"Parenting Gen Z: Dos and Don'ts"

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Introduction:

Gen Z: Individuals born roughly between the late 1990s and early 2010s.

Parenting Gen Z children comes with unique challenges and opportunities due to the rapid advancements in technology, globalization, and changing societal norms.

Understanding Gen Z:

- Characteristics of Gen Z:
 - 1. Technologically savvy
 - 2. Independent
 - 3. Socially conscious.
 - 4. digital natives
 - 5. Smartphone Generation
 - 6. Make smarter use of Social Media
 - 7. More political
 - 8. Diverse
 - 9. Social life takes place in the online environment of social media: it's integral to social behavior.
 - 10. Attention Deficiency: a concern
 - 11. "Always on" Generation



Impact of digital media and social networking on their lives:

- Preferences for instant communication
- Multitasking
- Online interactions.





Recommended Guidelines for Screen Time:



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- American Academy of Pediatrics (AAP) recommendations for different age groups:
 - For children younger than 18 months: Avoid screen time, except for video chatting.
 - For children aged 18-24 months: Introduce high-quality media with parental guidance.
 - For children aged 2-5 years: Limit screen time to 1 hour per day of high-quality programming, with parent involvement.
 - . For children aged 6 years and older: Establish consistent limits on the time spent using media, prioritize educational content, and encourage balance with other activities.

Parenting Gen Z: General Guidelines:

1.Understanding Cultural Context:

- Cultural context of Mumbai influences parenting styles and expectations.
- Important to balance traditional values and cultural identity with the needs and aspirations of Gen Z.

2.Education and Career Guidance:

- Changing landscape of education and careers
- Need for parents to support Gen Z in making informed choices.
- Various educational and career paths available, including vocational training, entrepreneurship, and non-traditional career options.

3. Navigating Peer Pressure and Competition:

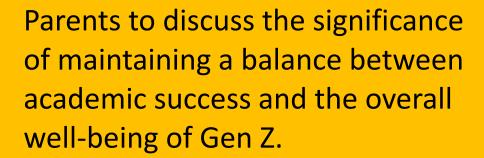
- Address the challenges
 Gen Z faces in terms of
 peer pressure and
 academic competition.
- Parents to help their children develop a strong sense of self-worth, resilience, and the ability to manage stress.

4. Financial Literacy:

- Important to teach Gen Z about financial literacy and responsible money management.
- Provide guidance on budgeting, saving, and making informed financial decisions.







Parents to prioritize their children's mental health, emotional well-being, and physical fitness alongside academic achievements.



6.Cultivating Life Skills:

Important to teach practical life skills, such as time management, problem-solving, communication, and interpersonal skills.

Provide suggestions for incorporating these skills into everyday routines and activities.

7. Building Resilience and Adaptability:

- Parents need to help Gen Z develop resilience and adaptability in a rapidly changing world.
- Parents to have strategies to support their children in navigating setbacks, failures, and uncertainties.

8. Positive Role Modelling:

- Parents to be positive role models by demonstrating values such as honesty, integrity, empathy, and work-life balance.
- Parental behavior and attitude will impact on shaping Gen Z's values and beliefs.



9.Promoting

Promoting Cultural Appreciation and Identity:

- Parents to celebrate and preserve their cultural heritage while fostering an appreciation for diversity.
- Expose children to cultural activities, festivals, traditions, and values.

10.Incorporating

Incorporating Mindfulness and Self-care:

- Benefits of mindfulness and self-care practices for Gen Z's mental and emotional well-being.
- Tips and techniques that parents can introduce to promote self-reflection, relaxation, and stress reduction.

Dos for Parenting Gen Z:



Foster open communication:

- Create an environment where children feel comfortable sharing their thoughts, concerns, and experiences.
- Actively listen to your children without judgment, showing empathy and understanding.



Promote digital literacy:

- Acknowledge the importance of technology in their lives and help them develop healthy habits around its use.
- Teach them about online safety, responsible social media use, critical thinking, and digital citizenship.

9 Elements of Digital Citizenship	
1	Digital Access
2	Digital Literacy
3	Digital Communication
4	Digital Etiquette
5	Digital Health & Wellness
6	Digital Law
7	Digital Rights & Responsibilities
8	Digital Security
9	Digital Commerce



3.Encourage independence and self-expression: Support their individuality and allow them to explore their passions and interests.

Help them develop problem-solving skills, decision-making abilities, and resilience to face challenges.



4. Cultivate empathy and inclusivity:

Teach the values of respect, acceptance, and empathy towards people from diverse backgrounds, cultures, and identities.

Encourage them to actively participate in community service or volunteering activities to foster a sense of social responsibility.

5. Foster a balanced lifestyle:

 Guide them to maintain a healthy balance between online and offline activities.

 Encourage physical exercise, outdoor play, and face-to-face interactions to develop social skills and maintain overall well-being.



Don'ts for Parenting Gen Z:

1.Avoid excessive screen time:

 Parents to set reasonable limits on screen time and encourage alternative activities like reading, sports, hobbies, or family time.

2. Avoid helicopter parenting:

- Caution against being overly controlling or overly involved in every aspect of their children's lives.
- Give them space to make their own decisions, learn from their mistakes, and grow independently.

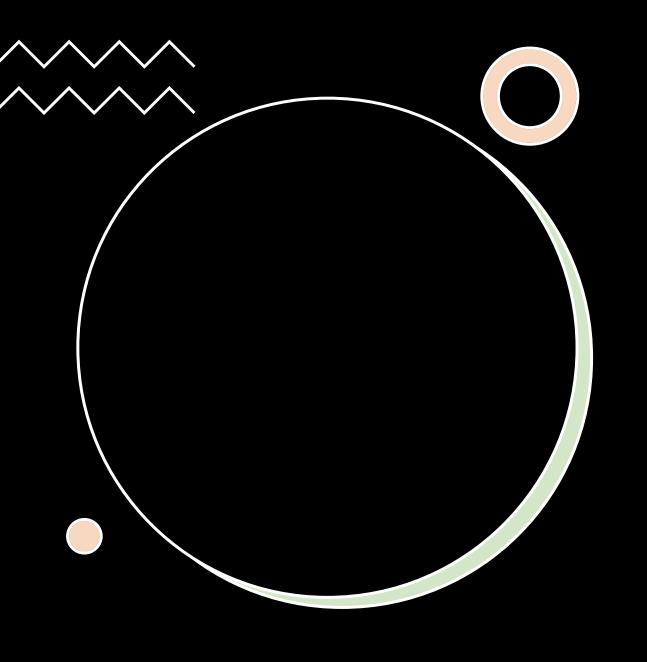


3. Avoid neglecting mental health:

- Parents to be aware of their children's mental well-being and emotional needs.
- Parents to create a supportive environment where seeking help for mental health issues is not stigmatized.

4. Avoid comparison and pressure:

- Remember not to compare your children to others or impose unrealistic expectations on them.
- Encourage a focus on individual progress, strengths, and talents.



5.Avoid dismissing your children's concerns:

 You are urged to take your children's concerns and issues seriously, even if they seem insignificant.

 Validate their emotions and provide guidance and support when needed.



Effect of Technology on Teen Life:

- Introduction of Face Book caused 2% of College students in the USA become clinically depressed.
- Deactivating Facebook made people feel better:
- "You see higher happiness, life satisfaction, and also lower depression, lower anxiety, and maybe a little bit lower loneliness."
- Higher estimated social media use predicts a decrease in life satisfaction ratings one year later (and vice-versa: lower estimated social media use predicts an increase in life satisfaction ratings).
- <u>Source: Windows of developmental sensitivity to social media Nature Communications</u>, https://www.nature.com/articles/s41467-022-29296-3

Effect of Social Media Use on Mental Health of Teens:

• "Temporarily quitting Facebook improves a person's mental health by about 30% of the positive effect seen by going to therapy"-Gentzkow and his colleagues

• Social media is "like the ocean" for kids:

• Social media for children is a bit like the ocean. It can be an extremely dangerous place for children. Before parents let children swim in any open water, they make sure the child is well-prepared and equipped to handle problems that arise. They provide safety vests, swimming lessons, often in less dangerous waters, and even then parents provide a huge amount of supervision"- Psychologist Orben

Productive Uses of Mobile Phone:

- 1) Study
- 2) Research
- 3) Work
- 4) Social networking
- 5) Communication
- 6) Information sharing etc.
- 7) Photo, navigation, alarm, location sharing,...



How does Mobile Phone Addiction Develop In Adolescence?

- 1. Social Media Use:
- Instant gratification, +ve feedback from likes and comments
- 2. Peer Pressure:
- To fit in or keep up with their peers
- 3. Boredom:
- To cope with boredom or as a distraction from negative emotions
- 4. Fear of Missing Out (FOMO):
- To avoid missing out on important news or events.

How does Addiction Develop? 5 Stages of Addiction:

5 Addiction

4. Dependance

3. Risky Use (Abuse)

2 Regular Use (Misuse)

1. Experimentation

Symptoms of Smartphone Dependency/Addiction

- 1. Preoccupation With Mobile Phone:
- 2. Excessive Use of the Phone
- 3. Inability to Control Phone Use
- 4. Withdrawal Symptoms
- 5. Neglecting Other Activities
- 6.Interfering with Relationships
- 7. Disrupting Sleep
- 8. Tolerance
- 9. Physical Health Related Problems

13 Steps to Break Free From Smartphone Addiction:

- 1. Acknowledge the addiction
- 2. Know the potential harm
- 3. Set time limit: 20 minutes per day for social media
- 4. Create a schedule
- 5. Digital screen free family meal
- 6. Daily digital detox
- 7. Find alternatives
- 8. Turn off notifications
- 9. Use apps to help (Digital wellbeing, parental control)
- 10. Log out
- 11. Turn off internet access
- 12. Seek support
- 13. Seek professional help

13 Steps to Break Free From Smartphone Addiction (Cont)

5.Demarcate Digital Screen Free Zones (Cont.)
No mobile phone during family meals



13 Steps to Break Free From Smartphone Addiction:

6.Daily digital detox:

 Set aside one day of the week, as digital screen free day



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This village in India has a daily digital detox

13 Steps to Break Free From Smartphone Addiction (Cont.)

7. Find Alternatives

Conclusion:

 Parenting Gen Z requires adapting to their unique characteristics and needs.

 Parents need to maintain an open and supportive relationship with their children, promoting their holistic development.

DO YOUR BEST & LEAVE THE REST TO GOD

