

Filename: NavScreensParent21Transcript2018

Interviewee: father of 4 children ages 16, 14, 12, 11

Interviewer: Well, first tell me about your family. So how many children do you have, and what are your ages?

Alan: I've got four kids. The one is 16. She just turned 16. 14 is a ... So I got a girl, 16, and then three boys, 14, 12, and one will turn 11 in June.

Interviewer: Okay. So this'll be interesting, because you can reflect on kind of changes as well in your kind of practices, your family practices around screen media. But if we focus on the 11-year-old, is that your youngest?

Alan: Yeah. Mm-hmm (affirmative).

Interviewer: Yeah. Great. Okay. So first tell me about all the screen media devices that your family owns ...

Alan: Okay.

Interviewer: ... and who owns them and kind of how ... or if they're jointly owned and then how they're used.

Alan: Okay. We've got one main television in the living room.

Interviewer: Okay.

Alan: Everybody uses that. I've got a TV in wife and my bedroom ...

Interviewer: Okay.

Alan: ... and then the 11-year-old doesn't have a screen in his room, TV screen. But his older brother does.

Interviewer: Okay.

Alan: The oldest sister also has a television screen in her room. So that's for TVs. Actually, and then there's one in the basement that they use ... our boys use just for video games ...

Interviewer: Okay. Yep. Mm-hmm (affirmative).

Alan: ... for TV. As far as phone screens, all of our kids have a phone except for our 11-year-old yet, and he's been bugging us for a couple years.

Interviewer: I'm sure.

Alan: But I think he'll start middle school next year, and so that's typically when we've been getting them phones.

Interviewer: Is that sixth grade?

Alan: Yep.

Interviewer: Yeah.

Alan: Yep. So the 11-year-old has an iPad. He has an iPad, and our other two boys have an iPad. Then my daughter and oldest son have a computer, their own computer.

Interviewer: Okay.

Alan: My wife has her own computer. I have a work computer. So I think that covers the screens.

Interviewer: Okay. Great. Do they have Xboxes connected to the television? Is that what you said?

Alan: Yes. There's an Xbox in the basement to that game ...

Interviewer: That's what you said. Yeah, yeah. Okay. Yeah. That, I think, covers it. Do they use screen media anywhere else, like friends' or relatives' houses?

Alan: Yep. My in-laws' house is ... There's a computer there ...

Interviewer: Okay.

Alan: ... and they'll use that for games or sometimes ... well, typically for games. They also have an iPad or two that they use at their house.

Friends' houses, I think they probably ... It's kind of ... Their age or generation that they could be going to a friend's house, but they all are looking at their phones, sitting right next to each other, whether they're communicating, probably not with each other. They might be playing a shared game or communicating to somebody else, even though they're sitting next to their friends, it seems like.

Interviewer: Do you think that's true of your 11-year-old, as well as the older ones?

Alan: Well, he doesn't have his phone yet.

Interviewer: Oh, he doesn't have a phone yet, yeah, yeah.

Alan: But ...

Interviewer: But his iPad is connected to the Internet?

Alan: Yep.

Interviewer: Okay.

Alan: Yep. So I've seen that, where he's sitting next to a friend, and ... But usually, in his case, they're looking at the same iPad.

Interviewer: Okay.

Alan: So one will take a turn, and they'll kind of do that shared scene.

Interviewer: Good. So what's the primary use ... Let's just talk about your 11-year-old. So he's on the Xbox downstairs playing games?

Alan: He uses the Xbox and his iPad, yep.

Interviewer: Is the Xbox connected to the Internet?

Alan: Yep.

Interviewer: Okay. Do you know what games he plays?

Alan: Yes.

Interviewer: I'm just curious.

Alan: It used to be ... What is it called now? I'll think of it.

Interviewer: It's okay.

Alan: Come back to that. I'll think of it.

Interviewer: Okay. Then his iPad. What's he primarily using the iPad for?

Alan: It's like a motorcycle game, where it flips in the air. Subway Surfers.

Interviewer: Oh, yeah, yeah. That's been around for a while now, yeah.

Alan: Yeah. Yep. There's a game where ... Actually, I think I have it on my phone. Minecraft.

Interviewer: Oh, yeah.

Alan: Not so much anymore Minecraft, but [crosstalk 00:04:10].

Interviewer: Oh, really? Okay.

Alan: What Logo?

Interviewer: Oh, I don't know that one. What Logo? Okay.

Alan: So they just pop up a logo, and he's gotta say what that is.

Interviewer: Okay.

Alan: Flappy Duck. There's one where it's like the old Frogger, but it's a new version of that.

Interviewer: Oh, okay.

Alan: You have to run across the street without getting hit.

Interviewer: Yeah, yeah, yeah, yeah, yeah. Okay, so he mainly uses his iPad for games?

Alan: I would say exclusively.

Interviewer: Okay.

Alan: Well ...

Interviewer: Does he have email?

Alan: Yeah. His friend and him sometimes, I guess, email to each other on their iPad and FaceTime.

Interviewer: Okay.

Alan: So they use that.

Interviewer: His friend in the same town?

Alan: Yeah.

Interviewer: Oh. Interesting.

Alan: Yep. So he'll be at his house, and he'll say, "Hey, you wanna come over?", and they'll be looking at each other and ...

Interviewer: Oh, funny. Any friends or relatives ... Does he FaceTime with relatives or ...

Alan: No, just his buddy.

Interviewer: Yeah, yeah, yeah. Okay. So communication and entertainment. YouTube? Does he watch YouTube or anything ...

Alan: Yeah.

Interviewer: ... or Netflix?

Alan: A little bit of YouTube.

Interviewer: Okay.

Alan: My middle son does more of the YouTube scene, but a little YouTube. Man, I wish I could remember that game that they play all the time.

Interviewer: That's totally fine. That's just me being geeky. Netflix or any ...

Alan: We have Netflix on our TV.

Interviewer: Oh, okay.

Alan: The main TV. So they sometimes will use that for movies, yeah.

Interviewer: Okay, and does your 11-year-old ... Does he watch Netflix alone, or is it always when someone else is watching it?

Alan: It's usually with the family ...

Interviewer: Okay.

Alan: ... or at least some of us. On Friday night, we'll do a movie night, or Saturday.

Interviewer: Yeah, yeah.

Alan: So typically, that's when we're tapping into Netflix.

Interviewer: Yeah, yeah. Great. Okay. So think about your son, your 11-year-old son, on a typical day - maybe yesterday, maybe yesterday wasn't typical - and tell me ... Just walk me through from kind of the time he got up to the time he went to bed and kind of the daily routine with screen media.

Alan: Okay. So, typically, in the mornings, he'll get up, breakfast, pack his lunch, and go. Today, uniquely, he actually turned the TV on and was trying to watch a movie, but I said, "No, we don't do that in the mornings."

Interviewer: Okay. So you have a rule - in the mornings, no screens?

Alan: Yeah.

Interviewer: What about iPads, any quick game plays or ...

Alan: Not usually.

Interviewer: Okay.

Alan: I mean, he'll actually pick up my phone sometimes to maybe sneak a quick game in, or he uses it to check the school menu for the day ...

Interviewer: Oh, right.

Alan: ... if he's gonna have hot lunch or not. Then when he gets home from school, we try to have a scene where they'll get a snack, do your homework, and then screens are okay. But sometimes my wife and I are both not home, and then he'll go play the Xbox, typically, is his preference.

Interviewer: Okay. That's just kind of chill time.

Alan: Yeah.

Interviewer: Yeah, yeah. Okay.

Alan: So my oldest son and my youngest son that we're talking about both love this game. They're addicted to the game, and so ...

Interviewer: Oh, so he's playing with his brother.

Alan: ... they'll go down ... It's an only one-player game, so they'll actually sit there and watch each other play and trade off the controller.

Interviewer: Okay. Okay.

Alan: But it's kind of like a survival game.

Interviewer: Oh, okay.

Alan: So they'll come, shoot out of a helicopter, fall on the ground, and then they'll [inaudible 00:07:31] things. It's kind of like Minecraft, but it's a little more ... They get to shoot arrows, but there's ... It shows ... There's 100 people, and this is where it's the Internet. So people across ... wherever they're located will join this game, and at the start, it'll show, "Okay, there's 100 players." Then that number just keeps dwindling down while they get killed off ...

Interviewer: Oh, I see.

Alan: ... and they're trying to be the last person standing.

Interviewer: Okay.

Alan: But, for the life of me, I can't think of the name of it.

Interviewer: It's fine. Okay. So then ... So keep going through the day. Then what happens? So they have their screen time.

Alan: Yep, and then if it's dinner, we'll have that, and then they'll try to get back down to play. I mean, it's ... So it's to the point where we have to lock the room when we feel they've had enough interaction. We'll lock the room so that they can't get in there.

Interviewer: Okay. So it's really the ... For your 11-year-old, it's the Xbox that's the big draw ...

Alan: Yes.

Interviewer: ... and that you're having to kind of really draw the line to?

Alan: Yeah.

Interviewer: Yeah, yeah. But on the iPad, it's not such a ...

Alan: Not too big a deal. I think the Xbox has taken over.

Interviewer: Is that recent, or how do you feel ...

Alan: I would say in the last two months, yeah.

Interviewer: Oh, really recent.

Alan: Yeah.

Interviewer: Yeah, yeah, yeah.

Alan: Just this game seems to be such a draw.

Interviewer: Okay, yeah.

Alan: My oldest son started with it, and he got my youngest son hooked on it, so they're both into it.

Interviewer: Yeah, that makes sense. Okay, and screens during mealtime, do you have ...

Alan: No screens at mealtime.

Interviewer: Okay, and then what happens after mealtime then?

Alan: I would say either he tries to do the Xbox scene again ... At night, he'll use his iPad for soft music to help him sleep.

Interviewer: Oh, okay.

Alan: So he'll use that sometimes. Then TV-wise, he may try to watch some TV before bed, which, like last night, he's ... He likes watching sports, similar to me, so we had the Bucks game on. We were watching that before he went to bed. NFL draft was on, so we watched that kind of stuff.

Interviewer: Yeah, yeah, yeah. Okay.

Alan: So it's not an every night occurrence ...

Interviewer: Sure.

Alan: ... as far as TV, though.

Interviewer: Sure. Okay. So then do you have ... You have ... You're kind of ... It sounds like you're trying to guide them in terms of not too much screen time, and certain times of the day, screens aren't allowed.

Alan: Yeah.

Interviewer: Do you also have ... Do you count minutes, or do you have kind of ...

Alan: No. I guess we maybe internally feel like, "Okay, it's been an hour" or "It's been two hours. Okay, let's get him doing something else."

Interviewer: Okay.

Alan: I think it'll be unique in the summer, because in past summers, they just had their iPad. The Xbox was there, but they didn't have this game that was such a draw. So we used to have to actually hide their iPads after ... They'd be sitting in the house. They wake up, they get on that, two, three hours pass, and they're still glued to it. 70 degrees and sunny. It's like, "Come on. Time to get outside."

Interviewer: Yeah, yeah, yeah.

Alan: But we'll see how this summer goes.

Interviewer: So things are constantly changing, it sounds like, depending on what games is ...

Alan: Yeah.

Interviewer: ... hot, what the weather is, what season it is, things like that.

Alan: Yeah.

Interviewer: Okay. So now I'm gonna ask you to think about changes over time in your kind of family routines - as your kids got older, as time has passed, as technologies have changed. So thinking about when your oldest was kind of in this age ... in the kind of primary school age range, elementary school age range, or when you started raising the kids, what were your practices then, and how have they changed?

Alan: First grade size.

Interviewer: Yeah, yeah.

Alan: As far as the transgression [progression] or whatever, as far as the screens, it's funny, because my in-laws got the iPads for the kids, and we weren't too excited about that, just because we figured this was gonna be something they'd get addicted to, and we didn't want them having the majority of the time on that. But as time passed and they got their own cell phones, even though it's a smaller screen, they switched from iPad to cell phone, just 'cause it has a little more capability.

So my daughter's more in the social media, like the Snapchat.

Interviewer: Okay.

Alan: So she uses it for that, as well as texting.

Interviewer: When did they get their cell phones?

Alan: Start of middle school.

Interviewer: Yeah.

Alan: Yep.

Interviewer: That seems to be a common narrative. Yeah, yeah.

Alan: Well, my middle son loved playing his iPad but kept bugging us for a phone, so we got him a phone. It's smaller than mine, and he plays games on that vs. the bigger iPad. It's crazy, right? "This would be" ... But that's been kind of the progression of ... It seems like they go from a bigger screen to a smaller screen with a little more capability.

Interviewer: Then your kind of routines, your kind of daily ... your rules. Like you said, right now, there's no screens in the morning or during dinnertime. Has that changed?

Alan: No. I would say, for the most part, they've adhered to that. I mean, they've tried a few times to skip the rules, but I would say we are pretty firm with that. My wife's probably just as bad of influence. She's constantly, you know, and at the table, she'll do it, so it's kind of like, "Well, why is Mom doing it?"

Interviewer: Yeah.

Alan: But, yeah, I would say, rules-wise, we do try and limit the hours, but there are days where we're busy or just ...

Interviewer: Yeah, yeah.

Alan: ... lose track, and, sure enough, four hours later, they're doing the same thing.

Interviewer: Yep. I get it. So now you said your 11-year-old's older brother was part of his influence on what content he's accessing. Are there other ... Thinking about just what your 11-year-old does on screens, the content of the ... what he's consuming or producing ... Is he doing any creative productions, like video-making or anything?

Alan: Not really.

Interviewer: Okay. So who else ... Are there other examples of how his older brother informed him of things to do on the devices?

Alan: Yeah. I would say it is just he's playing it. I don't know how he finds out about the games, but all of a sudden, they've got this game that ... I think it's just the friends spread the word, because it is something they can play interactively with their friends.

So he sees him playing it and just sees how it works and then does it himself.

Interviewer: Yeah, yeah, yeah.

Alan: But I would say the influence is mostly his brother, not his friends ...

Interviewer: Okay.

Alan: ... as far as what games he likes to do, and we'll play sports games. He and I will play with a basketball game or a football game, too.

Interviewer: On the Xbox?

Alan: Yeah.

Interviewer: Okay. You said he listens to music. Do you know how he gets ideas for what music to listen to?

Alan: Usually Easy 104 he listens to. He gets that. He's got a couple favorite artists, so he'll ... Charlie Puth, he likes, so he'll YouTube his songs and play them.

Interviewer: Okay, okay.

Alan: But he's very musically inclined, so he just ... He's either snapping or whistling or singing, if he [inaudible 00:14:55].

Interviewer: Yeah. No, I'm just curious about how kids get ideas about music, because there's just so many options, right?

Alan: Yeah.

Interviewer: When you and I were growing up, it was like ...

Alan: Right, right.

Interviewer: ... a very different scene.

Alan: Yeah, and that's ... If he doesn't hear it on the radio but he ... It's usually artist-based, so if he finds a Charlie Puth ... If there's songs he doesn't hear

on the radio, he'll just do Charlie Puth, and all of a sudden, he's got songs that he's never heard of ...

Interviewer: Yeah, yeah, yeah.

Alan: ... on YouTube, just 'cause he selected that artist.

Interviewer: Yeah. So when your 11-year-old gets stuck or needs help with anything, who does he go to?

Alan: For a screen?

Interviewer: Yeah.

Alan: My wife's actually a little more technologically sound, so if there's a game he wants to order or something on iTunes, he'll typically ask her.

Interviewer: Okay.

Alan: Occasionally he'll ask me, but usually, it's my wife ...

Interviewer: Okay.

Alan: ... I would say.

Interviewer: Yep. Then who makes decisions about purchasing both small things, like songs or games, but also kind of the larger technology? So you said the in-laws made the decision for you at some point.

Alan: Yeah, yeah, that was kind of ...

Interviewer: Yeah, yeah.

Alan: As far as games and stuff, we have them come to us first. They can't just order them themselves. Usually, it's my wife that he'll go to on that. As far as the actual purchase of the technology itself, my wife and I ... Like my oldest son, he asked my wife, and she said ask me, because it was ... he wanted the fanciest, nicest phone. So ... and he asked me, and I said, "Well, you gotta earn it," so he did - kind of 30 hours of just kind of chores around the house, and he earned it.

Interviewer: Okay.

Alan: Dylan, my middle son, I think he just adopted. So he took my wife's old phone ...

Interviewer: Okay.

Alan: ... when we upgraded.

Interviewer: Okay. Yeah, yeah, yeah. Okay.

Alan: So that worked.

Interviewer: Who makes decisions about what the kids are allowed to do on the devices?

Alan: We don't monitor that probably as well as we should, but I would say my wife probably comes down harder on that. But, in passing, maybe there's a song they're playing that has cuss words, "Hey, turn that off, we don't want" ...

Interviewer: Okay, okay.

Alan: So I guess it's kind of more in passing than more of an active monitoring.

Interviewer: Yeah, yeah, yeah. Okay. So what ... In what ways have you provided guidance? You say in passing, you'll kind of ask them to apply, it sounds like, family rules. Right?

Alan: Yeah, yeah.

Interviewer: So what other ways have you provided guidance?

Alan: My middle son had some inappropriate stuff that ...

Interviewer: Okay.

Alan: I just, again, just picked up his phone. "Oh, jeez." So we had a little talk, as far as, "That's not appropriate, and if it's something that you wanna do, then your phone won't be accessible to you."

But I've heard other families that have this monitoring where they can actually do live look-ins and all that stuff. I guess we ...

Interviewer: Heavy surveillance.

Alan: Yeah. Yeah, I guess we've just shied away from that, 'cause we just wanna be able to trust our kids and make them feel like they're not not trusted.

Interviewer: Yeah, yeah, yeah.

Alan: But, certainly, if they step out of bounds and we see that, then we take some precautions, actions to that.

Interviewer: Are there kind of family guidelines? You said ... So I'm just thinking, when you said "cuss words," so that ... You're expecting them to apply that to when they're watching YouTube as well as listening to music?

Alan: Yeah.

Interviewer: So that's kind of like a family guidance rule that you want them to be applying?

Alan: Yeah. I guess we haven't necessarily associated it specific to their screens ...

Interviewer: Right. Yeah.

Alan: ... but we've just ... I guess as an overall rule, we've just taught them that cussing's not good ...

Interviewer: Yeah, yeah, yeah.

Alan: ... and then of ... Explicit stuff and that sort of thing is ...

Interviewer: Yeah.

Alan: That's inappropriate, so ... But screen-wise, I guess we haven't applied that specific to screens.

Interviewer: When you're doing family movie night, do you have kind of discussions about, like you said, what's appropriate? Is that applied to movies and ...

Alan: Yeah, that's a good question, because with the age range, there are ...

Interviewer: Yeah.

Alan: ... movies that are appropriate for the older kids but not for the younger, so ...

Interviewer: That is really hard. Yeah, yeah.

Alan: ... we do try and keep it PG or PG-13, and if there's cuss words, we point that out, that, "It's a movie, but that's not something we wanna hear you guys saying."

Interviewer: Yeah, yeah, yeah.

Alan: But yeah, I guess.

Interviewer: Yeah, yeah, yeah. Do you have ... So your 11-year-old doesn't do a lot of Netflix on his own, did you say?

Alan: Not on his own.

Interviewer: Yeah.

Alan: I guess just to answer that movie question a little further, I think of recent, we've probably found ourselves stretching, where there might be an R movie that we've been kind of itching to see, and we've said, "You know? We can ... If we can talk through it with the kid, he'll be okay. He's probably seen or heard stuff like this at school."

So I think kind of ... just that whole story where your first kid, you get the Nook, it falls on the ground, and you make sure it gets sanitized, but the fourth kid, it falls on the ground, you're just kind of, "Here. [crosstalk 00:20:00]."

Interviewer: Yeah, yeah.

Alan: I think we've kind of got a little more lax as far as, "He'll be okay."

Interviewer: Yeah, yeah, yeah. Do you ever use Common Sense Media or something to look up information about a movie or ...

Alan: Not really. We just kind of depend on the ratings.

Interviewer: The ratings, yeah. Yeah, yeah. Do you know about Common Sense Media?

Alan: No.

Interviewer: Oh, I'm just curious, 'cause other parents have mentioned it. It's a review site specifically for parents.

Alan: Okay.

Interviewer: So they tell exactly what the sexually explicit content is ...

Alan: Okay.

Interviewer: ... so you can kind of decide if that's too far ...

Alan: Okay.

Interviewer: ... too far R, or ...

Alan: Yeah.

Interviewer: Yeah.

Alan: Yeah, I mean, we probably should, because there has been a movie or two where you watch it and just like, "Too late to stop it now."

Interviewer: Okay. So do you consider ... So thinking about the decisions that you have made in guiding all your kids, have you ever thought back to your own childhood experiences of screen media to help you make decisions?

Alan: Not really, because I think in my day, the video games weren't ... They weren't a lot of ... as violent or as explicit.

Interviewer: Yeah, yeah, yeah.

Alan: I didn't have a cell phone 'til I started college, so ... I guess movies and TV, I guess I was ... didn't really stray from being too wild on that ...

Interviewer: Yeah, yeah, yeah, yeah, yeah.

Alan: ... so I guess I haven't. I think, with as much access as I have today, I think this is probably good we're talking, 'cause I think we probably should address things a little more with them before just saying, "Here. Good luck. Go use it for whatever you want."

Interviewer: I think ... Well, so when your kids were growing ... When your kids were younger, did you think about whether something was educational or not? 'Cause now you're thinking ... 'Cause most of your family are ready for R ...

Alan: Yeah.

Interviewer: ... or definitely in PG-13, kind of in that space. So that's a really different space from when they were younger. So now you're guiding in a really different way, right?

Alan: Right.

Interviewer: You're guiding for, like you said, what's appropriate. When they were younger, were you thinking about education or not, or ...

Alan: Yeah, I think ... My wife was real good about ... On the iPad, for sure, there was educational stuff that she had on there, and the TV was a nice tool for that, too, I would say.

I think where it's different today that probably is where we wanna address it most is social media. I mean, you hear things about ... Just on the NFL draft, there was a guy that was ... When he was 14, he put something up on Twitter that they just brought back up now that he's 21 and gonna get drafted. They brought up, "You made some racial slurs when you were 14 on Twitter," and so the importance of, "Whatever you put out there is available to whoever, whenever. So if you're applying for jobs or ... It could really affect your future, depending on" ...

Interviewer: So has that come up in conversation with your family?

Alan: It hasn't. It hasn't. But just something like that, and I have a coworker that's ... She travels a lot with her job, so she doesn't have as great of visibility for her kids as we do. So she actually made the kids sign a contract and then ...

Interviewer: Interesting.

Alan: ... also her kids are more active social media-wise than mine, but just had a talk with them about, "Hey, no sticking your tongue out on Twitter," or whatever - just things that could affect you in your future employment or ...

Our kids, as far as I know, just use Snapchat and what's the other one that's ... But the other one ...

Interviewer: Yeah, yeah, yeah. Instagram?

Alan: Instagram.

Interviewer: Yeah, yeah.

Alan: So other than that, I don't think they stray. But just having that talk about the importance of ...

Interviewer: Yeah, yeah, yeah.

Alan: ... what's out ... you put on there's available.

Interviewer: So what other worries do you have about screen media generally and specifically with your 11-year-old? So he's not on ... He doesn't have a phone, so he's ...

Alan: Yeah.

Interviewer: Is he using Snapchat or Instagram?

Alan: No, I don't think he is.

Interviewer: Yeah. Okay. So what other worries do you have? So you've said kind of ... Did you say the addiction, the addictive ... Is that ... Did you use that word?

Alan: Very much so.

Interviewer: Yeah, so you're concerned about that. What other concerns do you have about his ... Well, and you're concerned about kind of exposing him to sexual content, it sounds like ...

Alan: Yep.

Interviewer: ... with movies. Do you have any other concerns with him specifically?

Alan: Those would be the main ones.

Interviewer: Yeah, yep.

Alan: Like I say, social media-wise, we don't ... We're not on Facebook. I mean, that's probably abnormal nowadays, but we're not on Facebook.

Interviewer: Is that a rule that you made for your older kids, or they just chose?

Alan: Not a rule, but we just said, "We're not on it. We feel it's kind of a waste of time." My daughter's on it, just because sometimes her athletic teams she plays for update things on Facebook that are pertinent to scheduling.

Interviewer: Yeah, yeah.

Alan: But, yeah, they're ... They haven't really expressed, I guess, an interest in ...

Interviewer: Yeah, yeah. So what other purposes do you think your 11-year-old has? So family time, it sounds like with the family movie time, family time with his brother playing the game, entertainment definitely.

Alan: Yeah.

Interviewer: Then the music, kind of chill-out time, and then sports time with you, family time with you. Does he use it for communication at all, screen media?

Alan: FaceTime.

Interviewer: You said FaceTime, yeah, yeah, yeah.

Alan: The FaceTime I would say be the one means. He'll actually ... I don't know how this works, but his email will show up on my texts.

Interviewer: Okay.

Alan: So he'll text me, "Hey, when are you coming home?" or "Can you pick us up?" or whatever.

Interviewer: Oh, okay. Okay. So communication with family members.

Alan: Yeah, yep.

Interviewer: Yeah, yeah. Okay. Would you say it's relaxation or downtime or does that fit in?

Alan: Relaxation. As far as him playing some light music to help him sleep, I would say ...

Interviewer: Okay.

Alan: ... relaxation would be part of it. He doesn't use it so much for research, but my middle son really likes to research stuff, because he builds projects and stuff, so he kind of likes to ...

Interviewer: Oh, okay.

Alan: ... research on the web. But ...

Interviewer: Okay. Yeah, yeah, yeah.

Alan: ... I would say my youngest ...

Interviewer: So he's not there yet.

Alan: He does things he wants, like clothing-wise. He'll research ...

Interviewer: Okay.

Alan: ... maybe a coat or something that he might want or shoes.

Interviewer: Oh, yeah, yeah, yeah. Okay, and for school, does he use any devices for school?

Alan: Well, yeah. For homework, he'll get on, he'll do Google Docs on my computer for that.

Interviewer: Oh, okay.

Alan: Actually, he ... For his birthday party, he just created his own birthday invite on my computer.

Interviewer: Nice.

Alan: But, yeah, I would say.

Interviewer: Great. Okay. So where do you go for advice about how to make decisions about what to buy or kind of what your family routines might be?

Alan: Okay. My wife does a lot of research. She's the research, details-oriented guru, so ...

Interviewer: Okay.

Alan: ... as far as phones, she'll kind of dig that up.

Interviewer: Okay.

Alan: Actually, my oldest son's kind of into that, too. So, between those two, they kind of say, "Hey, this is the latest thing we'd like," and ...

Interviewer: Okay.

Alan: So they've got their pulse on that. What was the other part to that question?

Interviewer: So does she also ... Do you think she is kind of researching parenting advice about screen media generally, like screen time or ...

Alan: No. I would say it's more about purchasing the technology.

Interviewer: Okay.

Alan: I would say as far as advice on that, she probably more talks to her friends, as far as gaining, "What do you do?" She's got a friend that ... That's the one that monitors everything and ...

Interviewer: Oh, yeah.

Alan: So she talks to her about what they do, but she hasn't suggested that we go that route.

Interviewer: Okay.

Alan: So ...

Interviewer: Yeah, yeah, yeah. Has she said anything ... or do ... When you go to the wellness visits or ... I'm ... That's a presumption. I'm sorry. To the pediatrician ... I'm curious, 'cause I just interviewed a pediatrician, if you've had that experience, where a pediatrician will ask you about screen time?

Alan: I don't think he has.

Interviewer: Okay.

Alan: My wife probably goes to those appointments more than I do to know, but ...

Interviewer: Okay.

Alan: ... I don't think that comes up.

Interviewer: Okay. I'm just curious. Okay. So has the school offered you any advice about devices?

Alan: I would say no. In Evansville, they don't have a one-to-one, as far as the kids getting their own iPad.

Interviewer: Right, right, right. Okay.

Alan: But maybe at school, I mean, they've got a computer lab, and I think they've got the Chromebooks that they take maybe assessments on and stuff like that. But I imagine they're pretty locked down as far as what they can and can't use them for, so ...

Interviewer: Are there any areas that you feel like you'd like more guidance about screen use?

Alan: I don't think so.

Interviewer: Okay.

Alan: I mean, they did a cool thing at our church, and it was for Confirmation kids - so sixth to eighth graders - where they kind of outlined about a 45-minute video of kids today, the technology and what the dangers are as far as looking at your screens just before bed is not good, because it kind of keeps you alert, kind of hurts your going to sleep right away.

Interviewer: Oh, interesting. Yeah, we looked into churches, but we didn't find a lot. What church is that, can I ask?

Alan: St. John's ...

Interviewer: Okay.

Alan: ... Lutheran Church.

Interviewer: In Evansville?

Alan: Yep.

Interviewer: Okay. Great.

Alan: But, I mean, it's probably available on YouTube, I think it was. So ...

Interviewer: Right, right. Okay. Interesting.

Alan: But it was a very good ... for kids to see as well as parents. I mean, it opened my eyes as far as ... It was about a year ago, so I can't remember some good details, but very good to open ... keep, have an open dialogue with the kids as far as their use, and ...

Interviewer: So you were invited as part of Confirmation classes to view that ...

Alan: Yeah.

Interviewer: ... with everyone?

Alan: Yeah. For your study, I would give Pastor Matt at our church a call, and if you can't find it maybe on yourself, but ...

Interviewer: Great, great.

Alan: ... see what that was, because it was an extremely good video.

Interviewer: Okay, yeah, yeah. Interesting that they included that in the whole Confirmation process.

Alan: Yeah.

Interviewer: Yeah, yeah. Okay.

Alan: Just kind of because of the age of the kids, I think ...

Interviewer: Yeah.

Alan: ... it was appropriate to ...

Interviewer: Yeah, that totally makes sense. Yeah, yeah. So you feel pretty comfortable guiding your child, like in terms of ... well, guiding your ... well, all your kids, but especially the 11-year-old right now?

Alan: Yep, yep.

Interviewer: Okay. Great. So ...

Alan: I would say one thing to note on that, and it's maybe not as pertinent, but something to bring up, is I think texting and driving is a greater and greater concern. Our daughter is just going through her driver's test this week, and we try to not ... certainly when they're with us, but even in general, just not text and drive.

But I've certainly done it, and I know my wife has done it. But that influence of making sure that texting is not part of ... I think there's ways to ... an app that you can actually have where if you're in a car driving, it disables your texting ability.

Interviewer: Oh, interesting. Okay.

Alan: But that's something that we don't monitor things and stuff, but that might be something that we might just enforce.

Interviewer: Right, right, right.

Alan: "You'll have this app when you're driving," and ... Just so much of a temptation, and I think kids at their age text so frequently that there's so much of that temptation. Your phone rings, "Well, I gotta know right away what's going on."

Interviewer: Yeah, and so you're drawing the line at when there's really risk of physical harm?

Alan: Yeah.

Interviewer: Yeah, yeah, yeah. Okay. That's helpful. Okay. So the last questions are really trying to get to know kind of you and your wife a little bit more, just so we have a better understanding of kind of where you're coming from. So what are the main things that you do with technology - so communication, entertainment, work, kind of daily research kinds of things, or any creative productions?

Alan: Okay. Not so much creative productions ... Well, proposals, I use a computer. I'm a sales rep [crosstalk 00:32:43].

Interviewer: Okay.

Alan: So I do proposals, and my computer's part of my daily work routine - probably ...

Interviewer: Right, right right.

Alan: ... more than I'd like it to be, honestly, but probably four to six hours, I'm staring at a computer for work.

Interviewer: Sure. Yeah.

Alan: I use my phone, obviously, for work, too. I text quite a bit, both for work and personal.

Interviewer: Okay.

Alan: Web research - I don't have an iPad, but my phone and my computer. Then I ... I'm a pretty big fan of the TV at night. Before going to bed, I usually like to watch an hour or two to kind of wind down, so ...

Interviewer: Yeah, yeah, yeah, yeah, yeah.

Alan: ... part of my life.

Interviewer: Are you a gamer?

Alan: I am not. Just playing football or basketball with my son on the Xbox, but I would say once a month.

Interviewer: Okay. Then would you describe yourself as an expert or a beginner or somewhere in between in relation to kind of technologies generally?

Alan: In between.

Interviewer: Yeah.

Alan: Yeah, I don't study it. My work is technology-based, so I have to be in-tuned to it somewhat, but I ... If I could reduce it, I would, and it's just ... You just rely on it so much, but ...

Interviewer: I know. I know. You said your wife is more ... does more of the kind of technology-related things in your household?

Alan: Yeah, she is a constant texter.

Interviewer: Oh, okay.

Alan: Habitual, I would say.

Interviewer: So she uses technology a lot for communication?

Alan: Yes.

Interviewer: What else does she do with technologies?

Alan: She's not as big a TV fan.

Interviewer: Oh, really?

Alan: So she'll watch Friday movies, but otherwise at night, she's not ... she is texting or researching on her phone, but pretty much ...

Interviewer: Okay.

Alan: ... glued to the phone, I would say.

Interviewer: Okay. Uh-huh, uh-huh. Is that part of her work, or is it more ...

Alan: No.

Interviewer: ... kind of stuff ...

Alan: No, more just communication, research ...

Interviewer: ... daily life and ... Yeah, yeah, yeah. Okay.

Alan: ... and she does the Pinterest scene, too, but ...

Interviewer: She does the what scene?

Alan: Pinterest.

Interviewer: Oh, okay. Got it.

Alan: Yeah.

Interviewer: So hobbies as well? Yeah, yeah, yeah. So then the last thing is just trying to get a sense of your background, you and your wife. So would you describe yourself as white, non-Hispanic?

Alan: I would.

Interviewer: Both of you?

Alan: Yep.

Interviewer: Okay, and can you tell me what's the highest level of education you both completed?

Alan: Bachelor's for myself. My wife, a couple years of college, but did not get the degree.

Interviewer: Okay, and then what are your professions?

Alan: I'm a sales rep, and she's a 4k teacher.

Interviewer: Oh, okay.

Alan: Yep.

Interviewer: Can I ask you your ages? 'Cause we have different ages of parents, which seems to be making a difference.

Alan: Yeah. In two weeks, I'll be 42.

Interviewer: Okay.

Alan: My wife is 38.

Interviewer: You had to think about that one.

Alan: Yeah.

Interviewer: Okay. Anything else you would like to tell us about this topic?

Alan: I think it's good, what you're doing. I think it's something that ... It's a different generation.

Interviewer: Yeah.

Alan: The use of technology and their cell phones and iPads are so much a part of their lives, where, growing up, I was out playing most the summer. Now it's tough to ... You don't see kids outside a lot in the summer, and I think it's because of technology ...

Interviewer: Yeah.

Alan: ... directly resulting. So I think it's a problem, just from a social aspect, of people not being able to interact with people as well, because they're this instead of this. I think it's an obesity issue, because people are more sedentary. But information ... I think the benefit is that information ...

Interviewer: Yeah.

Alan: ... is so much more accessible and [inaudible 00:36:37] so much faster.

Interviewer: Yeah. So are these observations that you've made, or do you think you've read about them somewhere, or ...

Alan: I would say just observations that I've made. I mean, I think ... I think it's to a point, too, where it's a good thing, maybe, now, but it could become more of a problem, when we talk about artificial intelligence and having something smarter than humans that could overtake ... Might be more, I guess ... What's the word where you're ... Conspiracy, I guess. Conspiracy types and those, but just something that, as technology continues to improve, that it could easily overtake human life ...

Interviewer: Yeah, yeah. The sci-fi films are starting to sound familiar.

Alan: ... and can replace human interaction ...

Interviewer: Right.

Alan: ... when it comes to, "Well, it's easier to get the Alexa." You can get a positive response from Alexa, maybe more than a friend. "So I'm just gonna hang out with Alexa instead of a friend. Hey, do I look good today, Alexa?" "Yeah, you look terrific." [inaudible 00:37:48] It's still a new friend, though, so ...

Interviewer: Yeah, yeah.