

SCREEN LIFE INSIGHTS

GAMING - SOCIAL MEDIA - SCREEN TIME

**Strategies, Tactics &
Tips to Overcome
the Challenges**



Intro

TOWARD MODERATION - BALANCE - POSITIVITY

Are you the parent of a child, adolescent or young adult who's dependent on screen life?

If so, then you and your family are likely suffering. No matter what you've tried, you just can't keep them away from their devices or lure them away from their screen life.

Real life can't compete with their virtual life.

Who wants the drama? The **arguing**, repeating, badgering, the threats and coercion or their reactions, manipulations, **threats** of their own, tantrums...

You only want the best for your kids – to have **friends**, participate in other **activities**, do well at **school** and grow to be **responsible, resilient** and to **contribute** to **family life**.

To set and accomplish **positive** goals, **solve problems**, overcome obstacles and ultimately to lead a healthy, **fulfilling** life of proper **balance** and moderation.



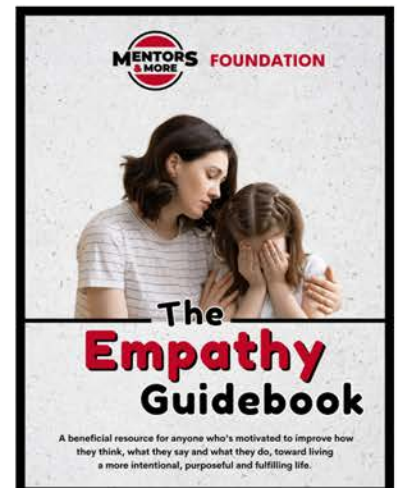
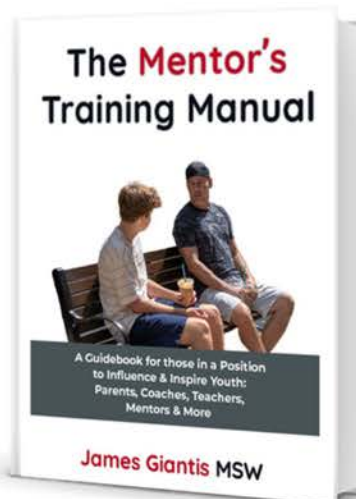
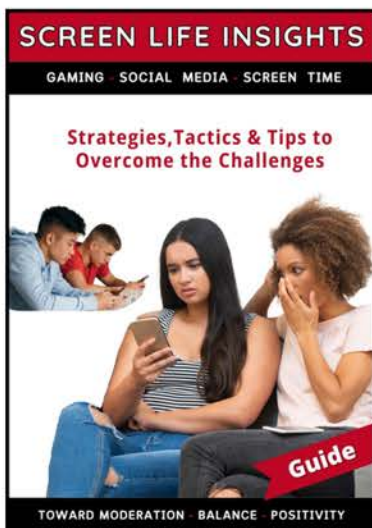
MENTORS & MORE

If you have the motivation, courage and patience to acquire the tools, learn the skills and to adopt the proper approach, the team at Mentors & More can guide you in better managing your children's screen life .

With decades of experience in coaching adults and mentoring children, we've developed strategies to

OVERCOME THE DEPENDENCY

We know exactly what needs to be done to get everyone concerned to a better place.



I'm James Giantis, Founder of Mentors & More and author of The Mentor's Training Manual, Empathy Guidebook and Screen Life Insights.



LEVELS OF DEPENDENCY

To keep things simple, here are three levels of screen dependency. With a few extreme exceptions, the causes, signs and symptoms are relatively the same across all three; the variability and severity arise from its frequency, intensity, duration and negative outcomes.

LEVEL 1

The **EARLY DEPENDENT** Easiest for parents to manage on their own before it leads to more serious **problems**. Can benefit from **professional** training in **skills** they may lack or need to strengthen.

LEVEL 2

The **MODERATE DEPENDENT**. While there's a lot that parents can do **on their own**, outside coaching and guidance are **recommended** for **optimal results** and skill training.

LEVEL 3

The **SUPER DEPENDENT**. Best resolved with a **3-prong approach** that includes **mentoring** the child or young adult, **coaching** the parents apart from them and coaching the **family as a whole**.

SIGNS & SYMPTOMS

Signs and symptoms of excessive screen use/dependency generally may include:

Hostility

Conflict

Resentment

Excessive Demands

Worry

Anxiety

Depression

Stress

Anger

Guilt

Fear

Grief

Isolation

Withdrawal

Dissatisfaction

Disappointment

Disapproval

Failure

Defeat

Needless Pain

Needless Suffering

Lying

Manipulation

Sneakiness

FOR THE PARENTS

We've prepared this Intro to Screen Life Insights to offer you some proven, effective strategies you can implement right away, and to provide you with some hope that things can improve.

You'll read about four real-life scenarios along with the creative ways we approached MANAGING and CONQUERING screen dependency that ranged from relatively mild to severe.

I believe that you'll likely find among these true accounts one or more that reflects aspects of your own situation. Perhaps the solutions presented may inspire you to apply the and to make encouraging progress with your child or young adult.



THE BENEFITS

If you take the time to read through this Intro, I'm confident you'll glean some actionable insights to strengthen and prepare you well for overcoming screen dependency. Ultimately, you'll also garner these benefits:

MORE...

CONTENTMENT

PEACE

FULFILLMENT

LOVE

FREEDOM

JOY



Michael, an only child, was socially awkward. He wasn't into inappropriate content, his parents just felt he spent too much time online – often up to 12 hours a day.

He was extremely lonely, sensitive to external stimuli and easily agitated. He had trouble making friends but was kind hearted and did well in school. Michael was very much afraid of being disapproved of, rejected and abandoned.



Both parents felt sorry for him, but his mother coddled him, and his father believed that his son needed to be challenged; however, he tended to be more hostile than intended. The parents weren't aligned; their arguments badly affected their son. Believing that he was the problem, Michael felt guilty and ashamed.

The mentor focused on spending time with Michael in his preferences for activity and discussion to build rapport. They eventually expanded into other areas, such as being outdoors, exercising, playing sports and all sorts of other activities.

Michael received lots of encouragement and positive feedback. He felt cared about and steadily progressed well. His mentor walked him through his challenges; together they developed a step-by-step plan for exactly what Michael needed to think, say and do in every challenging situation.

“I’ve learned that, with the proper skill set, I can make the best of any possible scenario.”



His confidence blossomed. He didn’t feel judged, and he was no longer afraid to fail. He had the proper support and structure he needed to develop his skills with practical tips, and he learned to navigate life better.



Michael’s parents were coached to capitalize on each other’s strengths.

They learned to balance being gentle yet firm and to express empathy. To adjust their expectations of Michael to be more realistic while still challenging him to improve his weaknesses.

They also learned to accept his limitations and how to discern among weakness, fear, laziness, resistance and limitation.

Meet Melanie, a 13-year-old girl dependent on social media, who began posting inappropriate photos and videos of herself in a desperate attempt to garner attention, approval, value and affirmation from her peers. This appalled her very conservative parents, who felt her behavior reflected poorly on them and tarnished their reputation. She was tech-savvy, knowing the workarounds and how to hide much of her online interaction.



I was so far into social media, it owned me. I hated it and I loved it. I knew I needed help. Luckily, the right person came along to get me out of the trap I was in.

Melanie was verbally aggressive, speaking to her parents in ways they didn't appreciate or find acceptable. They were overwhelmed, feeling hopeless and helpless in the face of constant arguing, threats of self-harm and even suicide if they took her phone away.

If only she could learn how to better fulfill her needs in other, more beneficial and healthier ways with far less current and long-term damage.



An experienced coach worked with Melanie's parents to adjust their approach, be more courageous and to develop a solid game plan of what to say and how in every scenario. They devised and leveraged a structured responsibility system.

Melanie had to earn everything she got and to learn there were **consequences** when she failed to meet the acceptable standards set for her social media interaction.

Part of the plan included **engaging in activities** other than social media, and to practice improving her skills in them.



Protocols were established for any suicidal threats. Melanie's parents learned to be calm in the storm; they followed through with faith. Once Melanie realized she could no longer manipulate them, she became much more **compliant** and **cooperative**.

So many young people need solid leaders to guide them through their problems. Having the right mentor at the right time can change the direction and purpose of their lives.

ASSESSING THE DEPENDENCY

It's critical for you to thoroughly understand your family's current status. Here are a few of the key questions you need to answer when assessing a child's screen dependency:

How do they tend to **REACT** before, during and after screen time?

What do they believe they are **GAINING** through screen life?

What are the **NEGATIVES** of their screen life?

How **OFTEN** is the dependent on screens each day?

What are they **AVOIDING** doing?

What is their typical **CONTENT** being sent out or received?

What are they **AFRAID** of doing?



ASSESSING THE FAMILY

WHO communicates with the screen dependent?

WHAT do they tend to communicate?

HOW do they communicate?

What are the **OUTCOMES**?

What does their screen dependency **AVOID**?

What is everyone **AFRAID** of not getting or losing?

What would others like the dependentm **TO DO** instead?

Does anyone **DUMP** extra stress, fear, anger, guilt or grief onto another?

Does anyone **AVOID, OVER HELP** or show **HOSTILITY** toward the dependent?



SETTING THE GOALS

The first step once you understand the facets of the problem is to indicate what the goals are for each person. Think about what the ideal would be for each and start listing your ideas.

What is the ideal day of
TASKS and **ACTIVITIES**?

What do they need to do to **RESOLVE**
their **FEARS** and **PROBLEMS**?

What **SKILLS** do they
need to **STRENGTHEN**?

What **RESOURCES** will they
need to be **SUCCESSFUL**?

What is likely to
OBSTRUCT the **GOALS**?

What are **10** other activities they could do
by **THEMSELVES**, with **FAMILY** and with **PEERS**?



SETTING THE GOALS

The primary goal for your family is for each individual member to become more CALM ASSERTIVE, then to apply that approach to your interactions as a family.

To be calm assertive in thought, communication and behavior is to be loving to yourself and to others. It is to function at your best with the aim of being positive with as little negative impact as possible.

We've broken that main goal into several steps you can take to achieve that important objective of calm assertion.

Practice and encourage proper self-care

Better balance work, study, play and rest. Adopt a healthy, nutritious diet. Get more exercise and sunshine.

Accept ownership of your problems

Become more aware of your problems. Don't dump them on others. Learn to accept and manage responsibility for yourself. Stop blaming, whining, complaining or playing the victim.

Learn to become more empathic, merciful and forgiving

Seek to understand others. Be humble, firm yet gentle and love the person, hate the screen dependency. Realize that it's no easy matter for a screen dependent to say no to screen life.



TOWARD CALM ASSERTION

Adjust your expectations

Are you being too demanding? Asking for more than another can give? Set reasonable standards and expectations for everyone involved – including yourself.

Be prepared

Scenarios will arise when you need to say NO, STOP or GO to something someone does not prefer. Practice how to deliver that message until it becomes second nature.

Be present

Don't let devices interfere or distract you when you're communicating. Keep the past in the past, and let go of any anger, guilt, stress, fear or grief.

Be responsive, not reactive

Choose to respond calmly and assertively to every scenario. Reacting is a temporary fix or source of satisfaction that always arises from some form of aggression and leads to negative outcomes.



Greg was a 15-year-old boy with a strong sense of entitlement who had been ruling the roost for years. He was a model kid at school and in sports, but an aggressive, domineering, demanding presence at home who would yell, scream and attack his parents and siblings at a moment's notice.

He had zero regard for their wellbeing and would threaten his parents if they got in his way. Greg stayed up late gaming and was very difficult to lead, being impatient, quick to react and defensive toward feedback.

His mentor first engaged him in sports and working out, then soon was able to draw him into talking about other aspects of life. What did he value? Who did he really want to become?

Greg knew he wasn't putting enough effort into sports and family; he got used to the short-lived satisfaction, the quick fix of screen life. Greg learned to slow down and live in the moment, be more present and perform a cost/benefit analysis of every decision.

As he worked to overcome his laziness and his fear of both success and failure, spending time online gradually became less of a priority. Greg learned to practice gratitude and not take for granted his family and all that his parents had done for him.



Ron was a 24-year-old college kid who would start a course then find excuses to drop out of it when work was required. Gaming was his top priority. His parents were afraid of him, feeling they had to walk on eggshells around him because he was easily agitated, prone to depression, anxiety. He even threatened suicide when they challenged him to be more active, productive and to contribute to the family.



He never left the house or helped with chores. Ron stayed up late gaming, woke up late and didn't engage with the family. He manipulated his parents into feeling sorry for him so they'd just leave him alone to do as he wanted.

Screen dependency can be like an obsession or addiction – no less harmful, powerful and difficult to overcome than any other without the proper attention and an effective plan we can develop and teach you.



Ron reluctantly met with one of our life coaches three times a week for 90-minute sessions. Expecting his coach to be like all the other professionals who had intervened in the past, he was surprised to discover that this one was cool, non-threatening and fun.

Their relationship became one of trust and value, and Ron looked forward to their social connection. They got out of the house, worked on a daily list of expectations that included household chores, schoolwork, how to study and perform better academically, which all became a norm for Ron.

Daily Exercise
Healthier Meals
Part-time Job
Social Activites
Engaging With Family
Moving Into His Own Place

At first, I was upset with my parents for demanding that I meet with a life coach. I quickly realized that De Andre was different. He was easy-going, fun, humble and the kind of person I wanted to become more like. He listened, and didn't judge. He got me up and moving. He helped me develop plans to deal with any scenario. I'm grateful for my time with him, and still keep in touch as needed.



TACTICS FOR PARENTS

Although we're available for further support and structure, here are some **TIPS** and **SUGGESTIONS** you can deploy right away.

Set up a clear set of daily expectations of **tasks** and **activities** for your kids.

Develop a set of **maximum rewards** they can earn each day based on, and corresponding to, their productivity and performance.

Devise a formula of reasonable **reward** for success, motivation for **improvement** and **consequence** for less-than-optimal behavior.



MORE TACTICS

Be sure to **clearly** communicate these standards and **expectations** beforehand, so they don't come as a surprise.

Make them **earn everything**;
don't give them anything.

Learn to use this **powerful formula**: You can earn [this] by doing [this] in [this particular way/to this standard] by [this time].

Monitor their productivity and performance on a daily and weekly basis to **keep track** of **progress** in the right direction.



EVEN MORE TACTICS

Don't take anything they say or do **personally**. However, be aware that there may be times when your child is **not behaving** up to standard, and yet is saying certain things that may be valid and **worth your attention**.

Do not **fall** for their **manipulative** strategies and tactics.

Create a **safe** training environment and a **nurturing** relationship to **encourage** them to develop skills.

Aim for **win/win/win/win** - for yourself, the child, the relationship and the family.

Create and use tactics to **teach** the dependent to be more **moderated**, **balanced** and **calm assertive** in every circumstance. Role modeling is so important.



STILL MORE TACTICS!

Be the leader your child or young adult needs. Your kids must **respect** and **trust** your authority.

Are you **modeling** the ideal **behavior** and **messaging** you want them to emulate? Are you cheerful, optimistic and **fun to be around** or are you always tired, yelling and frowning?

If you say no, stop or go do something else, **be strong** and **stick to it**; don't give in no matter how the dependent reacts. Also remember that **HOW** you say it is critical.

Be **calm** and **assertive**, never threatening or aggressive in any way. If you need **support** for this, then contact us.



TAKING IT FURTHER...

Our professional, experienced coaches can:

TEACH you to adjust how you think, communicate and behave.

DEVELOP a specific game plan that's proactive and responsive.

DEVISE a work-to-earn system with reasonable rewards and consequences.

DEFINE roles and responsibilities.

ESTABLISH a daily set of tasks and activities.

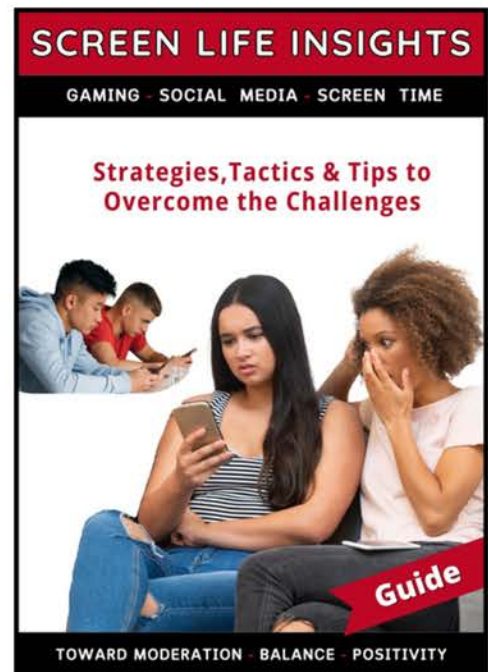
GUIDE you to be more empathic, calm assertive and consistent.

TEACH you how to best say no, stop or go.

Our programs are total
GAME-CHANGERS not the same-old solutions
that may have failed you in the past.

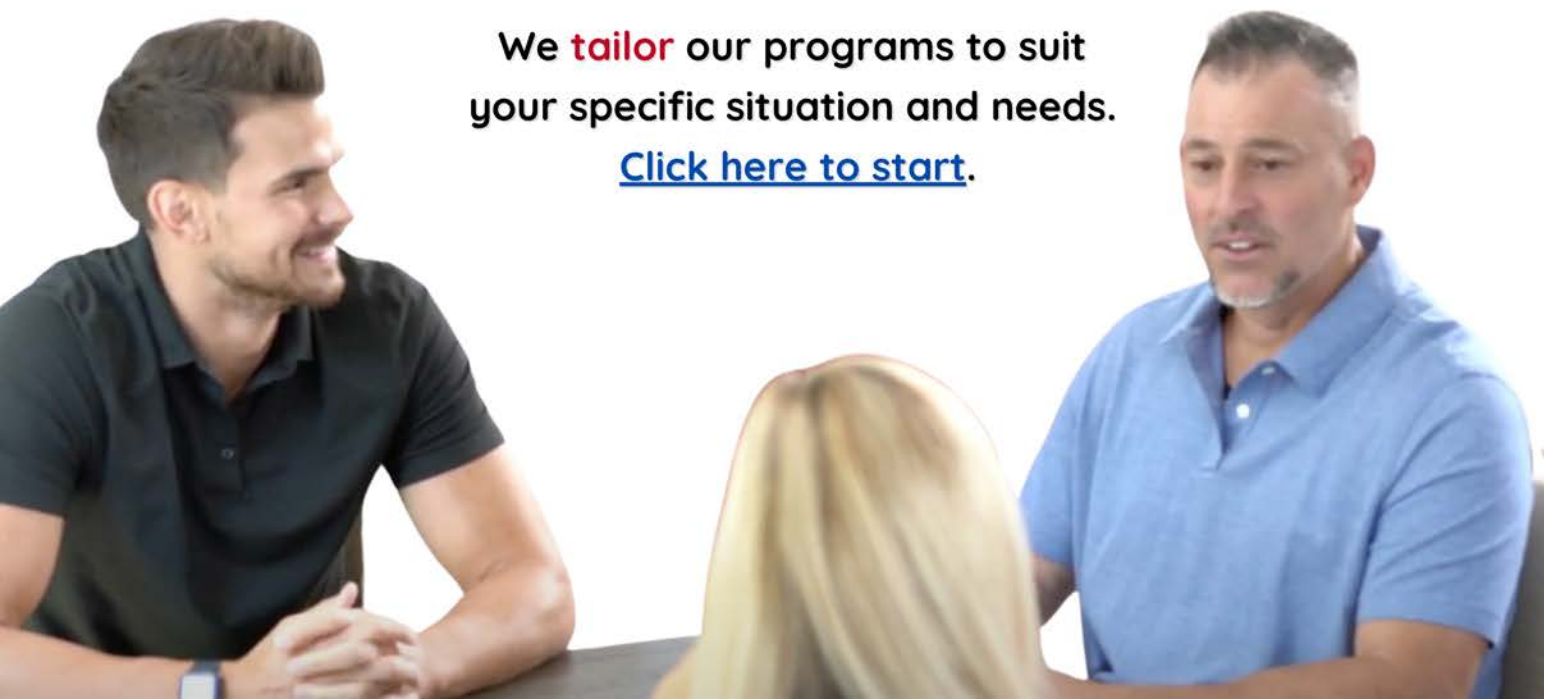
MORE GUIDANCE

If you'd like to explore and understand the causes, signs and symptoms of screen dependency in much greater detail and depth, or to learn even more tactics and strategies, we have a **70-page ebook** [available for purchase](#).



A screen dependency can often grow beyond a parent's current ability to manage it. Your situation may require the structure and support that our in-person, online or group programs can provide, such as parent and family **coaching**, youth **mentoring** for kids 18 and younger, and a **launch** program for young adults aged 20 or older.

We **tailor** our programs to suit your specific situation and needs.
[Click here to start.](#)



**GUIDE YOUR CHILD OR STUDENT IN
CONSISTENTLY CHOOSING:**

Healthy Content

Moderate Amount of Usage

Balanced Life Activities

Task Completion

Teamwork at Home or at School

Compliance & Cooperation Around Usage

**We're a resource for proven strategies,
tactics, tools and skills to overcome
the negativity of screen life.**



www.mentorsandmore.com