Social Media Use in Depressed and Anxious Adolescents: A Two Way Street

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DIVISION OF ADOLESCENT AND YOUNG ADULT MEDICINE
Adolescent and Young Adult Medicine

Welcome to the Division of Adolescent and Young Adult Medicine at Children's Hospital of Pittsburgh of UPMC.

Our Vision

All youth are healthy, safe, and thriving.

Our Mission

The mission of the Division of Adolescent and Young Adult Medicine is to improve the health and well-being of youth through:

- Accessible health care services for adolescents in the context of their family, culture and community
- Interdisciplinary adolescent health care education for health professional trainees and practitioners as well as youth, families, and communities
- Research to increase understanding of disparities in adolescent health, promote adolescent health equity, and improve adolescent health outcomes
- Engagement with youth in their communities as their adult allies and advocates
Conflicts of Interest

- Not $
Learning Objectives

- Consider how adolescents with depression use social media in helpful ways.
- Consider how adolescents with depression use social media in ways which are not helpful.
- Consider how you can provide guidance to depressed adolescents on how to take advantage of positive aspects of social media while managing the negative aspects of use.
The following slides are adapted with permission from Amanda Lenhart and data from Pew Internet.
In the Palm of My Hand

Teens’ Phone, Computer & Console Access

% of all teens who have or have access to the following:

- A desktop / laptop computer: 87
- A gaming console: 81
- A smartphone: 73
- A tablet computer: 58
- A basic cell phone: 30


PEW RESEARCH CENTER
Facebook

- 79% of all American adults use Facebook (2016)
- 71% of American teens ages 13 to 17 use the platform (2014,5)
- Teen Facebook users have a median of 145 friends
Twitter

- 24% of American adults 18+ use Twitter (2016)
- 33% of American teens 13-17 use Twitter (2014,5)
- Teens have a median of 95 followers on Twitter
32% of all adults use Instagram (2016)
52% of all teens 13-17 use Instagram (2014,5)
Instagram-using teens have a median of 150 followers
I obviously love the neon.
14% of online American adults use “ephemeral messaging apps” like Snapchat and Wickr
41% of teens 13-17 use Snapchat (2014,5)
31% of American adults use Pinterest (2016)
22% of teens 13-17 use online pinboards like Pinterest or Polyvore (2014,5)
What’s Different About Teen Use?

- Diversification
- 89% use at least one
- 71% use more than one

Source: Lenhart, Amanda, Pew Research Center, April 2015, “Teen, Social Media and Technology Overview 2015”
Graphic: Laura Santhanam
What’s Different About Teen Use?

- Curation

### Teen reputation management activities on social media

% of teen social media users within each group who do the following to monitor their online reputation...

<table>
<thead>
<tr>
<th></th>
<th>Delete or edit own post</th>
<th>Delete comments others make</th>
<th>Untag photo</th>
<th>Delete account</th>
<th>Regret something you posted</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total teen social media users (n=632)</td>
<td>59</td>
<td>53</td>
<td>45</td>
<td>31</td>
<td>19</td>
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<tr>
<td>Sex</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>a Boys (n=308)</td>
<td>59</td>
<td>48</td>
<td>33</td>
<td>27</td>
<td>20</td>
</tr>
<tr>
<td>b Girls (n=324)</td>
<td>58</td>
<td>58</td>
<td>58</td>
<td>35</td>
<td>18</td>
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<tr>
<td>Age</td>
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<tr>
<td>a 12-13 (n=151)</td>
<td>64</td>
<td>52</td>
<td>39</td>
<td>31</td>
<td>22</td>
</tr>
<tr>
<td>b 14-17 (n=481)</td>
<td>57</td>
<td>54</td>
<td>48</td>
<td>31</td>
<td>17</td>
</tr>
</tbody>
</table>
What’s Different About Teen Use?

- Peer Relationships formed, strengthened, and maintained through social media and video games
Count off in 3’s!
Breakout

- Board 1: How do adolescents with depression use social media in **helpful ways**?

- Board 2: How do adolescents with depression use social media in **unhelpful ways**?

- Board 3: How can you **provide guidance** to depressed adolescents on how to use social media?
Developmental Goals

- Develop independence
- Accept body image
- Cognitive
- Peers
- Identity
- Goals
July 2013 - September 2014

23 adolescents (13-20) with depression recruited from STAR and CAYAH

Interviewed individually re: social media use

Quotes throughout
“Teenagers these days don't really express their feelings. Like, everything's always done over social media.” - ID 8
Helpful Social Media Use

- How can it help? What about “Facebook Depression”?

http://thecontextofthings.com/2015/04/10/facebook-can-cause-depression/
ASSOCIATION BETWEEN SOCIAL MEDIA USE AND DEPRESSION AMONG U.S. YOUNG ADULTS

Liu yi Lin, B.A.,1,2 Jaime E. Sidani, Ph.D.,1,2 Ariel Shensa, M.A.,1,2 Ana Radovic, M.D., M.Sc.,3,4 Elizabeth Miller, M.D., Ph.D.,3,4 Jason B. Colditz, M.Ed.,1,2 Beth L. Hoffman, B.Sc.,1,2 Leila M. Giles, B.S.,1,2 and Brian A. Primack, M.D., Ph.D.1,2,3*

1787 adults 19-32 cross-sectional survey

- Social media use (total time per day highest quartile compared to lowest quartile AOR 1.66 (95% CI 1.14-2.42); and visits per week highest quartile compared to lowest quartile AOR 2.74 (95% CI 1.86-4.04)) have increased odds of depression symptoms (PROMIS)

- (many high frequency users)
190 participants age 18-23

No associations seen between depression (PHQ-9) and SNS use (weeklong ESM or experience sampling method data collection – real-time assessments over short periods)

(mostly low frequency-users)
Cross-sectional survey 336 adolescents

Internet Addiction associated with depressive symptoms (CES-D) but Social Media frequency of use or number of friends was not
160 high school students

Self-reported average daily time on social media correlated with depression symptoms (Beck DI-second edition)
753 students grades 7-12

Daily use > 2 hours associated with unmet mental health needs, poor self-rating of mental health, high psychological distress, and suicidal ideation

Relationship may be mediated by cybervictimization
Online Social Networking in Adolescence: Patterns of Use in Six European Countries and Links With Psychosocial Functioning

Artemis K. Tsitsika, M.D., Ph.D. a,*, Eleni C. Tzavela, M.Sc. a, Mari Janikian, Ph.D. a, Kjartan Ólafsson, M.A. b, Andreea Iordache, M.Sc. c, Tim Michaël Schoenmakers, Ph.D. d, Chara Tzavara, Ph.D. a, and Clive Richardson, Ph.D. e

- 6 European Countries
- 10,930 adolescents age 14-17
- Heavier SM use – more internalizing problems especially young adolescents
- Older adolescents – heavier use – more offline social competence
Who came first?

https://www.flickr.com/photos/90014030@N08/33919752946/
The Short-Term Longitudinal and Reciprocal Relations Between Peer Victimization on Facebook and Adolescents’ Well-Being

Eline Frison\textsuperscript{1,3} · Kaveri Subrahmanyam\textsuperscript{2,3} · Steven Eggermont\textsuperscript{1}

Fig. 1 Final model examining the reciprocal relationships between negative Facebook experiences and adolescents’ depressive symptoms. \textit{Note:} values reflect standardized coefficients. All paths are significant at $p < .05$. For clarity, error terms, covariances, control variables, and measurements are not shown. $^* p < .05$; $^{**} p < .01$; $^{***} p < .001$
What can Facebook help with?

- **Friendship quality, feeling of closeness with (existing not stranger) friends**
- **Building/maintaining social capital especially if low self-esteem and low life satisfaction**
Social media can help adolescents develop identity...

Explore identity in a less permanent way
Explore sexuality
Experience relative “privacy” from adults
Be creative
Gain knowledge
Civic engagement
Explore values and beliefs
Social media can help adolescents relate to peers...

Feel like they belong (social norms)
Get positive peer feedback
Benefit from social capital
“I’d tell [on Tumblr] that I was thinking suicidal, a little bit, and I got people saying that you have things to live for, and it’s really nice and helpful.” (Adolescent 9)
“That made me feel good because I was like, ‘Well, someone [online LGBT community] agrees with me.’ And I was like maybe my parents don't agree with me, but they do.” - ID 3
Civic engagement

Join 2.9 Million Young People

DoSomething.org makes the world suck less. One of the largest orgs for young people and social change, our 2.9 million members tackle campaigns that impact every cause, from poverty to violence to the environment to literally everything else. Any cause, anytime, anywhere. *mic drop

Birthday Mail

Make a birthday card for a child experiencing homelessness.
Ends October 17

SIGN UP — win a $10,000 scholarship
Creativity

About SoundCloud

SoundCloud is the world’s leading social sound platform where anyone can create sounds and share them everywhere.

Recording and uploading sounds to SoundCloud lets people easily share them privately with their friends or publicly to blogs, sites and social networks.
“And when I'm in something low, I go and I put on Nirvana, and I look at happy quotes, and I look at happy things, and I'm just like, ‘I don't even want to think about the low part. I just want to be higher than what I am.’” - ID 3

You are not a drop in the ocean. You are the entire ocean, in a drop. ~ Rumi
Unhelpful Social Media Use

#MySecretFamily
Repost if you battle with any of these and put the name in your profile

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anorexia</td>
<td>Ana</td>
<td>Rex</td>
</tr>
<tr>
<td>Bulimia</td>
<td>Mia</td>
<td>Bill</td>
</tr>
<tr>
<td>Paranoia</td>
<td>Perry</td>
<td>Pat</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Annie</td>
<td>Max</td>
</tr>
<tr>
<td>ADD/ADHD</td>
<td>Addie</td>
<td>Andy</td>
</tr>
<tr>
<td>OCD</td>
<td>Olive</td>
<td>Owen</td>
</tr>
<tr>
<td>Borderline</td>
<td>Bella</td>
<td>Ben</td>
</tr>
<tr>
<td>Bipolar</td>
<td>Bri</td>
<td>Bob</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>Sophie</td>
<td>Skip</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Izzy</td>
<td>Isaiah</td>
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<tr>
<td>EDNOS</td>
<td>Ellie</td>
<td>Ed</td>
</tr>
<tr>
<td>Selfharm</td>
<td>Cat</td>
<td>Sam</td>
</tr>
<tr>
<td>Depression</td>
<td>Deb</td>
<td>Dan</td>
</tr>
<tr>
<td>Suicidal</td>
<td>Sue</td>
<td>Dallas</td>
</tr>
</tbody>
</table>

- Content advisory warnings are not reliable
Negative Effects of SM Use

- Exposure to inappropriate sexual references or substance use

“And I was just trying to imagine, like if my dad read all my Facebook messages, I don't know what I'd do. Like I have them going back to when I was like 13. I guess maybe some drug and alcohol use and self-medicating. Things he definitely would not appreciate reading from guys.” - ID 5
Cyberbullying

“Basically [on AskFM] anyone can ask me a question or tell me how they feel about me. And they can do it anonymous or un-anonymous. And I think that some people just post...like, they know that people have issues and they put stuff on there that triggers it. And I think that they do it on purpose.” - ID 8
Depressive symptoms a risk factor for bullying
Buffered by peer support
“People use it as publicity and try to become Facebook famous. And then complain about, if there's pictures of themselves half-naked, and complain that people only like them for their body and want them for sex. So it just gets kind of annoying after a while.” - ID 6
Oversharing

- Less Online Social Approval (Collins & Miller 1994, Rains 2014)
- Lower self-esteem (Schwartz 2014)
- Communication overload may increase psychological distress (Chen & Lee 2013)
“A lot of people will say, ‘Oh, if you feel mad write a letter and rip it up.’ I can't do that. I would rather rant and have someone see it because it makes me feel better. Even if no one cares, as long as it’s public, I feel better about it.” - ID 28
Stressed Posting

- Low self-esteem – get likes and comments for positive status
- High self-esteem – get likes and comments for negative status (Forest 2012)
- Co-ruminating (Ehrenreich 2016)
- Emotionally contagious negative posts (Kramer 2014)
Triggering Posts

“I follow this account on Instagram, and it's a band account, and one day the girl took a picture of her arm, and it was all sliced, and there was blood down it, down her arm. And it just hurt me so bad. I was like, ‘How could you post something like that?’” - ID 12
Guidance You Can Provide

https://www.flickr.com/photos/63439518@N08/7438003362/
Teens Meeting Friends - Safety

Often friends-of-friends, or part of extended network
Vet new friends using video and voice to ensure that they are a peer.
Meet them with other friends, in public places

“Sometimes, I’ll meet people from one of my friends … My friend told me about this kid and … he sent me his Instagram name. We were talking and stuff and now we’re friends.” – middle school boy

“I used iMessage and I joined a group with a couple of my friends, and my friend invited one of his friends. And then we all just kind of met through the group chat.” – middle school boy

“I hang out with my friends and I tell [online friends] to hang out with us … I make sure they FaceTime me so I can see them, and not some 42 year old guy.” – high school boy

Source: Pew Internet Center’s Teens Relationship Survey, 2014-5
“I ended up like getting followers instantly. And my friend didn't, and she ended up like not going on Twitter anymore, and I just stayed on it because I kind of got addicted to it. I didn't want to, it just happened.” - ID 28
Problematic Internet Use

- Internet use that is risky, excessive or impulsive in nature leading to adverse life consequences, specifically physical, emotional, social or functional impairment

Adapted from Megan Moreno
<table>
<thead>
<tr>
<th>Cluster name</th>
<th>Example symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Psychosocial risk factors</strong></td>
<td>Isolation</td>
</tr>
<tr>
<td></td>
<td>Loneliness</td>
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<tr>
<td><strong>Physical Impairment</strong></td>
<td>Internet use at expense of eating</td>
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<tr>
<td></td>
<td>Lacking sleep</td>
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<tr>
<td><strong>Emotional Impairment</strong></td>
<td>Feeling anxious when away from the internet</td>
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<tr>
<td></td>
<td>Feeling irritated when not using the internet</td>
</tr>
<tr>
<td><strong>Social and Functional Impairment</strong></td>
<td>Skipping out on social events for internet time</td>
</tr>
<tr>
<td></td>
<td>Failing to create offline relationships</td>
</tr>
<tr>
<td><strong>Risky Internet use</strong></td>
<td>Viewing inappropriate material online</td>
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<td></td>
<td>Harassing others when online</td>
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<tr>
<td><strong>Impulsive Internet use</strong></td>
<td>Spending more time online than intended</td>
</tr>
<tr>
<td></td>
<td>Going online at the start of any free time</td>
</tr>
<tr>
<td><strong>Internet Use Dependency</strong></td>
<td>Feelings of withdrawal when away from the Internet</td>
</tr>
<tr>
<td></td>
<td>A lack of self-control when online</td>
</tr>
</tbody>
</table>

The Problematic and Risky Internet Use Screening Scale (PRIUSS) for Adolescents and Young Adults: Scale Development and Refinement

Lauren A. Jelenchick, MPH, Jens Eickhoff, PhD, Dimitri A Christakis, MD, MPH, Richard L. Brown, MD, MPH, Chong Zhang, MS, Meghan Benson, MPH, CHES, and Megan A. Moreno, MD, MSEd, MPH
Changing Behavior on Social Media

- Negative experiences on SM lead to:
  - Deleting unsupportive “friends”
  - Removing Facebook profile
  - Spending less time on Facebook
  - Using social media differently to communicate in private messages
  - Not posting negative status updates
Changing Behavior on Social Media

- Using Facebook to connect with relatives
- Other sites used to express themselves and share with depressed teens anonymously:
  - Using sites like Tumblr or Reddit or Witty
  - Sharing inspirational quotes or pictures
  - Posting journal type entries on blogging
Can we Use Social Media to Intervene?

**Moderated online social therapy for depression relapse prevention in young people: pilot study of a ‘next generation’ online intervention**

Simon Rice, John Gleeson, Christopher Davey, Sarah Hetrick, Alexandra Parker, Reeve Lederman, Greg Wadley, Greg Murray, Helen Hermann, Richard Chambers, Penni Russon, Christopher Miles, Simon D'Alfonso, Melissa Thurley, Gina Chinnery, Tamsyn Gilbertson, Dina Eleftheriadi, Emma Barlow, Daniella Cagliarini, Jia-Wern Toh, Stuart McAlpine, Peter Koval, Sarah Bendall, Jens Einar Jansen, Matthew Hamilton, Patrick McGorry and Mario Alvarez-Jimenez

- 42 adolescents (15-25) in depression remission
- Improvement to interviewer-rated depression scores (MADRS); P=0.014, d = 0.45
Time is your friend

‘Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them — every day begin the task anew.’— Saint...
SOVA: separate websites for adolescents and parents

wiseSOVA:

parallel daily blog post topics

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive Content</td>
<td>Depression/anxiety education</td>
<td>Negative health beliefs</td>
<td>Social media guidance</td>
<td>Links to online resources</td>
</tr>
</tbody>
</table>

? discussion questions to elicit emotional/informational support and encourage parent-adolescent communication

peer interaction through blog post comments and user profiles

I totally know what you mean... thanks for the advice!

around the clock site moderation with backup by PI

- screen for safety
- encourage discussion
- provide correct information
Figure 1. Conceptual Model

SOVA Intervention
(SOVA - adolescent site, wiseSOVA - parent site)

Challenging Health Beliefs
Daily blog post topics with peer commentary

Promoting Peer Support
Peer/moderator online interaction

Encouraging Parent-Adolescent Mental Health Discussion
Parallel blog posts on beliefs and enhancing communication, discussion guides

Proposed Targets
(adolescents and parents)

Health Beliefs and Knowledge
Stigma, Beliefs about Antidepressant and Therapy (Self-report), Depression, Anxiety Knowledge Score

Emotional Support
Emotional/Informational Support (Self-report-perceived), Online Coding of Peer-Moderator Comments (actual-observed)

Parent-Adolescent Communication
Communication Quality (Self-report)

Intermediate Outcome
(adolescents and parents)

Perceived Need for Treatment
(Self-report measure and open-ended question)

Primary Clinical Outcome
(adolescent)

Mental Health Services Use
Receipt of any service (Self-report and Chart review)
Using Behavioral Methods to Manage Your Depression

Often times when a person is depressed they may feel tired, as well as have a lack of motivation and energy. These changes in mood often times lead a person who is depressed to...

A Few Tips and Tricks to Using Social Media with Depression and Anxiety

Symptoms of depression and/or anxiety can be made worse by using social media. In recent blog posts, we have talked about some of the ways social media can bring out negative emotions in...

What Makes Someone A Good Member of Your Support System

A key part to improving and getting better while dealing with a mental illness is having a support system. Whether it be family, friends, or even a support group, having that

Easy-to-learn Yoga Poses

Yoga is a great way to relieve stress and negative emotions. Some people who practice yoga regularly can do some pretty cool poses. When

Time is your friend

"Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections but instantly set about remedying them — every day begin the task anew." -Saint Francis de Sales

Do you have any other positive words to start the week off right?
The Parent App

Understanding Families in the Digital Age

Lynn Schofield Clark

- Investigates how digital and mobile media are both changing and challenging parenting for all families.
- Based on a ten-year study of hundreds of parents and children, Clark provides best practices for parents and insight into what works for both parents and kids when it comes to social media and new technologies.
Family Media Plan

Media should work for you & work within your family values & parenting style. When media is used thoughtfully & appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime & sleep.

By creating a Personalized Family Media Use Plan, you can be aware of when you are using media to achieve your purpose. This requires parents & users to think about what they want those purposes to be. The tool below will help you to think about media & create goals & rules that are in line with your family’s values.

To make YOUR family’s Media Use Plan, start by entering your family’s information. This information will remain private and confidential.
Thank you! Any questions?

Feel free to email me!
Ana.radovic@chp.edu

Check out our research:
Sovaproject.pitt.edu

Site for teens: sova.pitt.edu
Site for parents: wisesova.pitt.edu

Social media:

dream - empower - thrive
Happiness, Heartache, and Hashtags: Using Digital Context Clues to Understand the Connection between Social Media and Adolescent Health - Resources

Presenters: Amanda Lenhart amanda@datasociety.net
Megan Moreno megan.moreno@seattlechildrens.org
Ellen Selkie eselkie@umich.edu
Ana Radovic ana.radovic@chp.edu

Useful websites for adolescents:

That’s Not Cool
http://thatsnotcool.com/

“Draw your digital line. Your phone and social media accounts are a digital extension of your life. When someone you’re dating is controlling, disrespecting, or pressuring you in those spaces, that’s not cool. That’s Not Cool provides tools to help you draw your digital line about what is, or is not, okay in your relationships.”

A Thin Line
http://www.athineline.org/

“MTV’s A Thin Line campaign was developed to empower you to identify, respond to, and stop the spread of digital abuse in your life and amongst your peers. The campaign is built on the understanding that there’s a "thin line" between what may begin as a harmless joke and something that could end up having a serious impact on you or someone else. We know no generation has ever had to deal with this, so we want to partner with you to help figure it out. On-air, online and on your cell, we hope to spark a conversation and deliver information that helps you draw your own digital line.”
ReachOut

http://us.reachout.com/

“ReachOut is an online information and support service that uses evidence based principles and technology to help teens and young adults who are facing tough times and struggling with mental health issues. All content is written by teens and young adults, for teens and young adults, to meet them where they are, and help them build resilience and withstand tough times.”

More Than Just Sex

https://www.youtube.com/user/morethanjustsex/

“MORE THAN JUST SEX is a series of videos created by Community Healthcare Network’s Teens P.A.C.T. program in New York City. MORE THAN JUST SEX aims to empower young people to make positive decisions, create social change, and reduce the rates of teen pregnancy, STD's and HIV.”

TrevorSpace

https://www.trevorspace.org/
Positive Youth Development

Taking IT Global
http://www.tigweb.org/

“To truly empower young people to become agents of positive change in their local and global communities, we recognize that everyone has a role to play. This means creating opportunities for youth to get involved and grow regardless of where they are in the world. With over 500,000 members, our community brings together like-minded youth to take part in programmes that span across the world. From micro-mentorship helping young entrepreneurs get their ideas off the ground, to nation-wide art competitions, to online petitions, we open doors for young people to get involved.”

DoSomething.org
https://www.dosomething.org/us

“One of the largest global orgs for young people and social change, our 5 million members in 130 countries tackle volunteer campaigns that impact every cause. Poverty. Discrimination. The environment. And everything else. Our promise: Any cause, anytime, anywhere.”
Useful websites for parents:

Common Sense Media

https://www.commonsensemedia.org/social-media

“Common Sense is dedicated to helping kids thrive in a world of media and technology. We empower parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids’ lives.”

The Common Sense Census: Media Use By Tweens and Teens, 2015,

Connect Safely

http://www.connectsafely.org/

“ConnectSafely.org is a Silicon Valley, Calif.-based nonprofit organization dedicated to educating users of connected technology about safety, privacy and security. Here you’ll find research-based safety tips, parents’ guidebooks, advice, news and commentary on all aspects of tech use and policy.”
Center on Media and Child Health
http://cmch.tv/

“The Center on Media and Child Health (CMCH) at Boston Children’s Hospital (BCH) is an academic research center whose mission is to educate and empower children and those who care for them to create and consume media in ways that optimize children’s health and development […] We seek to understand the positive and negative health impacts media can have and find ways of making media the most positive possible influence in children’s lives.”

Acceptable Use Policies aka Family Media Agreements/Contracts

Media Tech Parenting (List of family media contracts)
http://mediatechparenting.net/contracts-and-agreements/

Parenting in the Digital Age by Lynn Schofield Clark
https://www.psychologytoday.com/blog/parenting-in-digital-age/201301/designing-family-contracts-technology-use and her family’s actual contract:

Common Sense Media