


PAPAYA 

Parents Against Phone Addiction in Young Adolescents

www.papayaparents.com

A woman with dark, curly hair is shown in profile, looking down with a thoughtful or somber expression. Her hand is near her face. A child's head, wearing a blue knit hat, is resting on her shoulder. The background is a softly lit room with a window showing greenery outside.

**1 in 9 children have a diagnosed
mental health problem...**

Rising to 1/4 17-19 year old women

**The five year forward view for mental health, Mental Health Task Force,
2016Mental health of Children and Young People in England, 2017**

A person wearing a grey hoodie is seen from behind, sitting on a swing. The swing is suspended by two black chains. The person is in a large, open field with a hazy, overcast sky in the background. The overall mood is somber and lonely.

**16-24 yr olds are the loneliest group
in society**

All in mind, BBC radio 4 loneliness survey, Oct 2018

Sleep

1/3 of teenagers sleep with their phone IN bed

1/3 wake at night to check their devices

7/10 use their phone within 30 mins
of going to bed

Cyberbullying

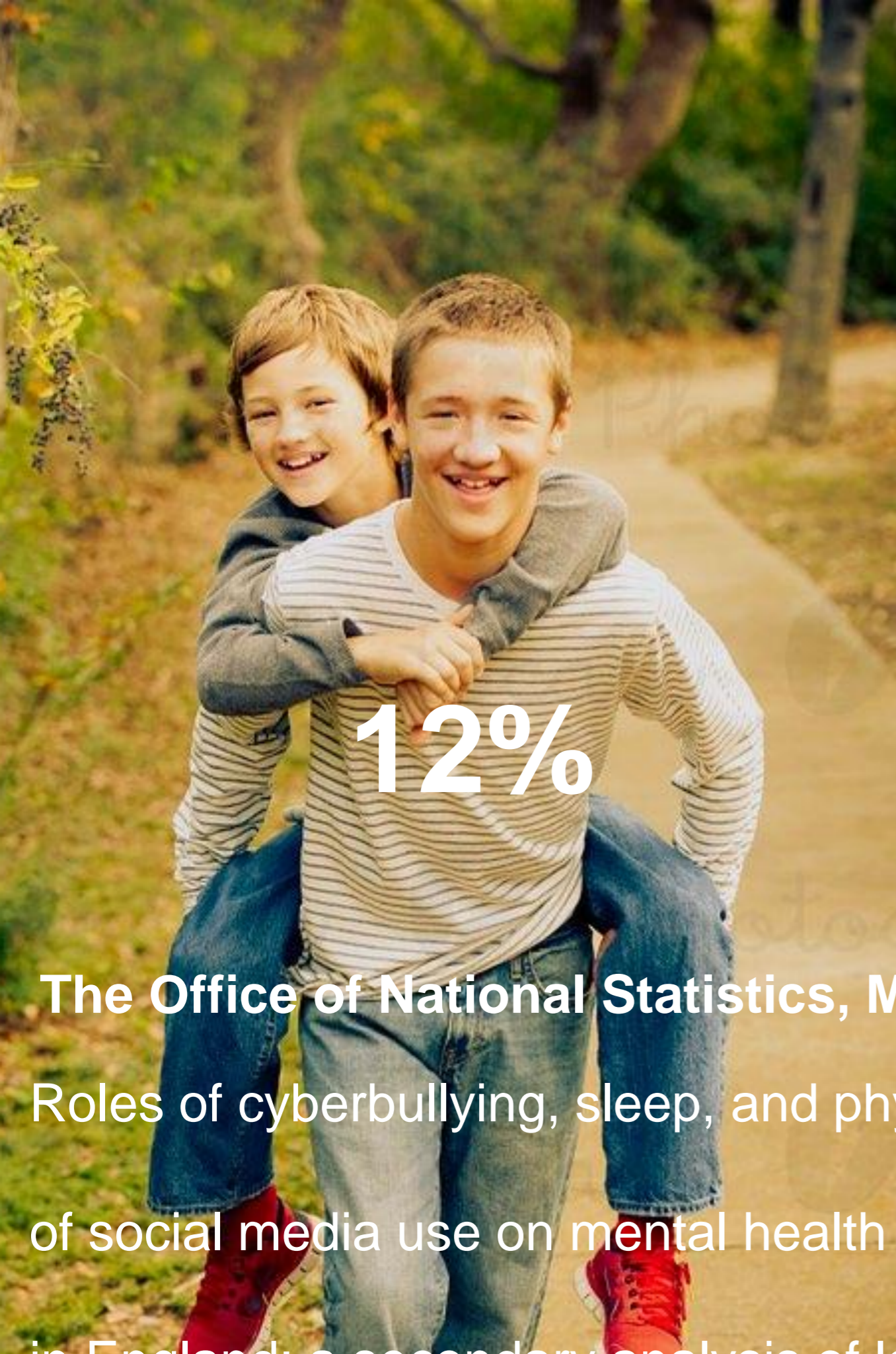
A young woman with long brown hair is sitting on a bed, hunched over with her head buried in her arms, looking distressed. She is wearing a dark jacket and blue jeans. The background is a blurred room with a bookshelf.

1 in 5 bullied online

24% self harm

22% change their own appearance

13 % delete the app



12%



27%

The Office of National Statistics, Measuring National Wellbeing, 2015

Roles of cyberbullying, sleep, and physical activity in mediating the effects of social media use on mental health and wellbeing among young people

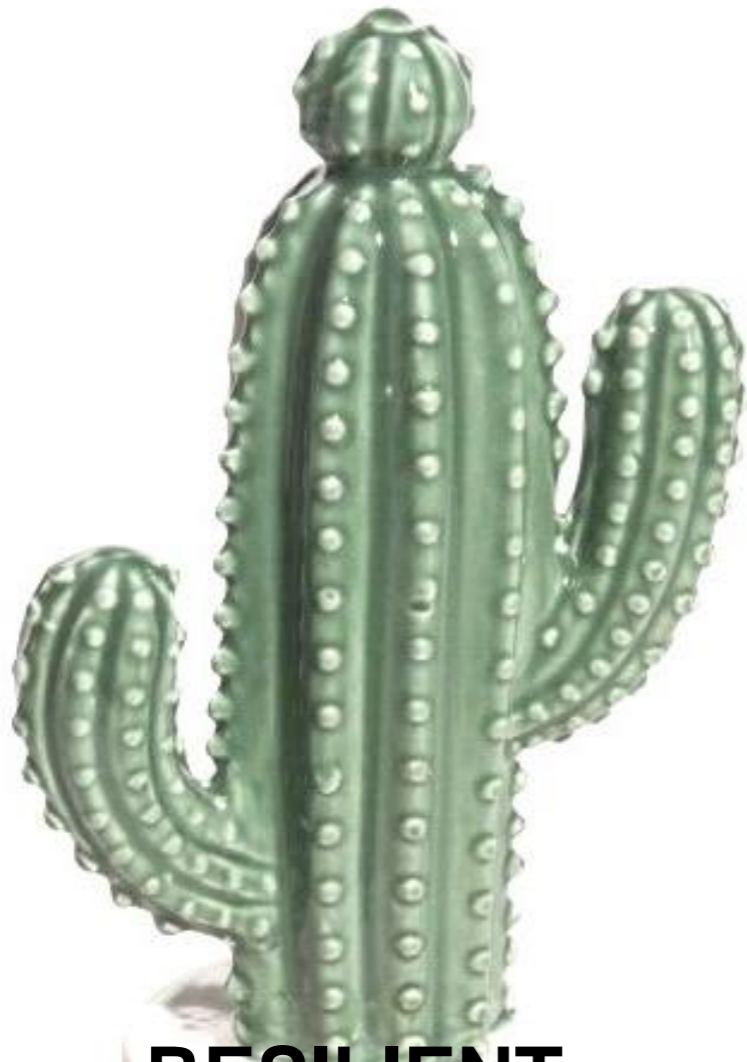
in England: a secondary analysis of longitudinal data. *Lancet*. Aug 2016



A young man is captured in a dynamic, joyful pose, jumping or running with his arms raised and a wide smile. He is wearing a white t-shirt and light-colored shorts. The background is a soft, golden sunset or sunrise over a body of water, creating a warm and uplifting atmosphere. The text is overlaid on the image in a bold, black, sans-serif font.

**Young people need a robust self
esteem to be Happy**

Self Esteem



RESILIENT

Deep roots

Self - sufficient

Protective spikes

Internal locus of control



Inflates quickly

NO ROOTS

Easy to deflate

**Dependent on
others**

External locus of control

A young woman with long dark hair, wearing a red sweater, is looking down at her smartphone with a sad and thoughtful expression. In the background, two other people are also looking at their phones, one in a grey jacket and one in a green jacket. The scene is outdoors with a blurred background.

Social Media can externalise self esteem to social media platforms and can make young people dependant on likes and followers for their sense of self worth

“As parents we are
powerful especially if we
stand together”

–PAPAYA



Solutions

Family media contract

Age appropriate apps

Tech Solutions

Engage in conversation

Family media contract

How do we, as a family, want to communicate?

What do we value most about our family?









What do you/ don't you like about our families use of technology?

What are our BIG NO's and why?

What is a reasonable amount of screen time?

What are the consequences for pushing the boundaries?

Age Appropriate Apps

13 + with parental consent	16+	18+
     		

Tech Solutions

App time limits

Block adult content

Controls on social media

Engage in conversation

- ✓ Build relationship
- ✓ Keep channels of communication open
- ✓ Allow to learn from their mistakes

PAPAYA 

Parents Against Phone Addiction in Young Adolescents

www.papayaparents.com