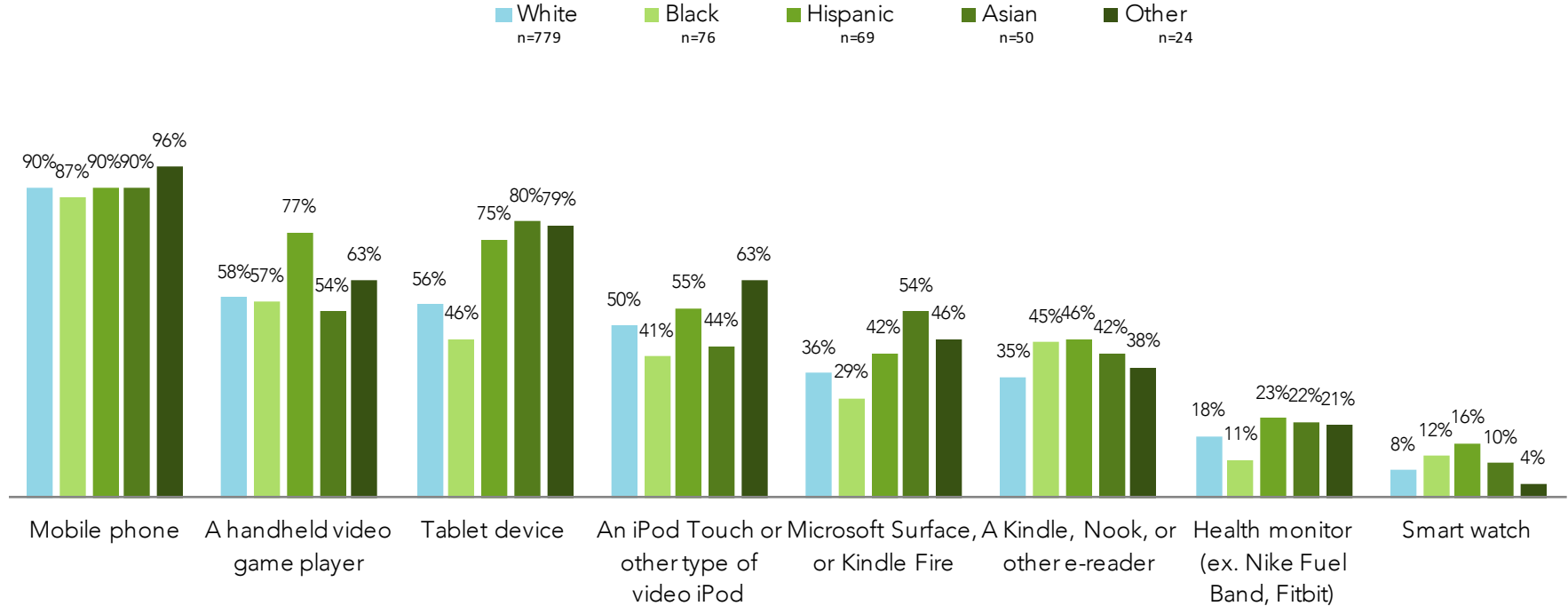
Household Technology Used

White n=779 Black n=76 Hispanic n=69 Asian n=50 Other n=24



Q205 Which of the following, if any, do you have in your household that you can use?

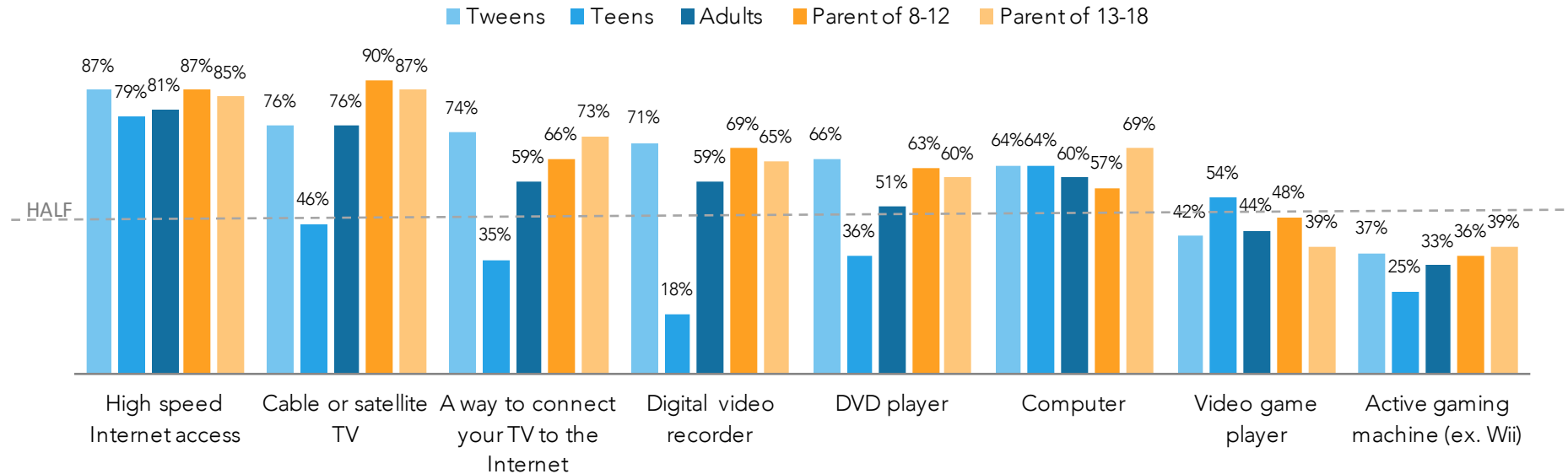
Household Technology Used (cont'd)



Q205 Which of the following, if any, do you have in your household that you can use?

Household Technology Used in Bedrooms

% Always/Often



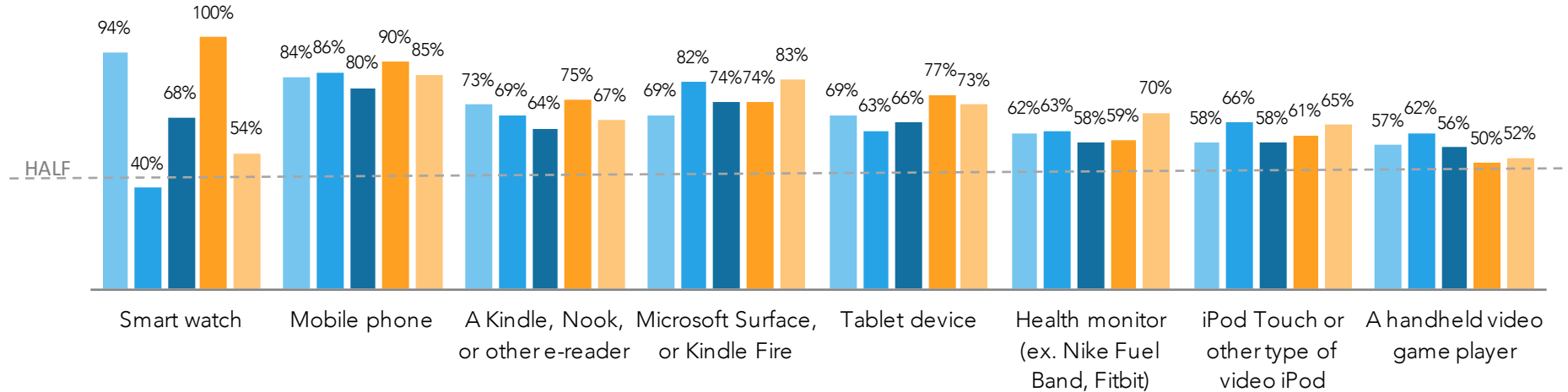
BASE: Have Item in Household

Q210 How often are the following digital devices or technology used in your bedrooms at home?

Household Technology Used in Bedrooms (cont'd)

% Always/Often

Tweens Teens Adults Parent of 8-12 Parent of 13-18



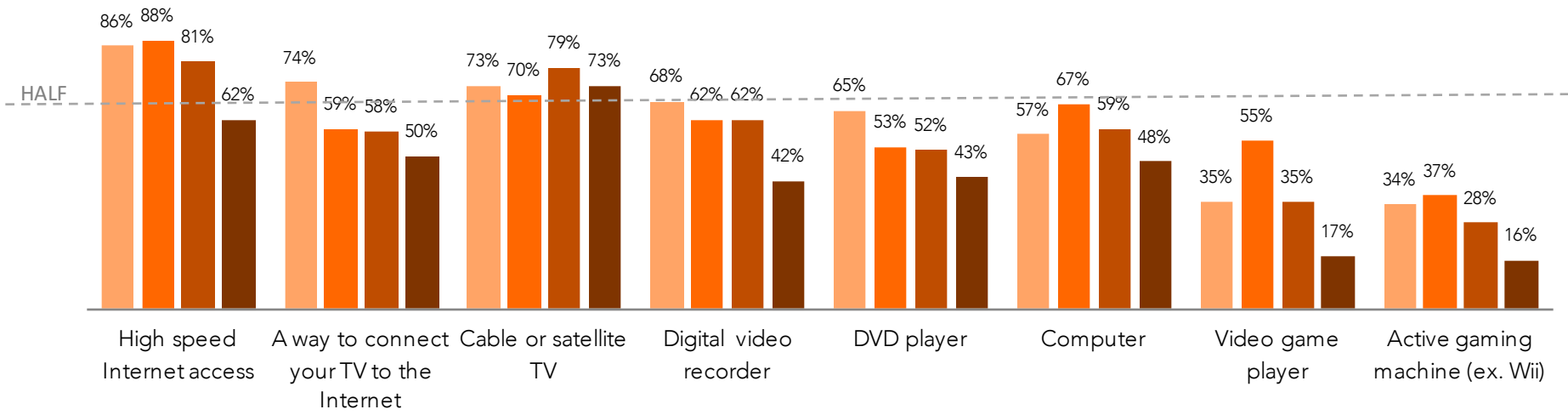
BASE: Have Item in Household

Q210 How often are the following digital devices or technology used in your bedrooms at home?

Household Technology Used in Bedrooms

% Always/Often

Homelander Millennials Generation X Silent/Boomer



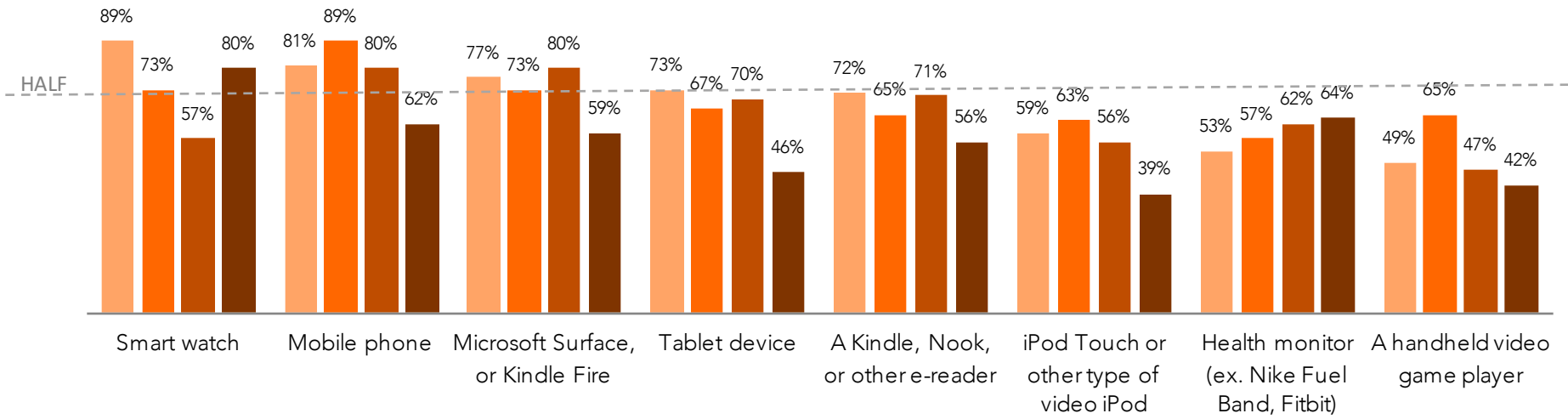
BASE: Have Item in Household

Q210 How often are the following digital devices or technology used in your bedrooms at home?

Household Technology Used in Bedrooms (cont'd)

% Always/Often

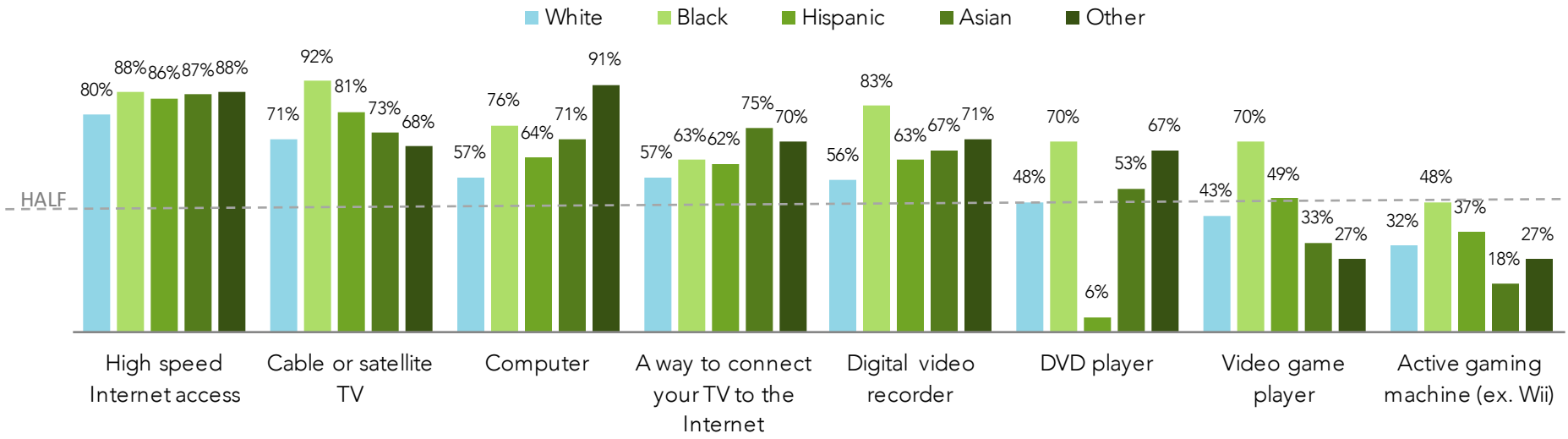
Homelander Millennials Generation X Silent/Boomer



BASE: Have Item in Household

Q210 How often are the following digital devices or technology used in your bedrooms at home?

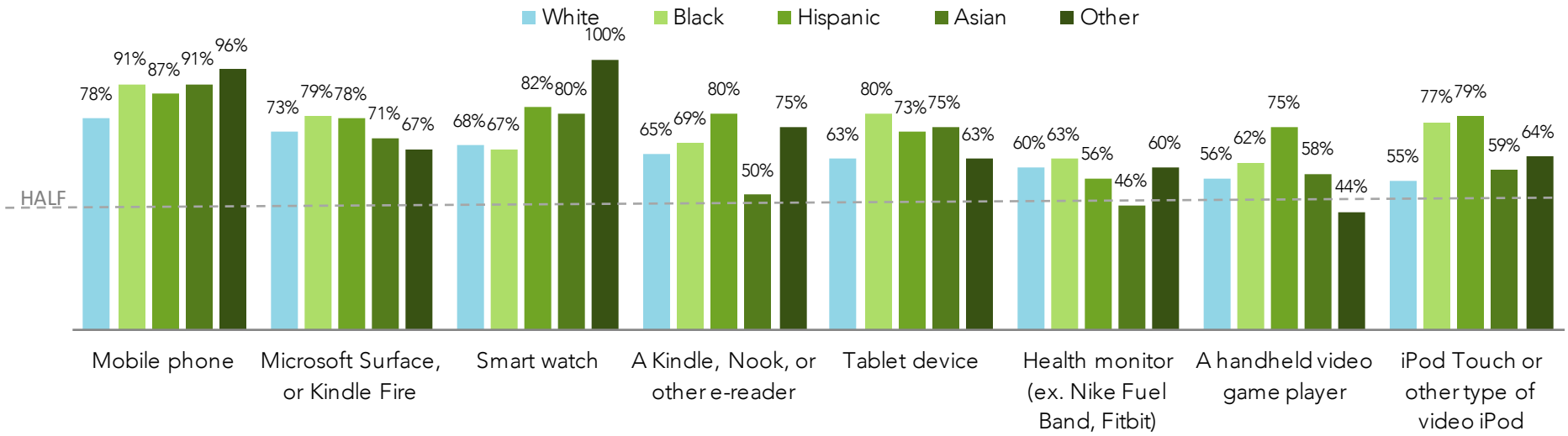
Household Technology Used in Bedrooms



BASE: Have Item in Household (Base varies for each item)

Q210 How often are the following digital devices or technology used in your bedrooms at home?

Household Technology Used in Bedrooms (cont'd)



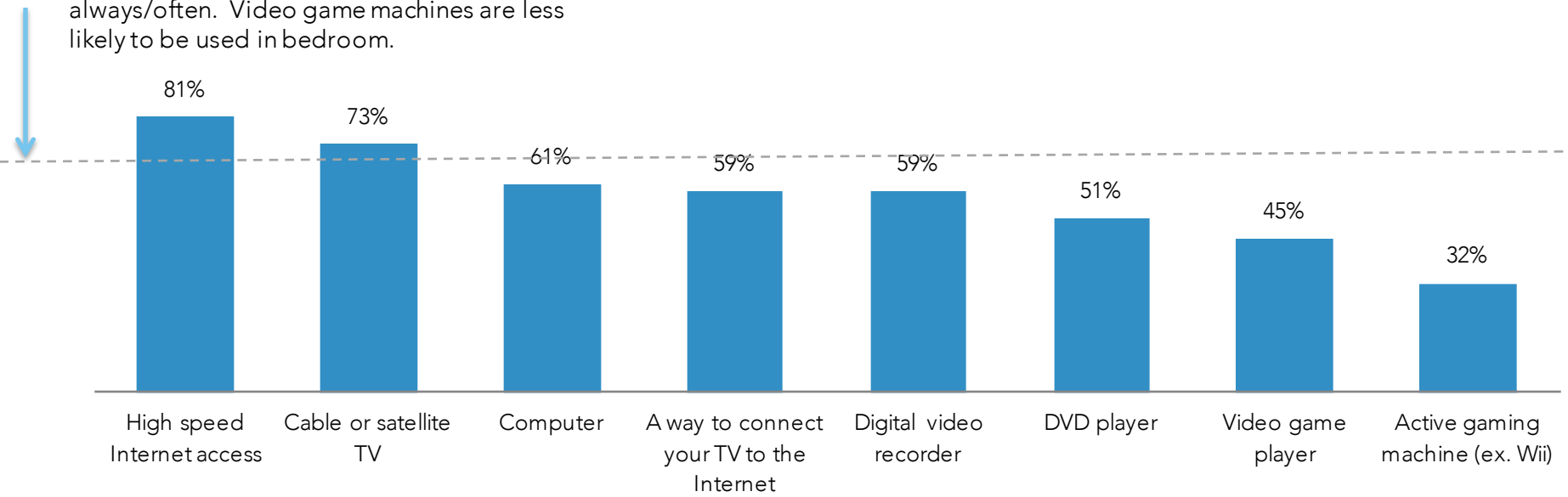
BASE: Have Item in Household (Base varies for each item)

Q210 How often are the following digital devices or technology used in your bedrooms at home?

Household Technology Used in Bedrooms

At least half of kids/adults who have access to tech at home, use it in their bedroom always/often. Video game machines are less likely to be used in bedroom.

% Always/Often

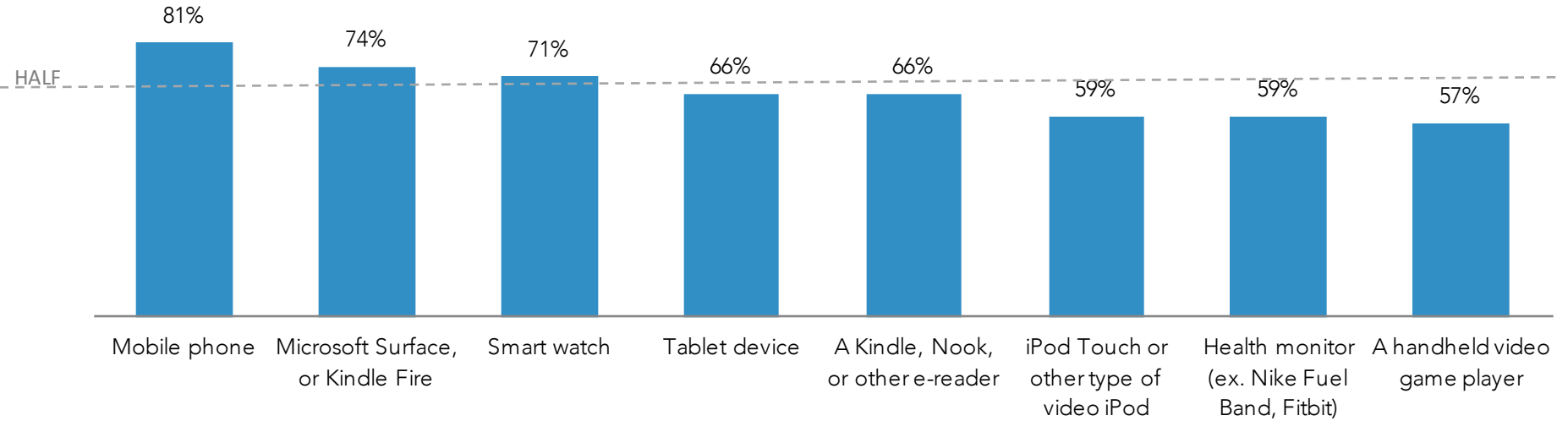


BASE: Have Item in Household

Q210 How often are the following digital devices or technology used in your bedrooms at home?

Household Technology Used in Bedrooms (cont'd)

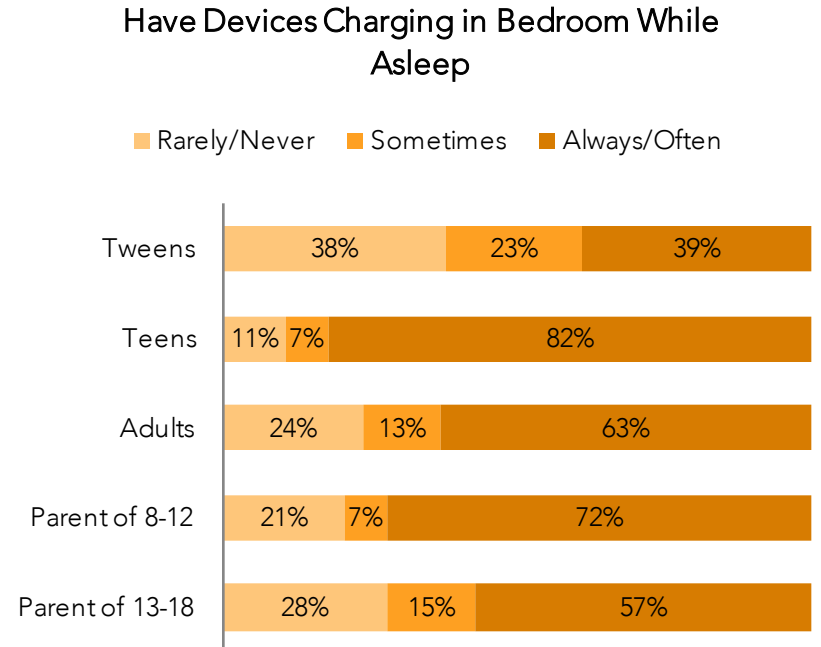
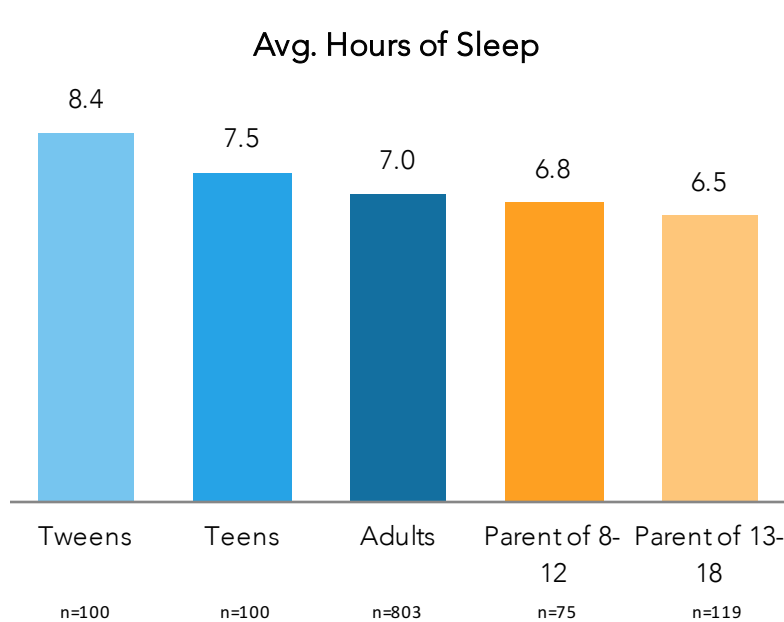
% Always/Often



BASE: Have Item in Household

Q210 How often are the following digital devices or technology used in your bedrooms at home?

Teens Most Likely to Charge Device in Bedroom During Sleep

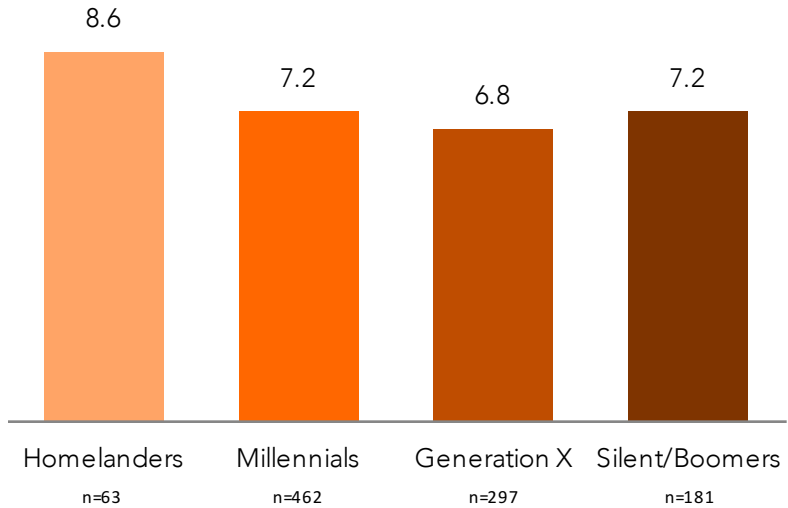


Q500 On average, how many hours a night do you sleep?

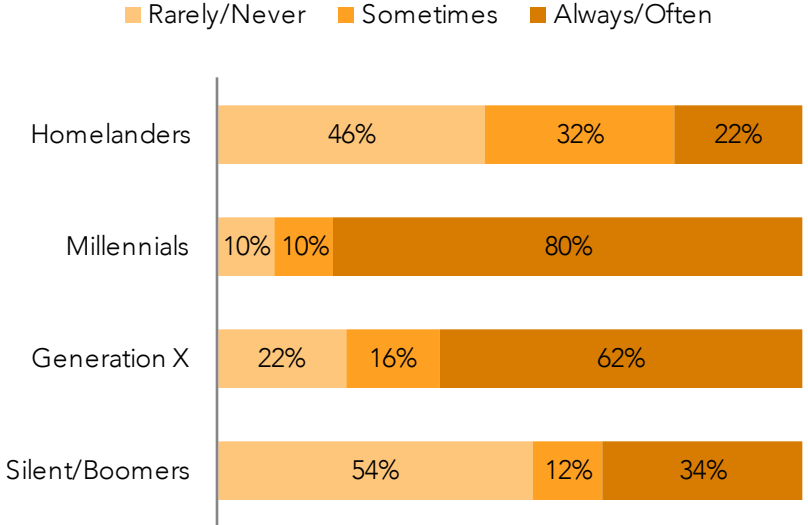
Q510 How often do you have digital devices charging in your room at night?

Millennials Most Likely to Charge Device in Bedroom During Sleep

Avg. Hours of Sleep



Have Devices Charging in Bedroom While Asleep

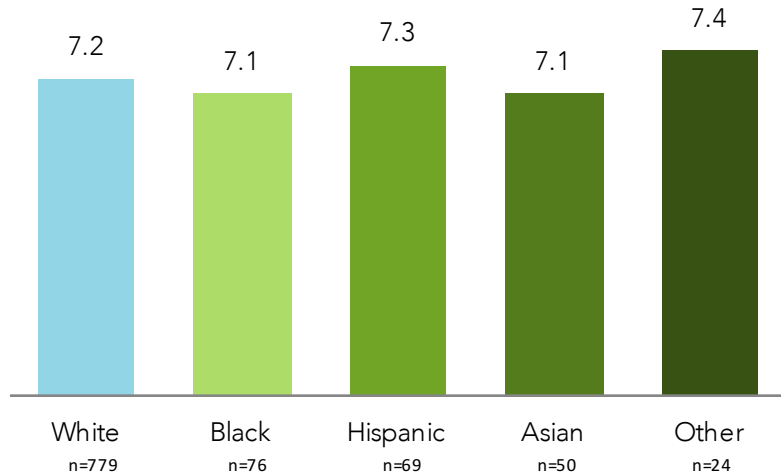


Q500 On average, how many hours a night do you sleep?

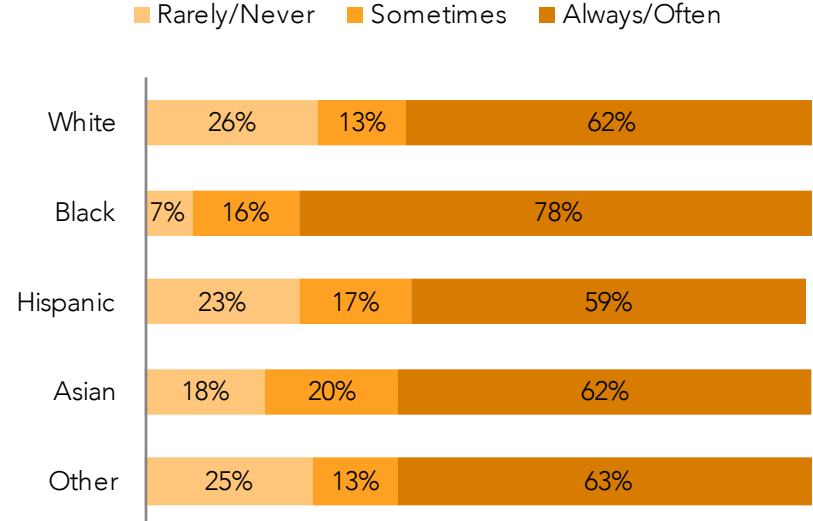
Q510 How often do you have digital devices charging in your room at night?

Blacks/African Americans Most Likely to Charge Device in Bedroom During Sleep

Avg. Hours of Sleep



Have Devices Charging in Bedroom While Asleep

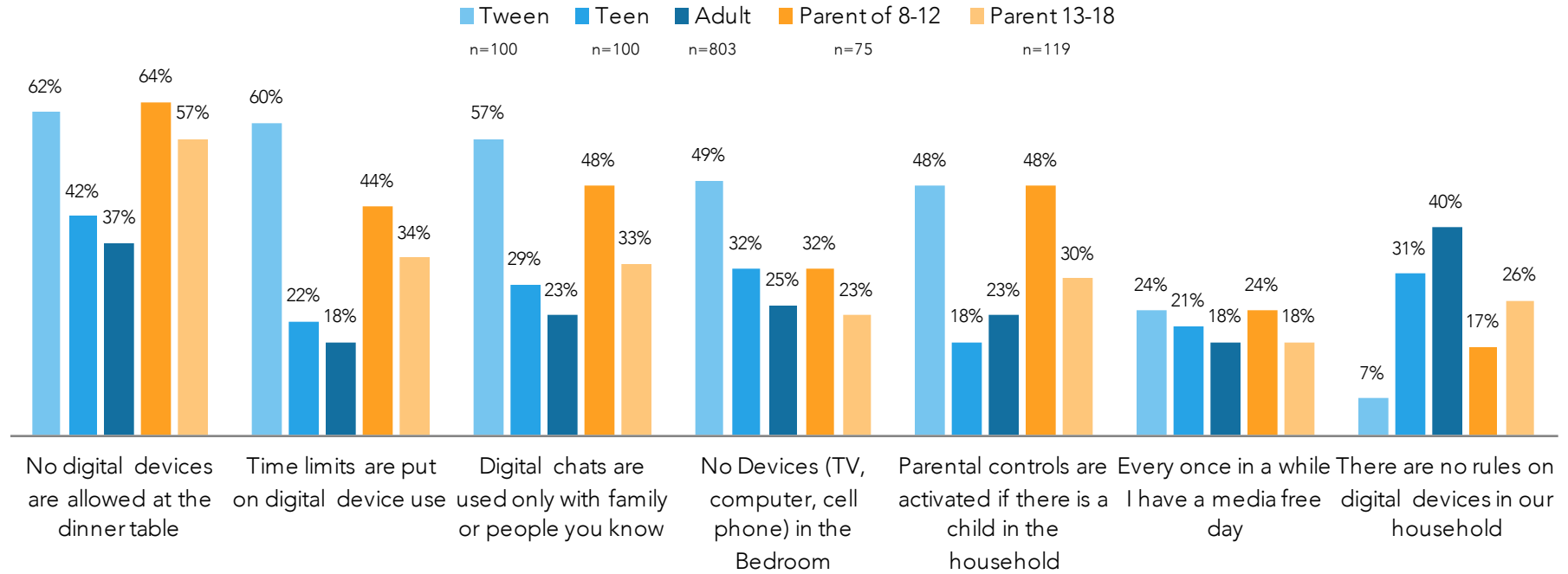


Q500 On average, how many hours a night do you sleep?

Q510 How often do you have digital devices charging in your room at night?

TECHNOLOGY RULES IN THE HOUSEHOLD

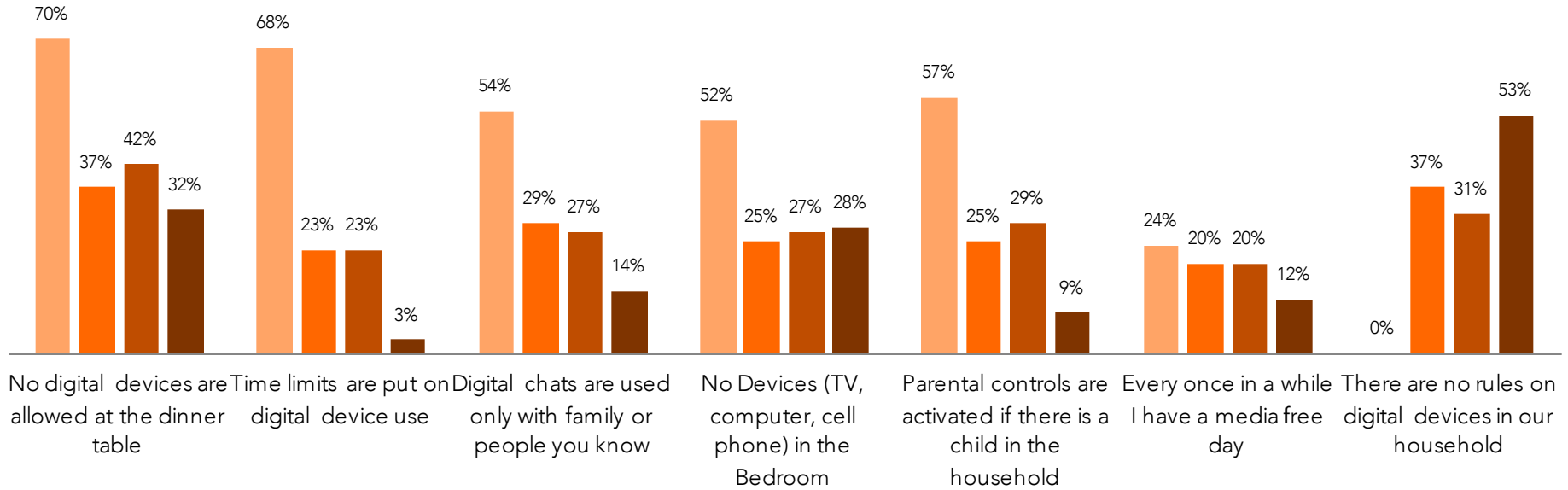
Digital Device Rules Followed



Q320 Which of the following rules do you follow regarding digital devices?

Digital Device Rules Followed

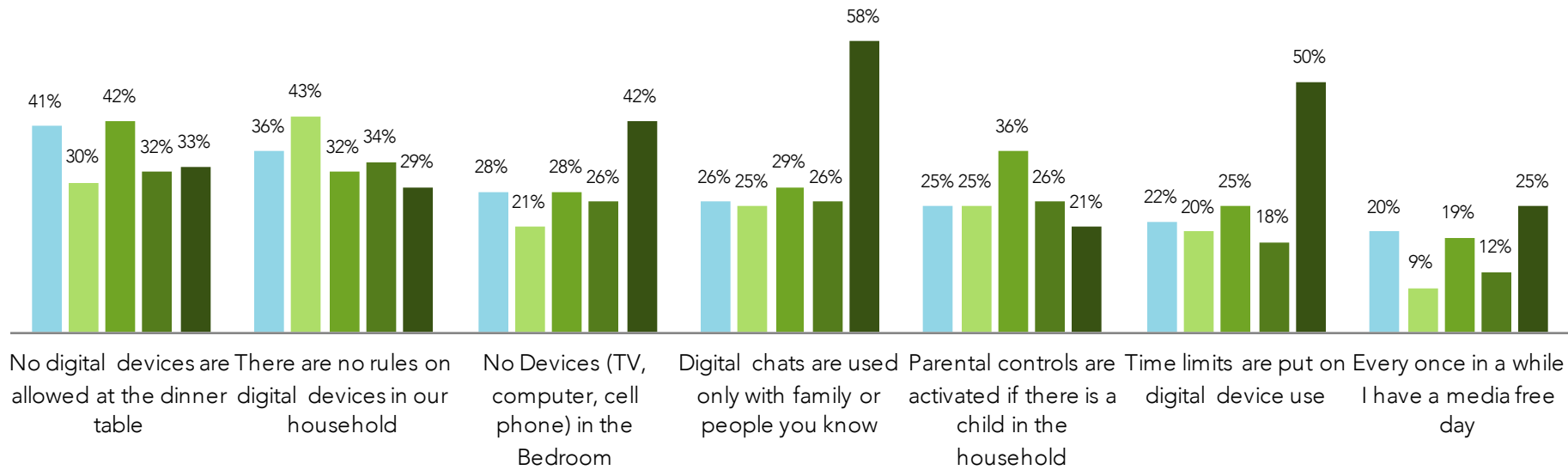
Homelanders n=63 Millennials n=462 Generation X n=297 Silent/Boomers n=181



Q320 Which of the following rules do you follow regarding digital devices?

Digital Device Rules Followed

■ White n=779
 ■ Black n=76
 ■ Hispanic n=69
 ■ Asian n=50
 ■ Other n=24



Q320 Which of the following rules do you follow regarding digital devices?

Who's the Tech Expert

Tween (8-12 yrs old)	Teen (13-17 yrs old)	Adult (18+ yrs old)	Parent of 8-12	Parent of 13-18
66% Parent 11% Myself 6% Sibling	46% Myself 21% Parent 11% Sibling	56% Myself 17% Child 13% Spouse	51% Myself 28% Child 15% Spouse	50% Myself 29% Child 10% Spouse
n=100	n=100	n=803	n=75	n=119

BASE: All Respondents
Q211 Who is the digital device expert in your home?

Who's the Tech Expert

Homelander (<10 yrs old)	Millennial (11-33 yrs old)	Generation X (34-54 yrs old)	Silent/Baby Boomer (55+ yrs old)
71% Parent 11% Myself 3% Sibling	51% Myself 13% Spouse 12% Parent 12% Child	59% Myself 19% Child 11% Spouse	50% Myself 21% Child 11% Spouse
n=63	n=462	n=297	n=181

BASE: All Respondents
Q211 Who is the digital device expert in your home?

Who's the Tech Expert

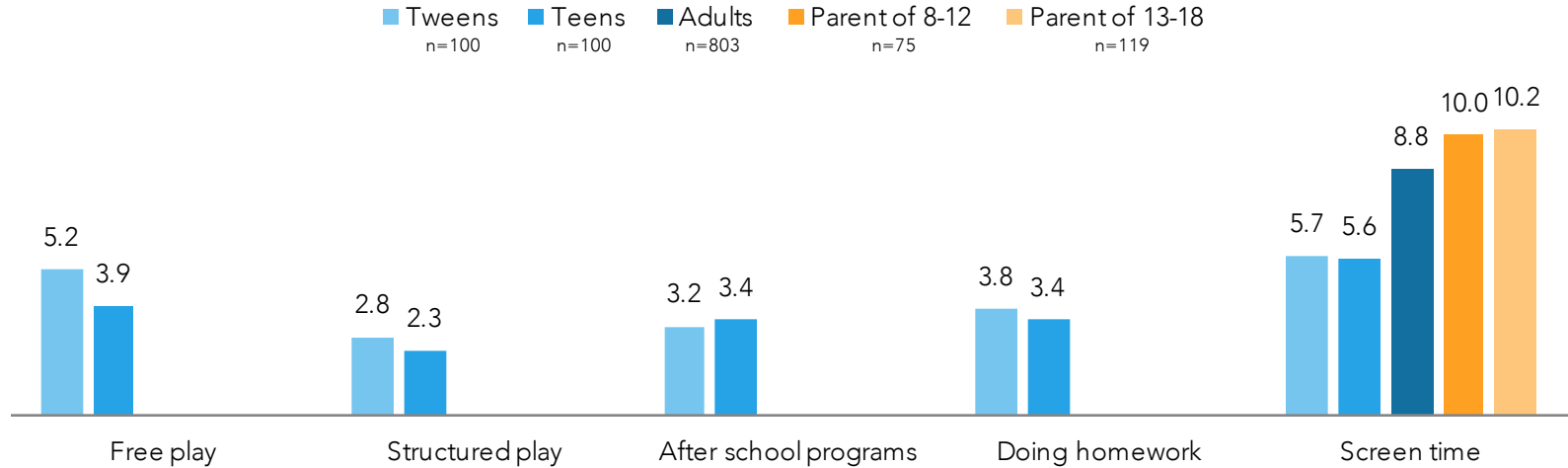
White	Black	Hispanic	Asian	Other
51% Myself 15% Child 13% Spouse	53% Myself 16% Child 11% Parent	48% Myself 15% Child 13% Parent 10% Spouse	50% Myself 12% Child 12% Parent 10% Spouse	38% Myself 38% Parent
n=779	n=76	n=69	n=50	n=24

BASE: All Respondents
Q211 Who is the digital device expert in your home?

TIME SPENT WITH TECHNOLOGY

Typical Weekday

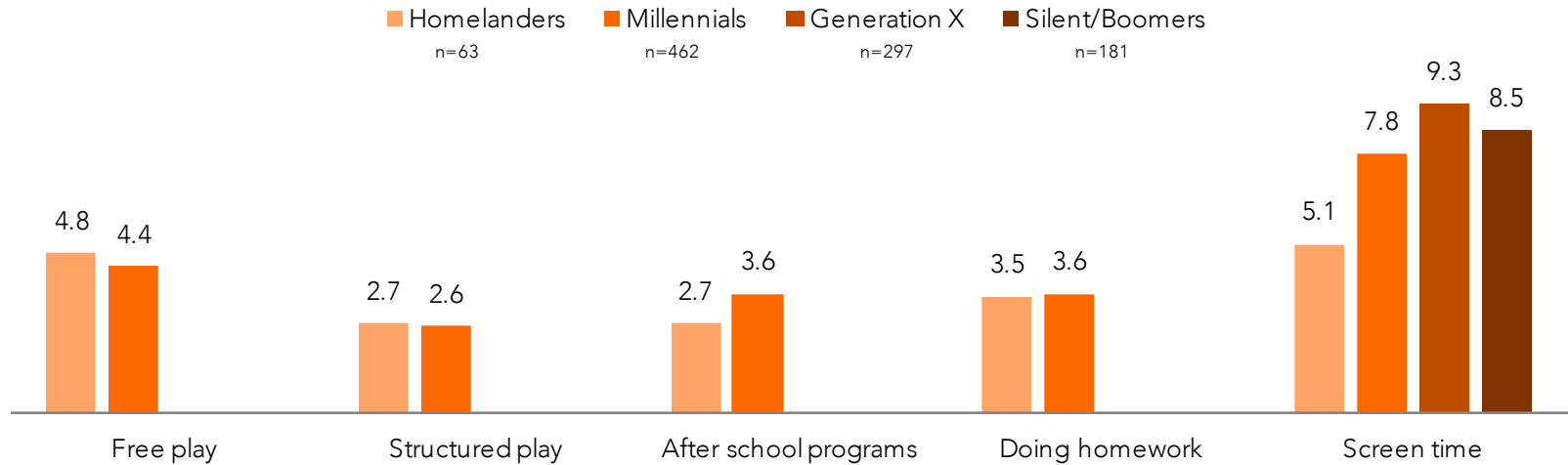
Average Hours Spent Each Weekday



Q300 How much time do you spend each week day in:

Typical Weekday

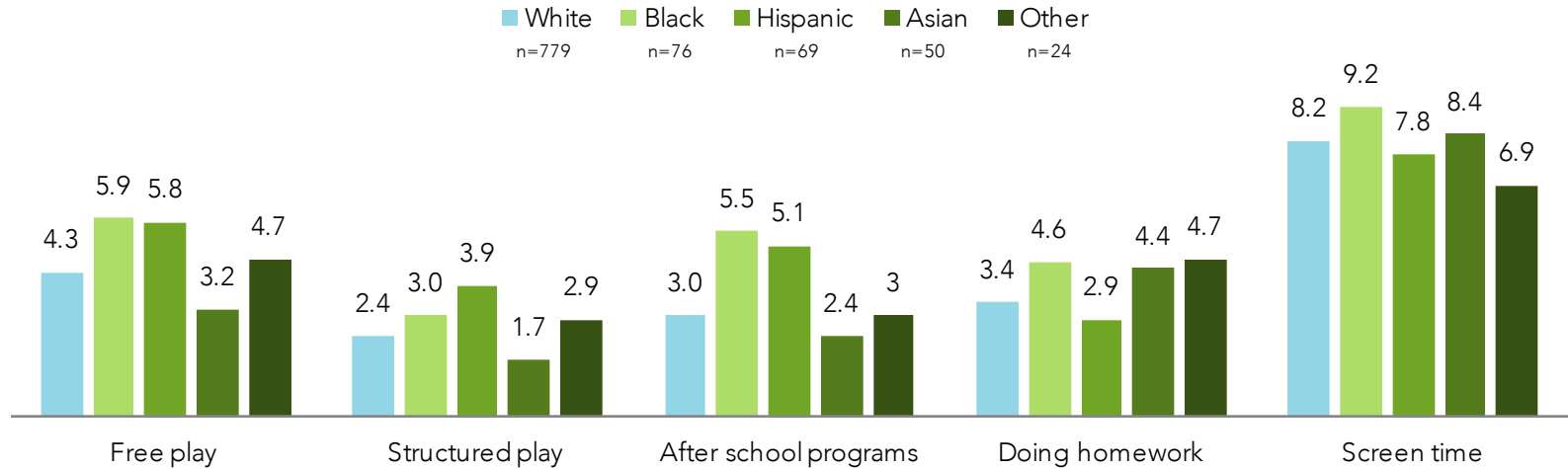
Average Hours Spent Each Weekday



Q300 How much time do you spend each week day in:

Typical Weekday

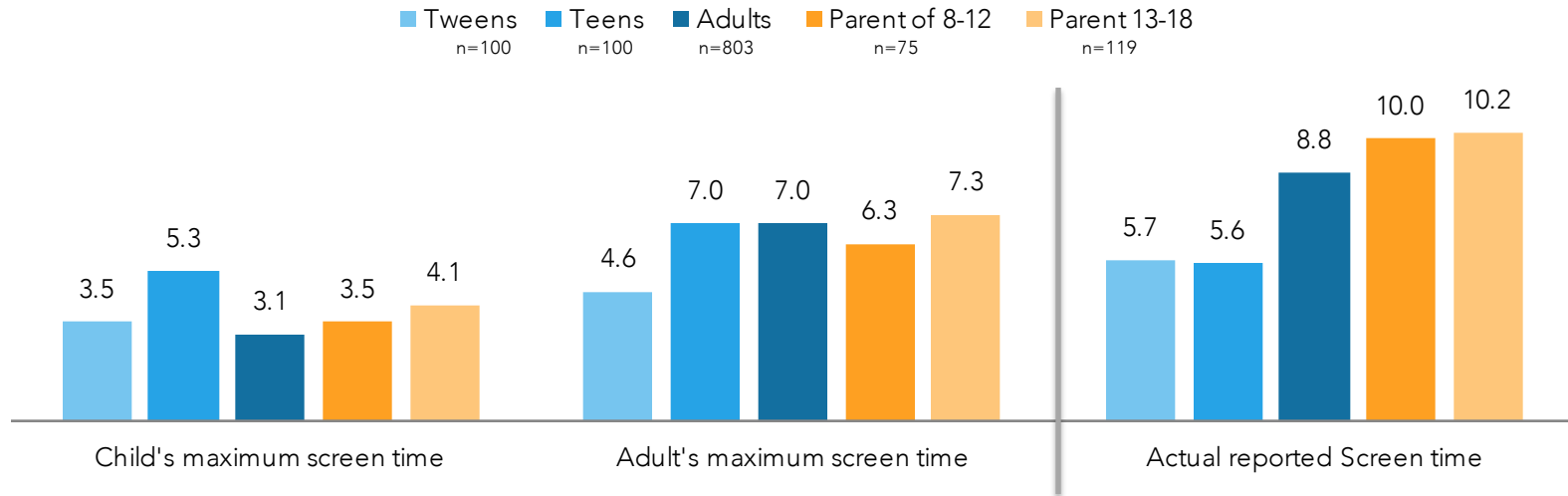
Average Hours Spent Each Weekday



Q300 How much time do you spend each week day in:

Maximum Screen Time Should Have Each Day

Average Maximum Hours Should Spend on Screen Time

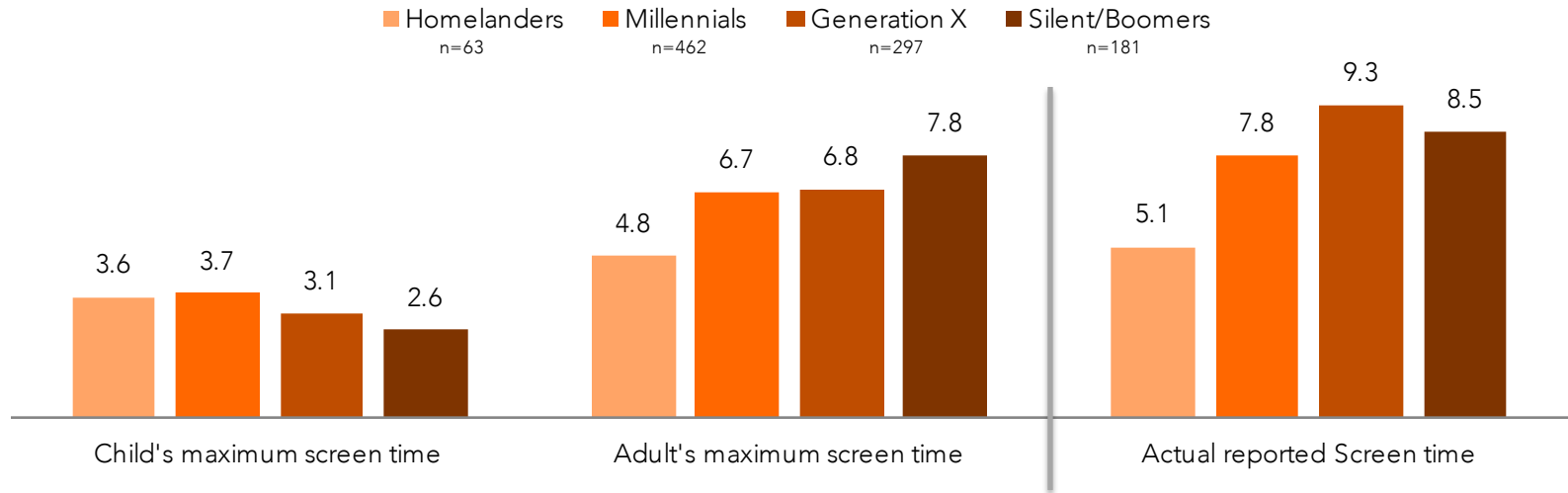


Q300 How much time do you spend each week day in:

Q400 What is the maximum screen time a child or adult should have each day?

Maximum Screen Time Should Have Each Day

Average Maximum Hours Should Spend on Screen Time

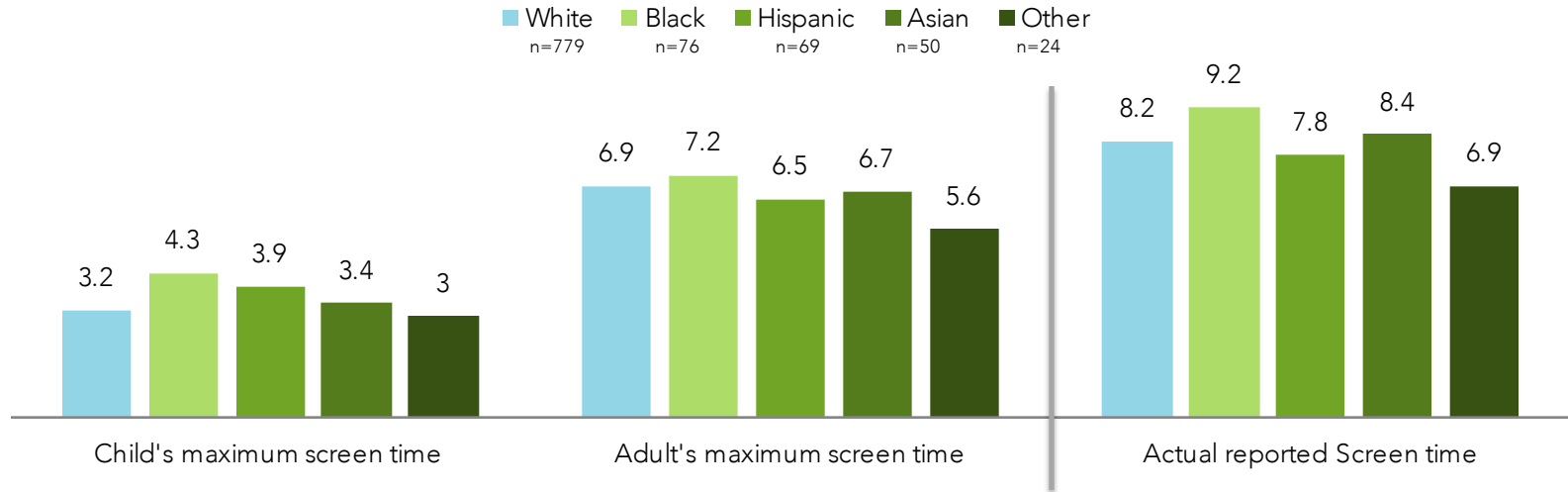


Q300 How much time do you spend each week day in:

Q400 What is the maximum screen time a child or adult should have each day?

Maximum Screen Time Should Have Each Day

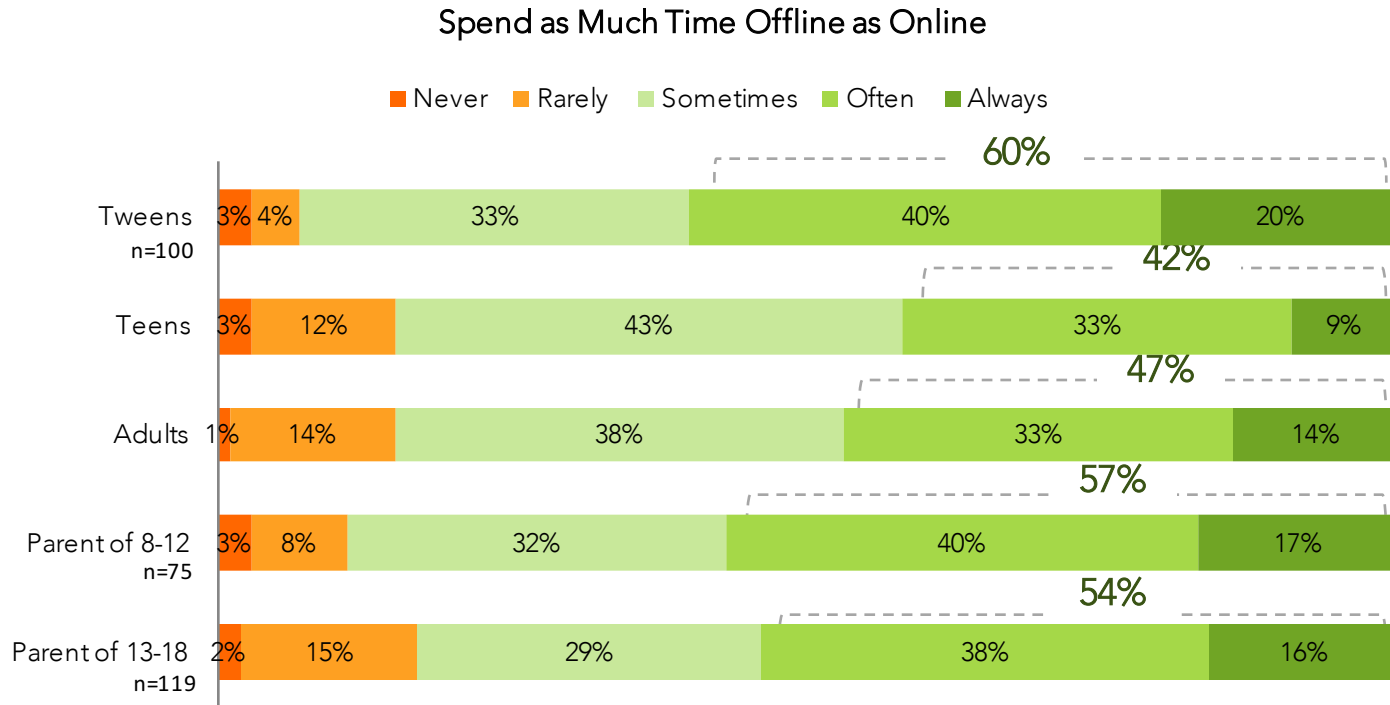
Average Maximum Hours Should Spend on Screen Time



Q300 How much time do you spend each week day in:

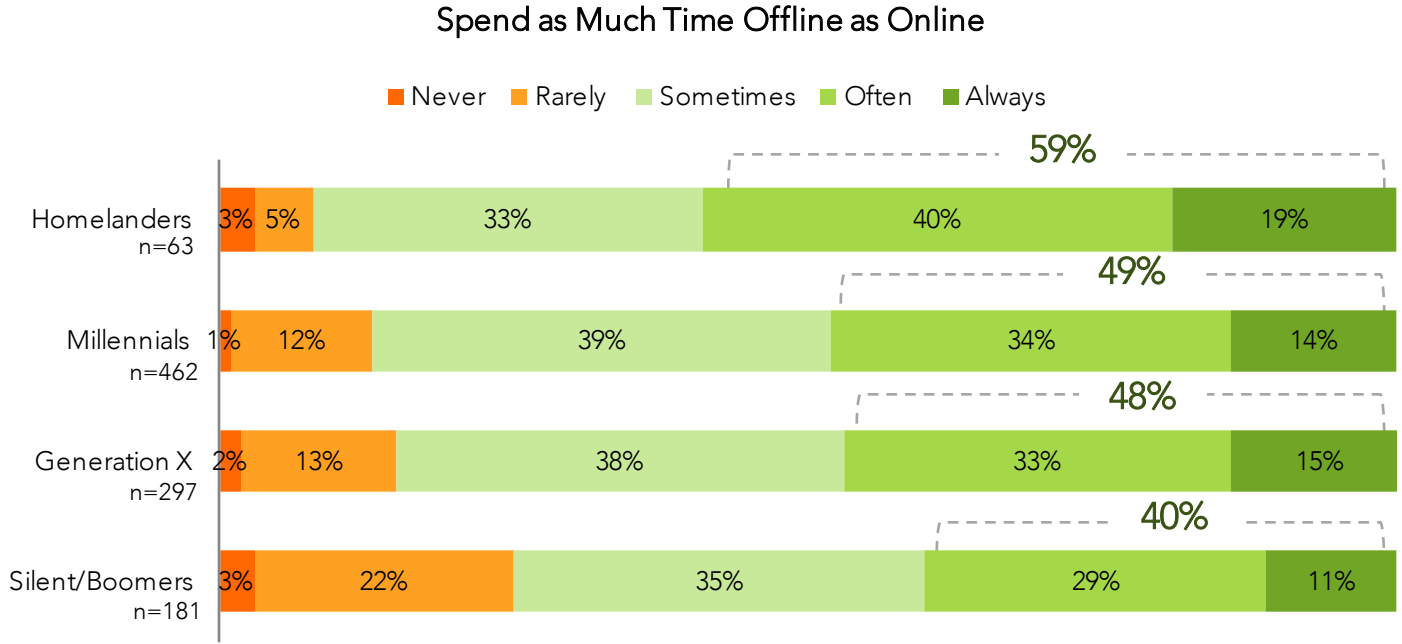
Q400 What is the maximum screen time a child or adult should have each day?

Tweens Most Likely to Be Offline as Much as Online



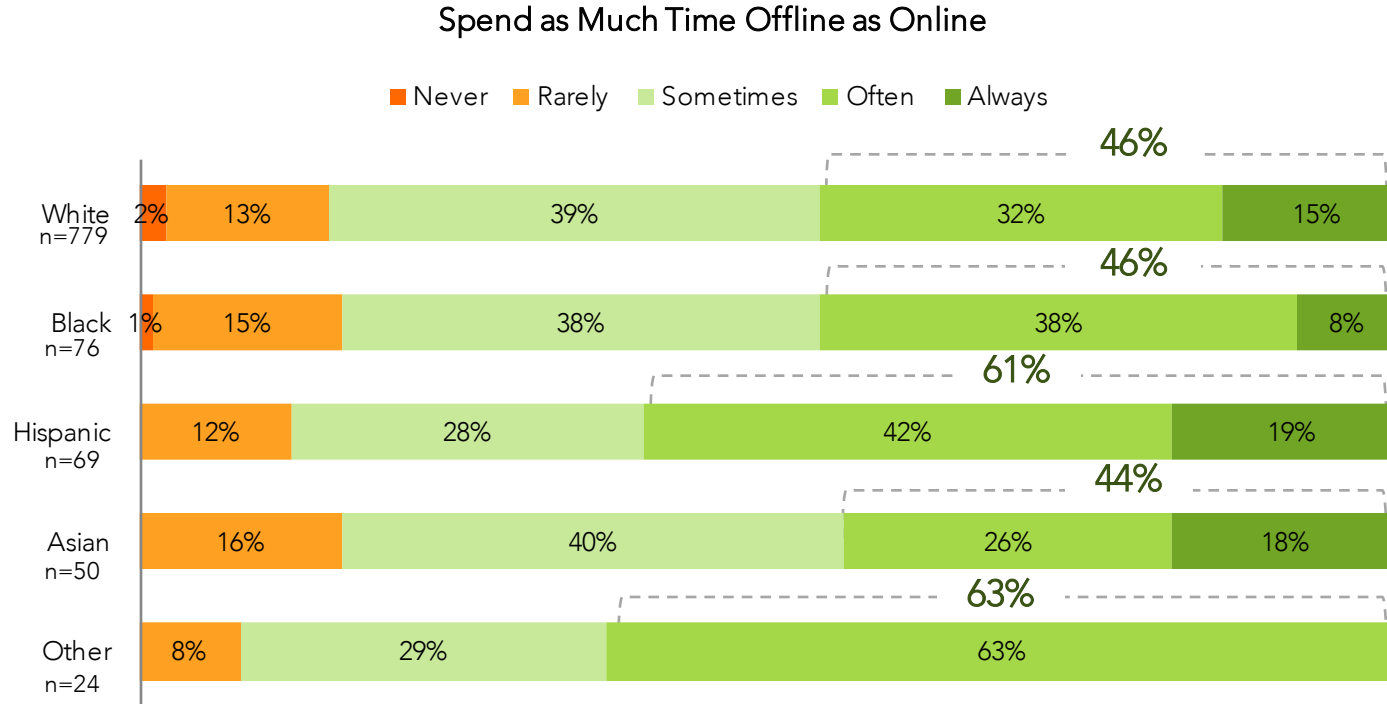
Q310 How often do you spend as much time doing offline activities as online activities?

Homelanders Most Likely to Be Offline as Much as Online



Q310 How often do you spend as much time doing offline activities as online activities?

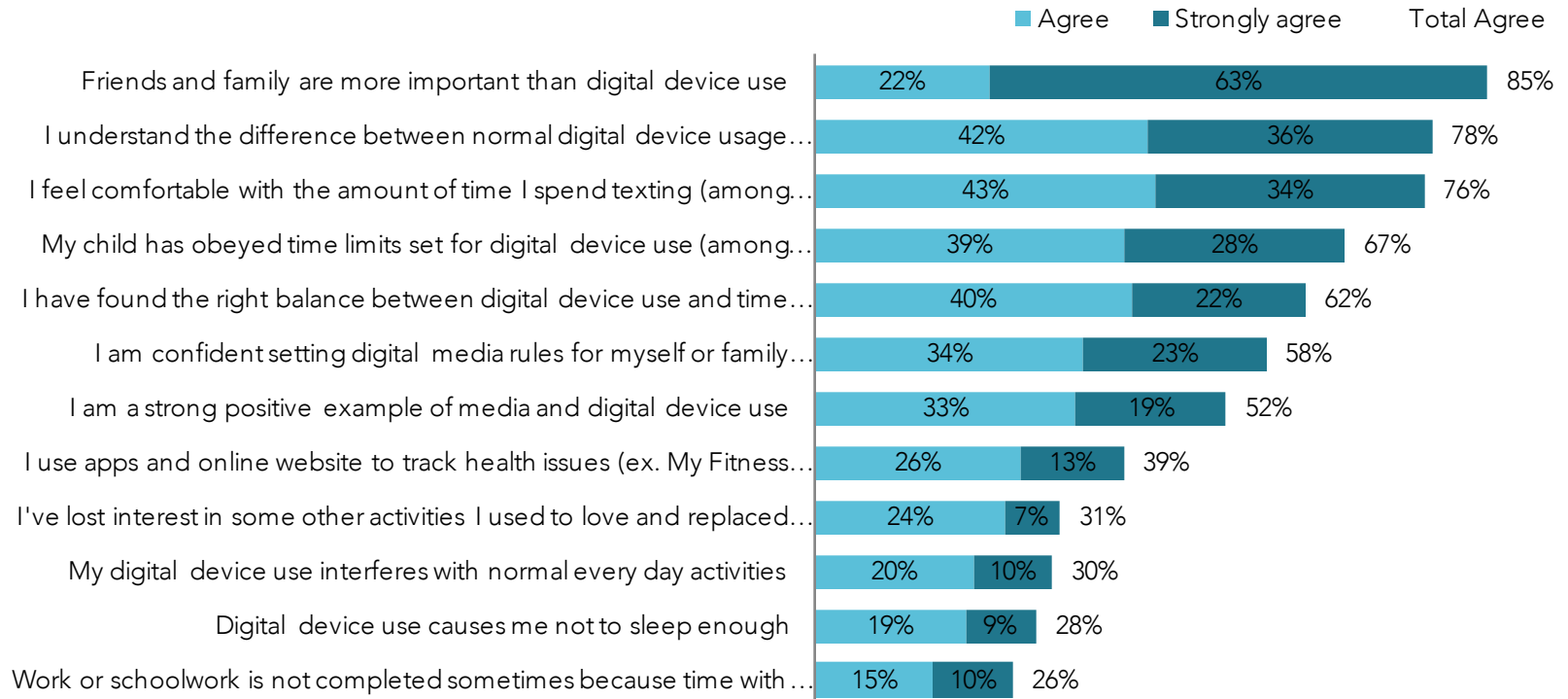
Hispanic Most Likely to Be Offline as Much as Online



Q310 How often do you spend as much time doing offline activities as online activities?

CYBERBALANCE

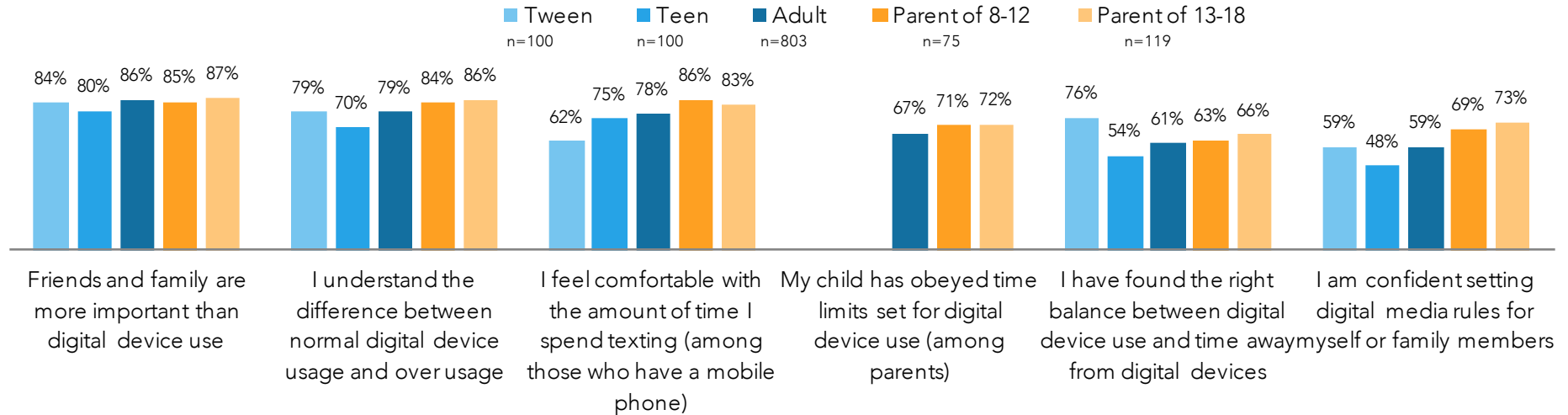
Friends and Family are more important than Digital Device Use



Q410 How much do you agree or disagree with the following statements?

Friends and Family are still more important than digital devices

% Agree

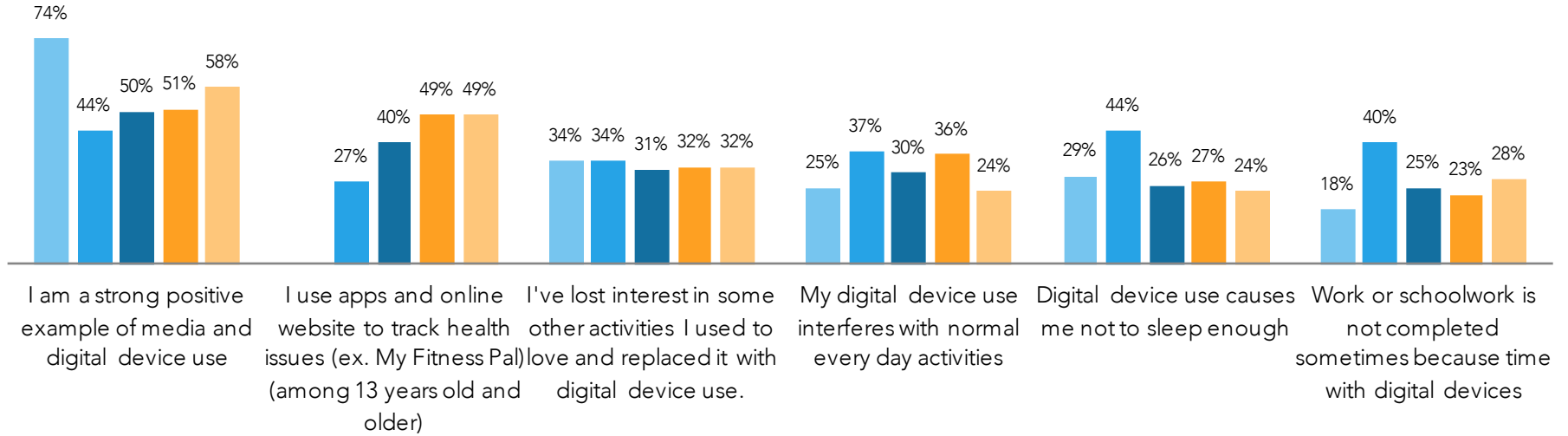


Q410 How much do you agree or disagree with the following statements?

Teens Report Disruption to Normal Life Due to Digital Device Use

% Agree

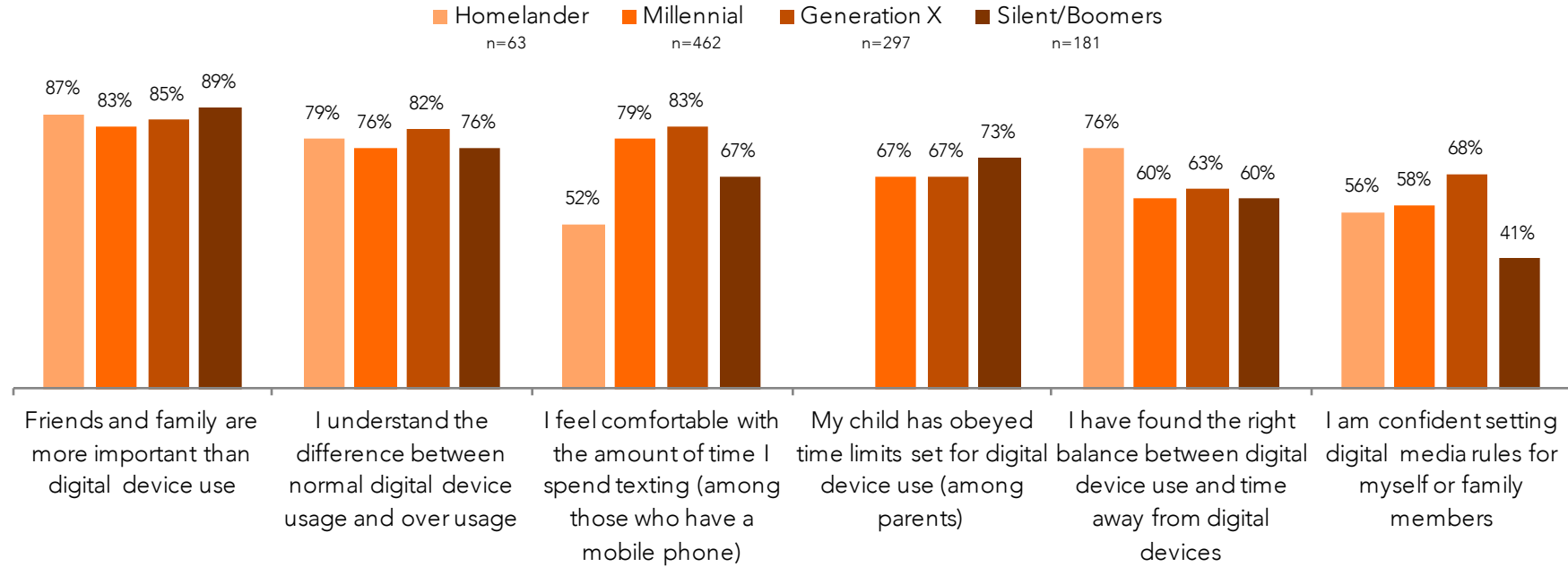
■ Tween n=100
 ■ Teen n=100
 ■ Adult n=803
 ■ Parent of 8-12 n=75
 ■ Parent of 13-18 n=119



Q410 How much do you agree or disagree with the following statements?

Homelanders are Most Confident in their Ability to Balance Digital Devices

% Agree

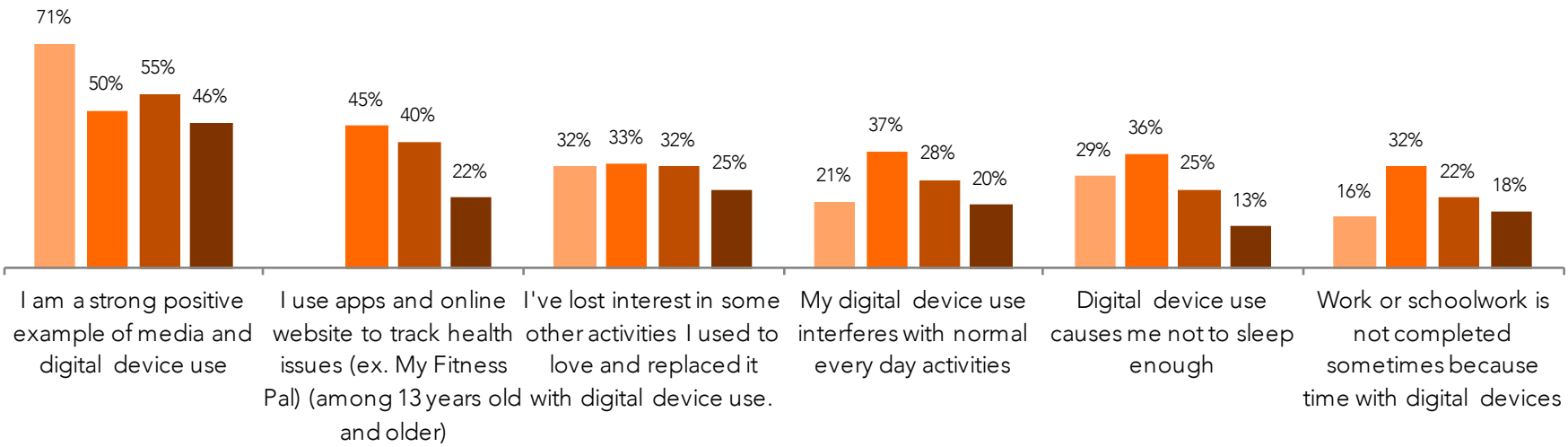


Q410 How much do you agree or disagree with the following statements?

Millennials Most Likely to Report Disruption of Normal Life Due to Digital Device Use

% Agree

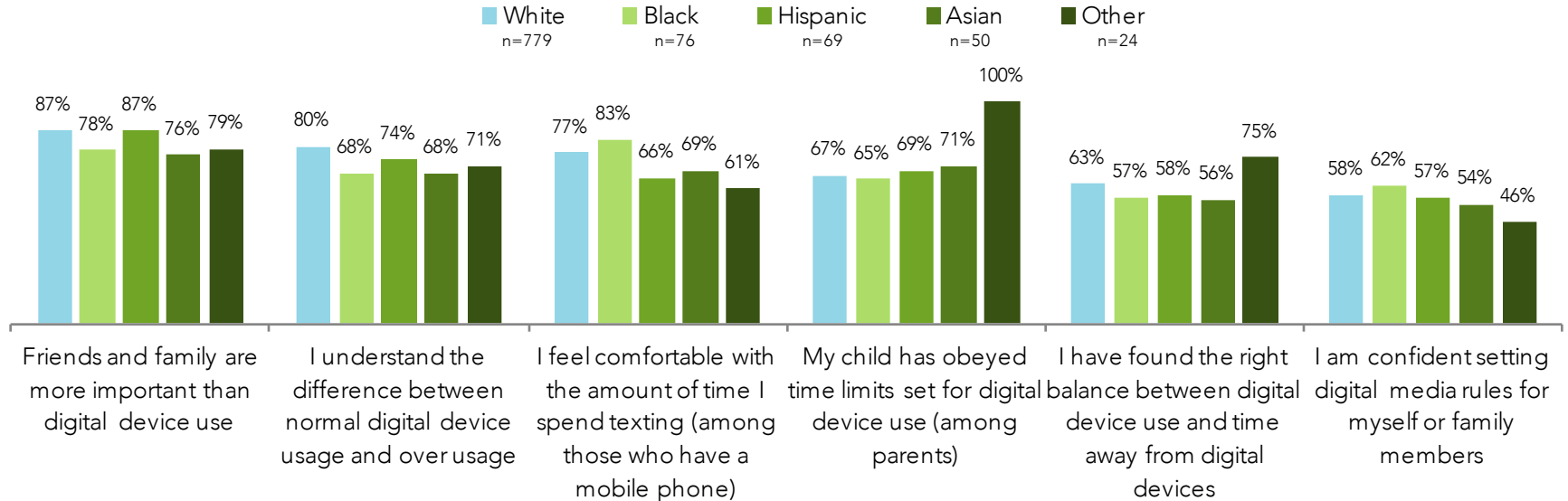
Homelander n=63 Millennial n=462 Generation X n=297 Silent/Boomers n=181



Q410 How much do you agree or disagree with the following statements?

Minorities More Likely to Say Children Obey Time Limits

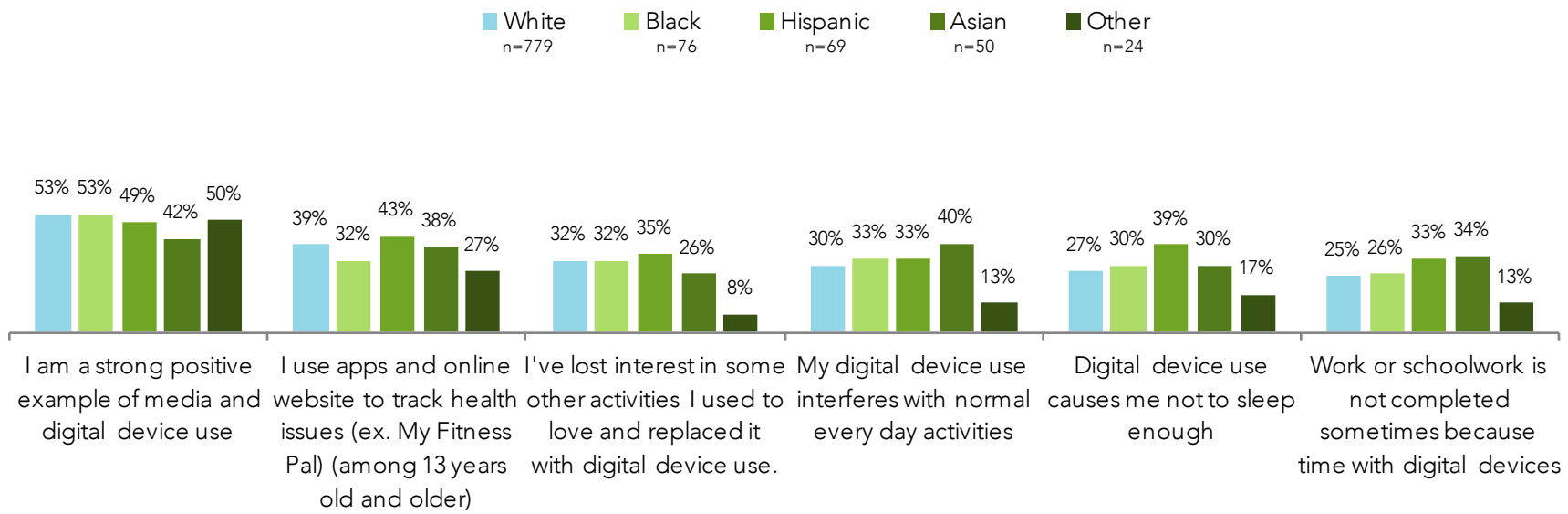
% Agree



Q410 How much do you agree or disagree with the following statements?

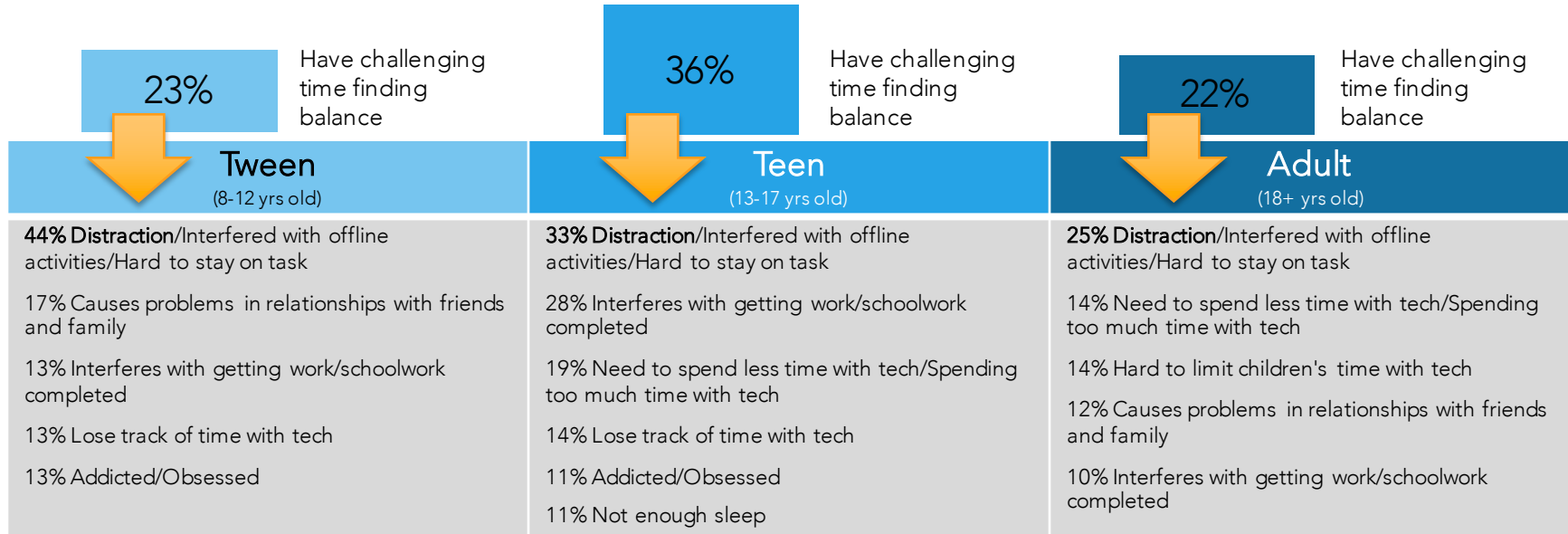
Asian/Hispanic More Likely to Report Disruption of Normal Life Due to Digital Device Use

% Agree



Q410 How much do you agree or disagree with the following statements?

Teens have the most difficulty Balancing Devices & Tech



n=23*

* Small Base
Only mentions of >10% shown

n=36*

n=175

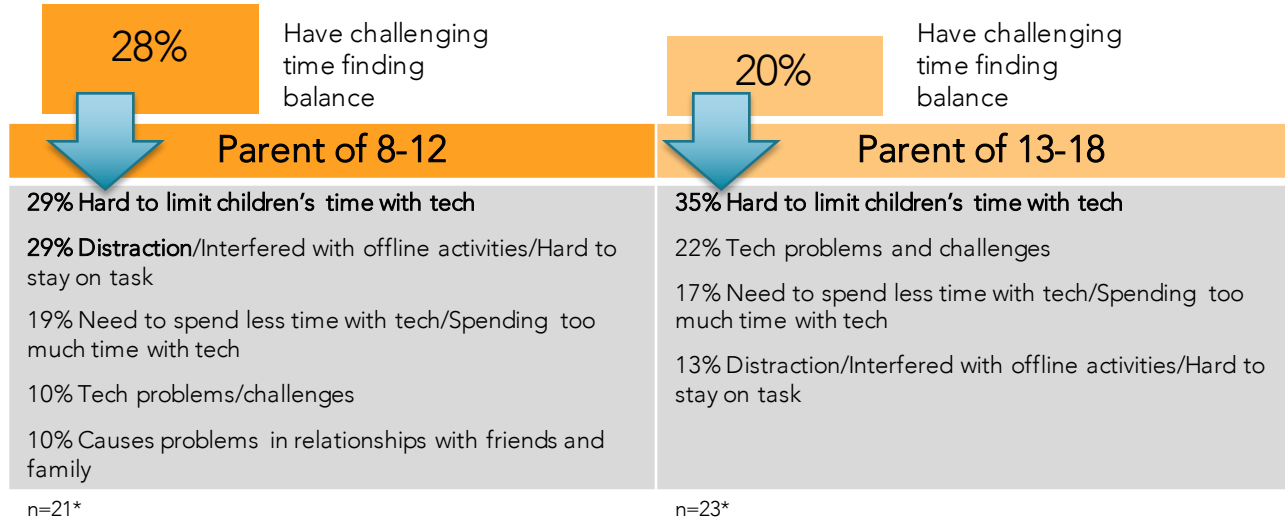
BASE: All Respondents

Q430 Have you had a challenging or difficult situation balancing the use of digital devices and technology?

BASE: Had a challenging or difficult situation

Q440 Please explain the challenging or difficult situation balancing the use of digital devices and technology?

Parents' Challenge: limiting children's device time



* Small Base
Only mentions of >10% shown

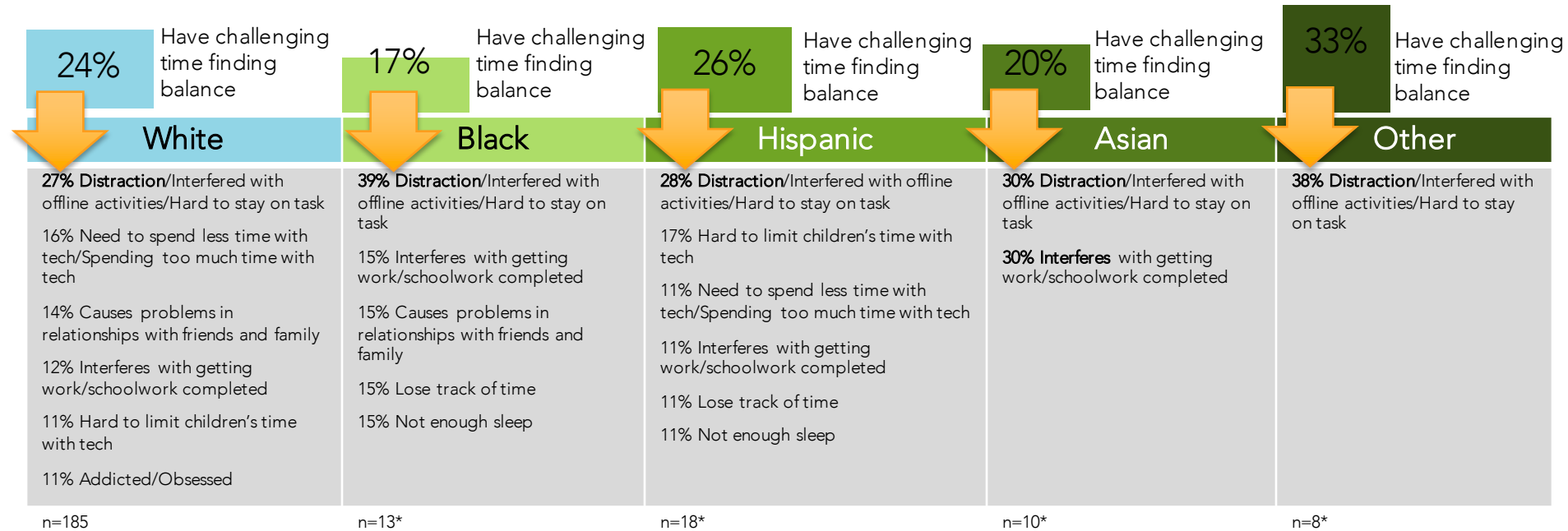
BASE: All Respondents

Q430 Have you had a challenging or difficult situation balancing the use of digital devices and technology?

BASE: Had a challenging or difficult situation

Q440 Please explain the challenging or difficult situation balancing the use of digital devices and technology?

Challenges in Balancing Devices & Tech



n=185

n=13*

n=18*

n=10*

n=8*

* Small Base

Only mentions of >10% shown

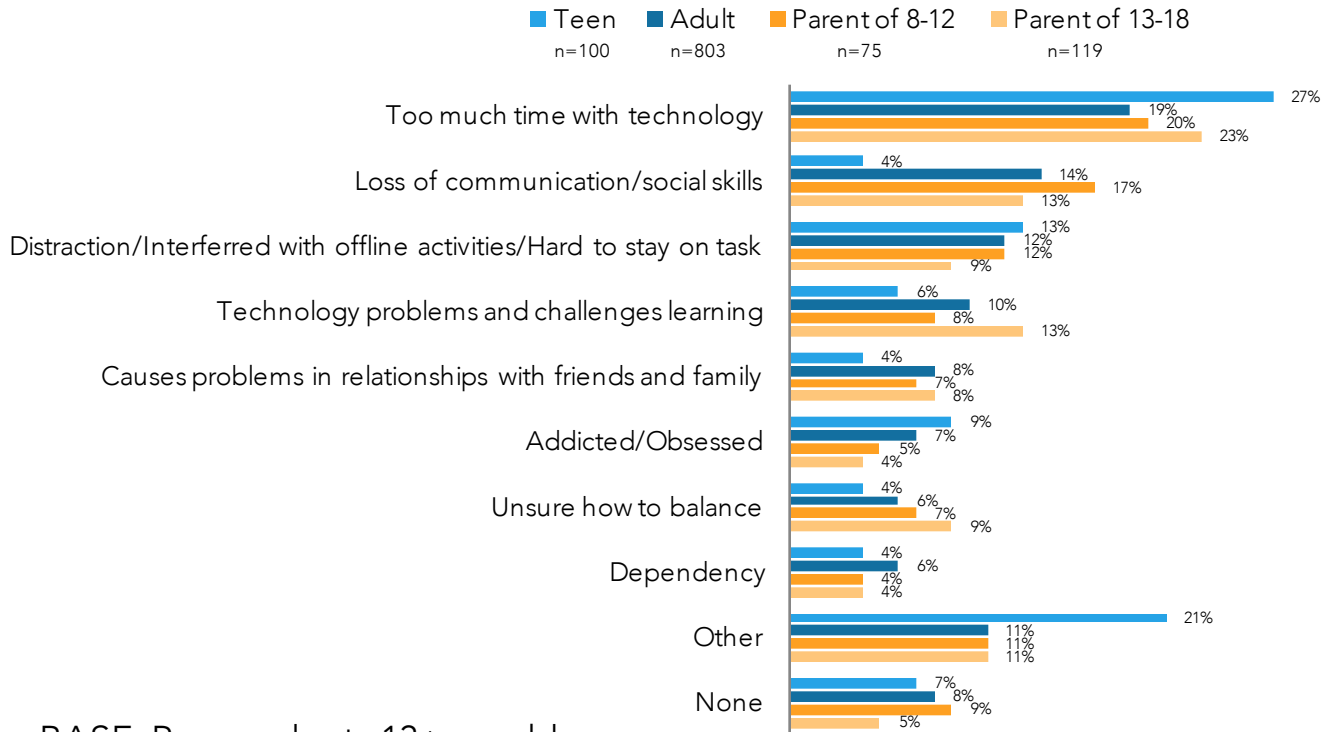
BASE: All Respondents

Q430 Have you had a challenging or difficult situation balancing the use of digital devices and technology?

BASE: Had a challenging or difficult situation

Q440 Please explain the challenging or difficult situation balancing the use of digital devices and technology?

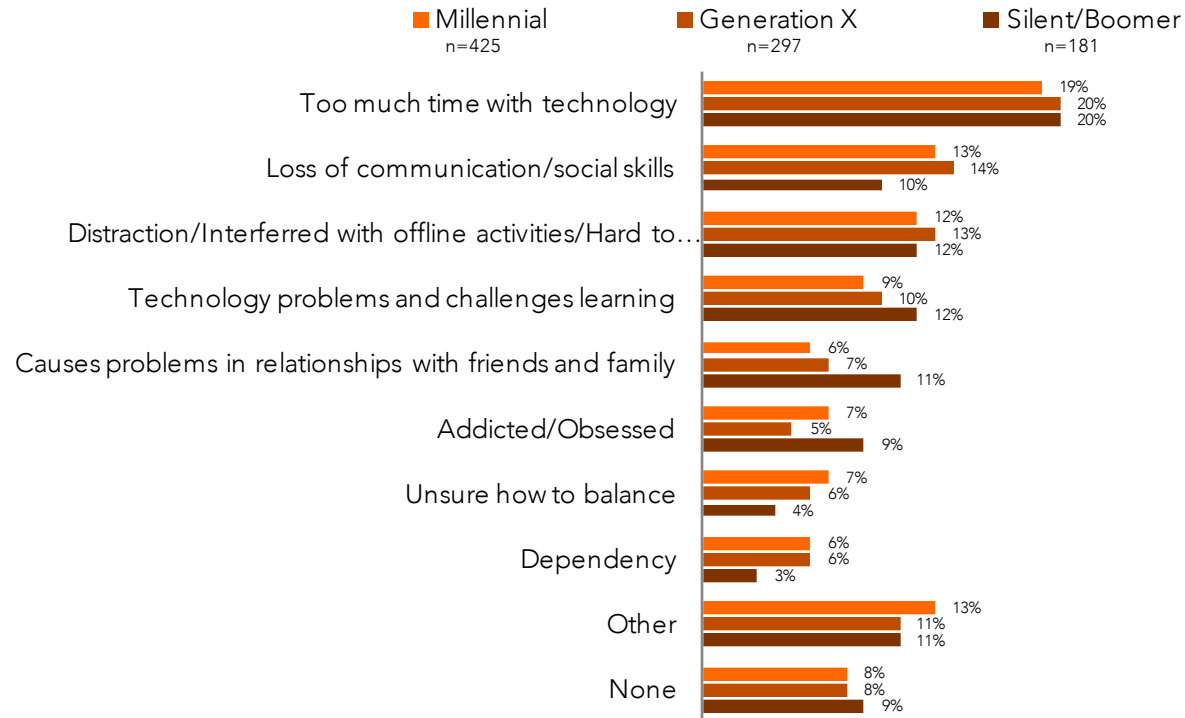
BIGGEST Challenge is Too Much Time with Technology



BASE: Respondents 13+ yrs old

Q450 What do you think is the BIGGEST challenge people face in the use of digital devices and technology?

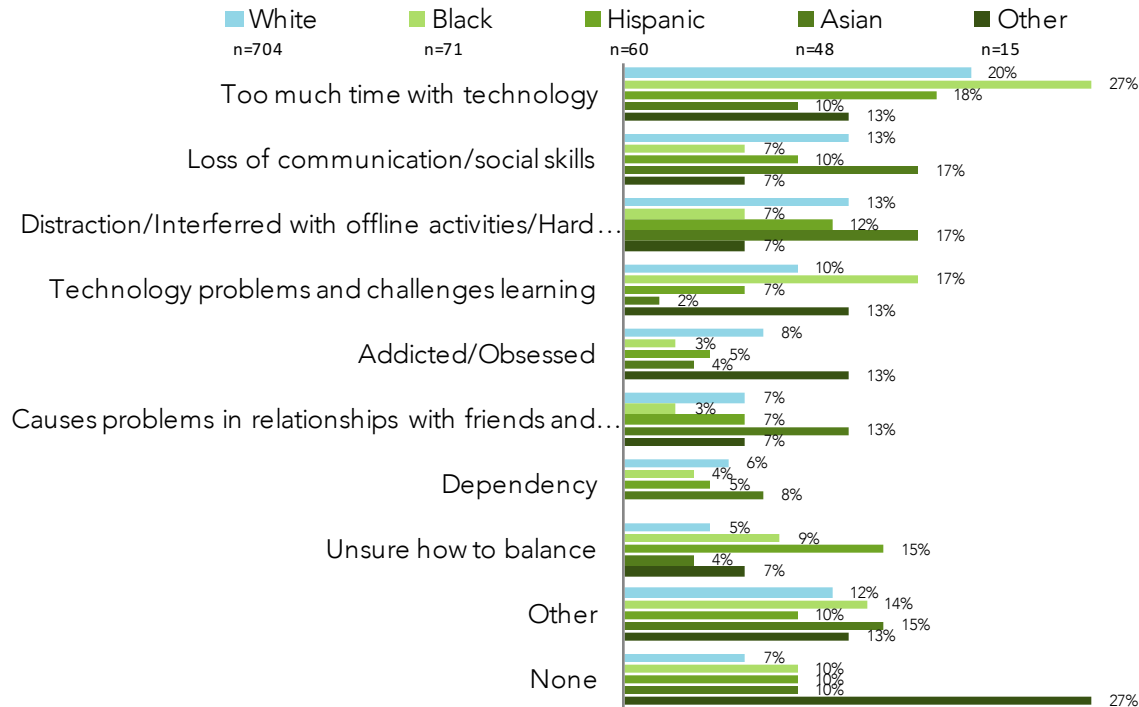
BIGGEST Challenge is Too Much Time with Technology



BASE: Respondents 13+ yrs old

Q450 What do you think is the BIGGEST challenge people face in the use of digital devices and technology?

BIGGEST Challenge is Too Much Time with Technology



BASE: Respondents 13+ yrs old

Q450 What do you think is the BIGGEST challenge people face in the use of digital devices and technology?

A Majority of People Seek out the Internet as an Information Source for Balancing Tech but Tweens Seek out Family/Parents

Tween (8-12 yrs old)	Teen (13-17 yrs old)	Adult (18+ yrs old)	Parent of 8-12	Parent of 13-18
77% Family/Parents 52% Internet 33% School 21% Friends	61% Internet 44% Family/Parents 30% Friends 15% School 13% Media 13% Doctor 11% Library 11% Business	67% Internet 32% Family/Parents 28% Friends 12% Media	71% Internet 37% Family/Parents 32% Friends 13% Media 12% Doctor	67% Internet 28% Family/Parents 25% Friends 12% Media 11% Doctor
n=100	n=100	n=803	n=75	n=119

BASE: All Respondents

Q460 Where would you go to gather information on balancing the use of digital devices and technology?

Information Source for Balancing Tech

Homelander (<10 yrs old)	Millennial (11-33 yrs old)	Generation X (34-54 yrs old)	Silent/Baby Boomer (55+ yrs old)
73% Family/Parents 44% Internet 38% School 22% Friends 11% Library	69% Internet 42% Family/Parents 31% Friends 13% Media 12% Doctor	70% Internet 31% Family/Parents 28% Friends 14% Media 10% Doctor 10% Library	54% Internet 25% Family/Parents 23% Friends 10% Library
n=63	n=462	n=297	n=181

BASE: All Respondents

Q460 Where would you go to gather information on balancing the use of digital devices and technology?

Information Source for Balancing Tech

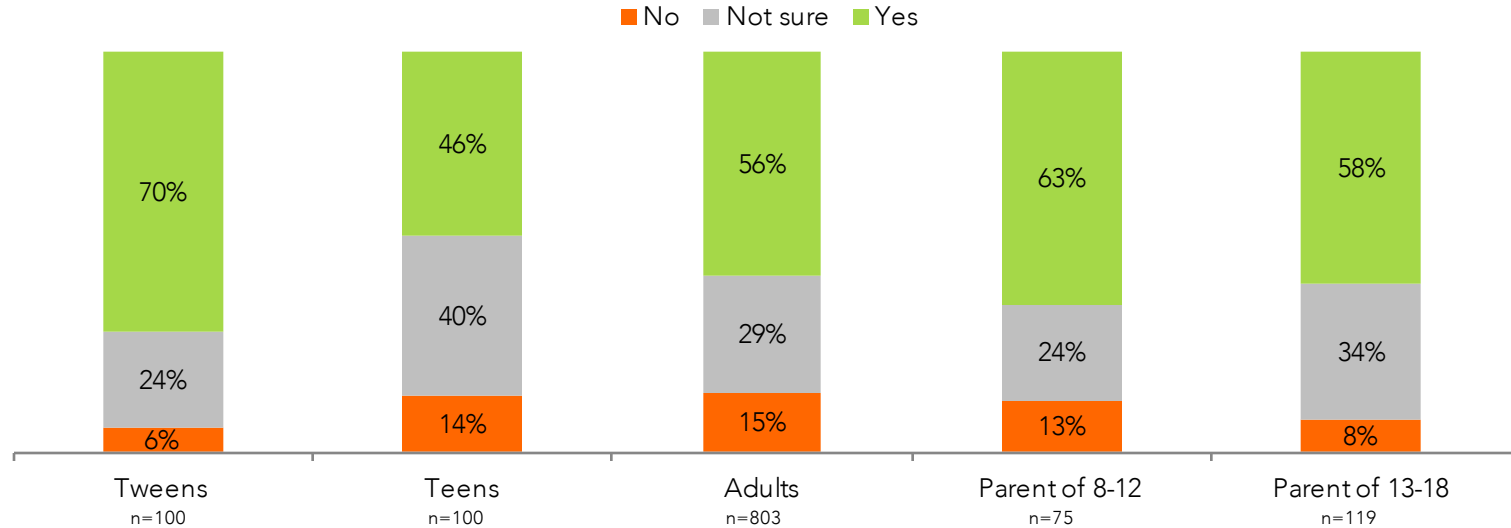
White	Black	Hispanic	Asian	Other
64% Internet 37% Family/Parents 28% Friends 11% Media 11% Doctor 10% Library	74% Internet 38% Family/Parents 26% Friends 21% Media 11% Library 11% School	61% Internet 35% Family/Parents 32% Friends 12% School 10% Doctor	76% Internet 34% Family/Parents 22% Friends 12% Media 10% Business	71% Family/Parents 54% Internet 25% School 21% Friends
n=779	n=76	n=69	n=50	n=24

BASE: All Respondents

Q460 Where would you go to gather information on balancing the use of digital devices and technology?

Tweens Most Likely to Report Healthy Level of Device Use

Do you think your digital device and technology use is healthy?

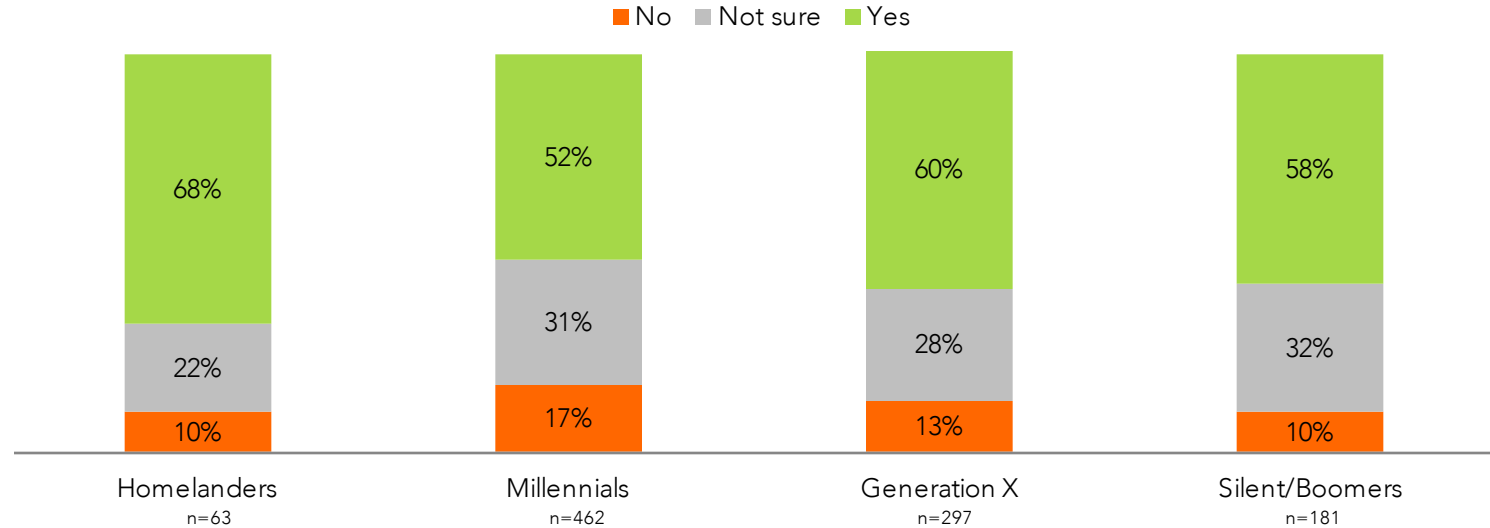


*Self-Reporting

Q470 Do you think your digital device and technology use is healthy?

Homelanders Most Likely to Report Healthy Level of Device Use

Do you think your digital device and technology use is healthy?

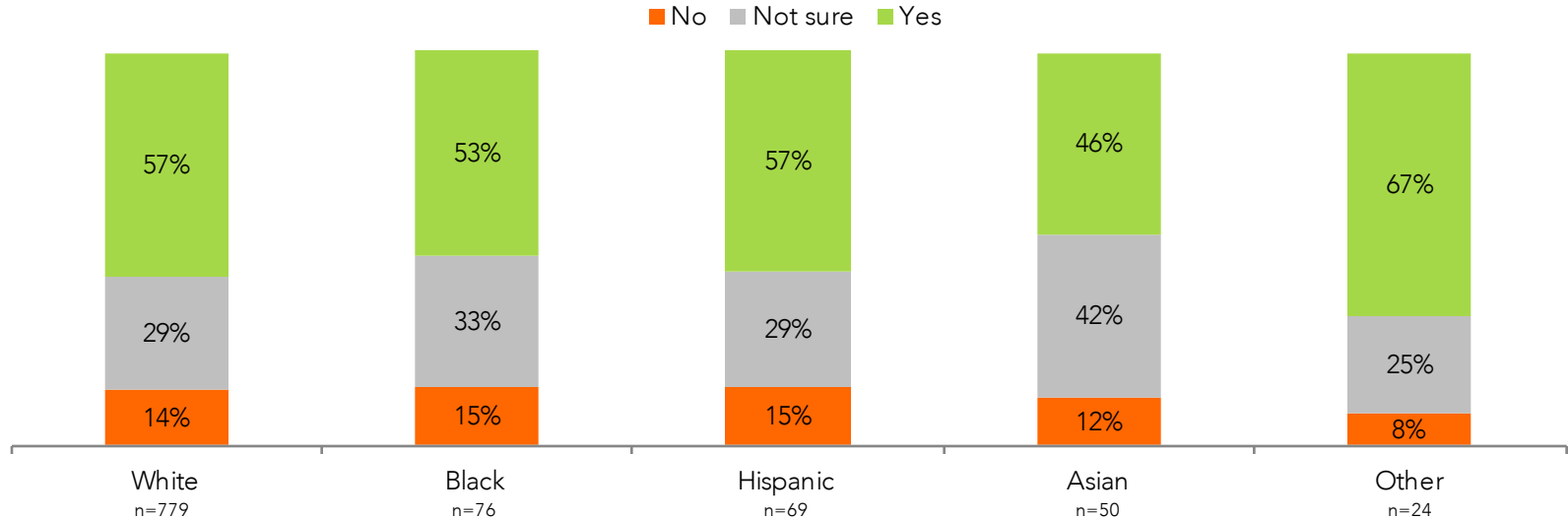


*Self-Reporting

Q470 Do you think your digital device and technology use is healthy?

About Half Report Healthy Level of Device Use

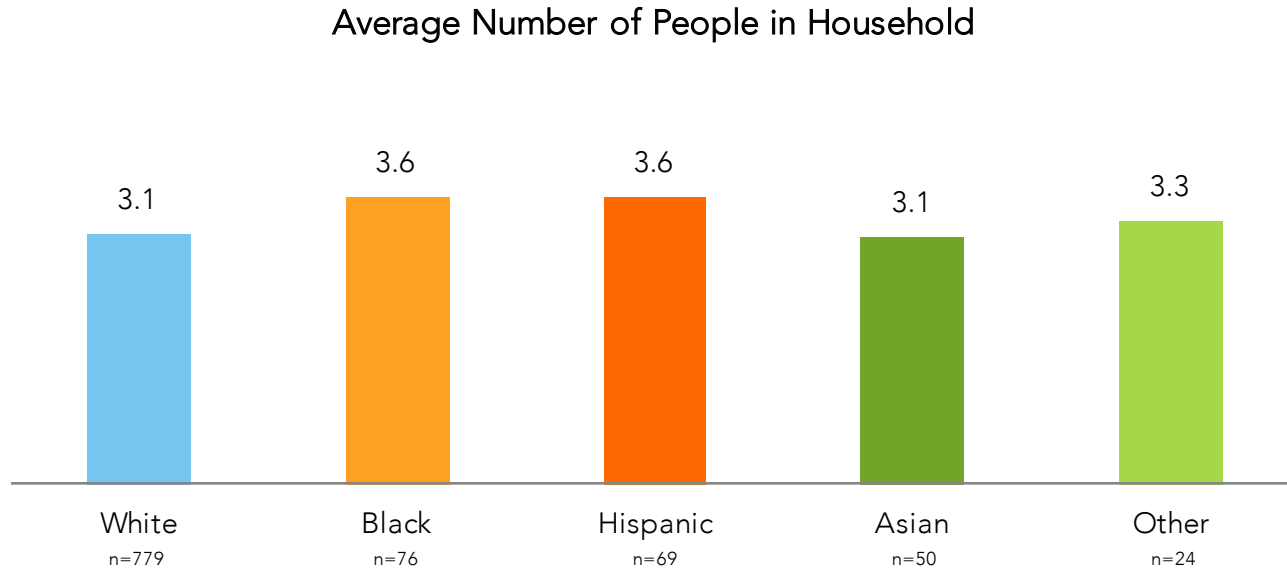
Do you think your digital device and technology use is healthy?



*Self-Reporting

Q470 Do you think your digital device and technology use is healthy?

Household Size by Ethnicity



Q640 Including yourself, how many people live in your home?

APPENDIX

Demographic Data

Gender	Tween	Teen	Adult
Male	52%	51%	50%
Female	48%	49%	50%
Age			
8-12	100%	-	-
13-17	-	100%	-
18-24	-	-	14%
25-34	-	-	29%
35-44	-	-	19%
45-54	-	-	15%
55-64	-	-	15%
65+	-	-	8%
Mean	9.9	14.9	40.7
Region			
Northeast	15%	20%	18%
Midwest	22%	17%	22%
South	40%	41%	39%
West	23%	22%	21%

Ethnicity	Tween	Teen	Adult
White	75%	65%	80%
Black	5%	17%	7%
Hispanic	9%	7%	7%
Asian	2%	9%	5%
Mixed	8%	2%	1%
Other	1%	*	1%
Education			
1 st -5 th grade	65%	1%	-
Middle School	23%	16%	-
Jr. High	5%	21%	1%
High School	-	53%	28%
Trade/Vocational	-	-	11%
2-yr/Jr. College	-	-	17%
4-yr/University	-	-	25%
Graduate degree	-	-	15%

Income	Tween	Teen	Adult
<\$50,000	24%	32%	45%
\$50,000+	72%	34%	50%
Decline	4%	34%	6%
Employment			
Employed FT/PT	-	-	59%
Student	-	-	5%
Retired	-	-	15%
Stay home	-	-	11%
Other	-	-	9%
Marital			
Married	-	-	49%
Single	-	-	30%
Wid/Sep/Div	-	-	11%
Living w/partner	-	-	10%
People in HH			
Mean	4.3	4.3	2.9

Silent Generation (1925-42)

The Silent Generation (born 1925-42) grew up as the seen-but-not-heard Li'l Rascals of the Great Depression and the Shirley Temples of World War II. They were the least immigrant generation in American history. They came of age just too late to be war heroes and just too early to be youthful free spirits. Instead, they became, like John Dean, "Rebels Without a Cause," part of a "lonely crowd" of risk-averse technicians in an era in which conformity seemed to be a sure ticket to success. A vast new gap emerged between women's and men's education as this generation became the youngest mothers and fathers in American history, joining older G.I.s in gleaming new suburbs. They rode the wave of institutional civic life and conventional culture established by G.I.s as gray-flannel, "How to Succeed in Business Without Really Trying" corporate careerists.

Source: saeculumresearch.com

lead of Bob Dylan ("I was older than that then, I'm younger than that now"). They became the leading civil rights activists, rock 'n' rollers, antiwar leaders, feminists, public interest lawyers, and mentors for young firebrands. They were America's moms and dads during the divorce epidemic. They rose to political power after Watergate, with their Congressional leadership marked by a push toward institutional complexity and vast expansion in legal process. They are the first generation never to elect a U.S. President, and the first never to have a Chief Justice of the U.S. Supreme Court. As elders, they have focused on discussion, inclusion, and process, but not on decisive action. Having benefited from the collective upward mobility of the G.I. economic machine and institutional safety nets like defined-benefit pensions, they are spending elderhood with a hip style, generous benefits and higher living

Generation X (1961-81)

Generation X (born 1961–81) grew up as the children of the Consciousness Revolution, an era when the welfare of children was not a top social priority. They learned young to distrust institutions, starting with the family, as the adult world was rocked by the sexual revolution, divorce epidemic, and a shift to a more explicit pop culture. As women entered the workplace before childcare was widely available, many endured a latchkey childhood. Their school achievement leveled out, yet *The Nation At Risk* report accused them of being “a rising tide of mediocrity.” Come the 1980s, their new cultural statements—hip-hop, grunge, heavy metal, alt-rock—revealed a hardened edge. In the late 1980s, the crime rate surged.

As young adults navigating a sexual battlespace of AIDS and blighted courtship rituals, Xers dated

Source: saecul.com/research.com

institutional strength of family that they missed in their own childhood. In jobs, they embrace risk and prefer free agency over loyal corporatism. Through the '90s, they faced a *Reality Bites* economy of declining young-adult living standards—a consequence masked by the phenomenal wealth of young movie stars, athletes, and dot-com phenoms. They responded by becoming the greatest entrepreneurial generation in U.S. history. They have also emerged as the most immigrant generation born in the 20th century. Politically, they lean toward non-affiliation and tend to see volunteering as more effective than voting. They were slow to come to public office, but they are now arriving with a typical brand of get-it-done pragmatism, from President Obama's “post-Boomer” politics to the “young guns” who entered Congress in 2011.

The Boom Generation (1943-60)

The Boom Generation (born 1943-60) grew up as indulged youth during the post-World War II era of community-spirited progress.

Parents, educators, and leaders were determined to raise young people who would never follow a Hitler, Stalin, or Orwellian Big Brother. As kids, Boomers were the proud creation of postwar optimism, Dr. Spock rationalism, and Father Knows Best family order. Coming of age, they loudly proclaimed their contempt for the secular blueprints of their parents. They scorned institutions, civic participation, and team-playing while pushing towards inner-life, self-perfection, and personal meaning. There was quite a bit of screaming—on the streets, in dorms, and in families. Crime rates, substance abuse, and sexual risk-taking all surged, while academic achievement and SAT scores started to fall. The Consciousness

Source: saeculumresearch.com

challenging the “glass ceiling” in the workplace. Both genders designated themselves the arbiters of the nation’s values, crowding into such “culture” careers as teaching, religion, journalism, law, marketing, and the arts. During the 1980s, they were the “yuppie” individualists in an era of deregulation, tax cuts, and entrepreneurial business. Ever since they came to power in the 1990s, Boomer political leaders have trumpeted a “culture war,” touted a divisive “politics of meaning,” and waged scorched-earth political battles. Their two Presidents (Clinton and Bush) each attracted powerful enmities among their peers. As family heads, Boomers have developed very close individual relationships with their children, to the point of hovering. From first-to-last cohort, they have been a generation of declining economic prosperity on average and of rising

The Millennial Generation (1982-2004)

The Millennial Generation (born 1982–2004) arrived after the Consciousness Revolution, when “Baby on Board” signs first began to appear in car windows. As abortion and divorce rates ebbed, the popular culture began stigmatizing hands-off parenting styles and recasting babies as special. Child abuse and child safety became hot topics through the 1980s, while books preaching virtues and values became bestsellers. By the mid-’90s, politicians were defining adult issues (from tax cuts to internet access) in terms of their effects on children. Hollywood replaced cinematic child devils with adorable children who made adults better people. The “Goals 2000” movement demanded improved student behavior and achievement from the high school Class of 2000. Educators spoke of standards, cooperative learning, and

No Child Left Behind.
Source: saeculurresearch.com

Millennials have become a generation of improving trends, with consistent decreases in high-risk behaviors. Rates of tobacco and alcohol use, violent crime, pregnancy, and suicide are all way down among today’s teenagers, while SAT and ACT scores have been rising. As they graduate into the workplace, record numbers are gravitating toward large institutions and government agencies, seeking teamwork, protection against risk, and solid work-life balance. The youth culture is becoming less edgy, with a new focus on upbeat messages and big brands, and more conventional, with a resurgence of “oldies” and “remakes.” Their close relationships with their parents and family members are carrying over into their young adult lives.

Homeland Generations (born 2005 -)

The *Homeland* Generation (born 2005-?) are arriving now in America's nurseries. These will include the babies born between now and the mid 2020s. Their always-on-guard nurturing style will be set substantially by Gen-X parents, legislators, and media producers. Already gaining a reputation for extreme sheltering, Xer stay-at-home dads and "security moms" will not want to see their own children relive the *Dazed and Confused* childhood they recall from the 1960s and '70s. The protective rules initiated for Millennials will become customary, no longer controversial. Homelanders will receive "total situation" childcare, surveilled by digital-mobile technology, emotionally screened by psychological software, and guarded from

inappropriate media through entertainment controls. At the same time, public attention to and celebration of children, which peaked with Millennials, will begin to drop. The adult world will turn its attention to larger public problems as structured methods and institutions point out the "easy way" to raise kids and keep them safe.



Balance Curriculum Matrix K-12 BEaPRO™

To Teach Youth a Healthy Cyber Balance K-12

Overall project goal

To develop a guide for building effective curricula that teach children (K-12) the skills for maintaining “Life Balance” in media and online environments.

Approach to developing the guides

To identify the most effective approaches to addressing these issues, we reviewed the literature that assesses effectiveness of various internet safety, risk prevention, and social skills curricula. This literature identifies key components of curricula that successfully achieved their goals.

We reviewed several meta-analyses and individual studies that identify elements of effective curricula aiming to teach the skills of interest, including social skills²⁻⁴ which we use in our Life Balance guide.

1. Focus on the underlying issues

Research shows that effective Internet safety messages address the underlying issues that contribute to many of the known risky and anti-social behaviors on the Internet,¹ rather than simply telling children to avoid problematic behaviors. Once those issues are identified, research recommendations indicate the importance of helping children build the skills and competencies they need to address those issues. For example, children who struggle with interacting in positive ways online due to difficulty managing their anger can learn anger management techniques, rather than simply being told to be nice.

2. Define the Program Logic¹

Reviewers recommend defining “the research-based link between the problem, intervention, and prevention or reduction of the problem.”¹ They offer an example of such program logic as follows:

“A program targeting cyberbullying might begin by researching risk and causal factors related to bullying and cyberbullying (e.g., anger management problems, social pressure

Learn and Teach
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