

Filename: NavScreensParent34Transcript2018

Interviewee: mother of 3 boys, ages 11, 11 and 14

Interviewer: Could you tell me how many children you have and what their ages are?

Nora: Okay. I have three children, boys. The oldest is 14, and then I have twins that are 11.

Interviewer: Oh, twin boys.

Nora: Yeah.

Interviewer: Twin, 11-year olds. Okay. You have a lively household.

Nora: Yes. Yes.

Interviewer: Okay. We'll be talking mainly about the 11-year-olds then, but you can be thinking about like how things have changed between your 14-year-old and your 11-year-olds.

Nora: Okay.

Interviewer: Now, tell me about the devices that your family owns.

Nora: Okay. Well, we have a television that has ... Hooked up to it is like a DVD player, and then a PS3 and a Wii. Then, both the 11-year-olds have iPads.

Interviewer: Okay.

Nora: They purchased them with their own money.

Interviewer: Oh!

Nora: That was [inaudible 00:00:57].

Interviewer: Yeah.

Nora: Also, we do provide them ... We do have a computer that they use, but ... Well, I [inaudible 00:01:07]. It's mostly for gaming.

Interviewer: Okay.

Nora: Actually, one of the 11-year-olds also purchased himself his own computer.

Interviewer: Wow.

Nora: PC. They each have a PC that they use and they each have iPads. Then, I have a laptop they occasionally use, but that's rare.

Interviewer: Okay.

Nora: I guess that's ... We all have a PC.

Interviewer: Cellphones? Do they access your ...

Nora: No. They don't use cellphones.

Interviewer: They don't use yours?

Nora: Well, I guess on rare occasions, maybe like if we're somewhere, and they don't have their screens. They play game online. Yes. Rarely, a cellphone. My cellphone.

Interviewer: Okay. Great. Did they use screens anywhere else like friends or relatives?

Nora: Yes. At a friend's house they go to who they play Minecraft on their television too, one of their gaming systems. At my mom's, they would watch television. She has nothing else, just television. Then, at their other grandma's television. Then, school. They do use laptops at school and I think they've been watching a movie, parts of a movie from a book they read at school.

Interviewer: Oh, okay. Do they come to the library and use screens at all?

Nora: They come here, but no. We don't use screens here.

Interviewer: Okay. Let's then talk about how the screens are used. With the televisions, they play video games, it sounds like.

Nora: Yeah.

Interviewer: Then, do you have Netflix or ...

Nora: Yeah. They stream Netflix or watch movies, and YouTube.

Interviewer: Oh, they watched that on the television?

Nora: On the iPad.

Interviewer: Right. Yeah.

Nora: Okay. The television is mostly the gaming, the Wii games and Netflix.

Interviewer: Okay.

Nora: Yeah. At school, I think they use them for spelling and writing, and I think that would be about it. YouTube, a lot of YouTube.

Interviewer: Okay. That's on the iPads mainly?

Nora: Yes. Yes. They use mostly iPad.

Interviewer: Yeah. Yeah. Then, what else are they doing on their iPads? Games?

Nora: Games. Yeah. A lot of those touch games, I guess you'd say. Yeah. Gaming. It's about 50-50, I guess that they game and then just watch YouTube.

Interviewer: Oh, okay.

Nora: That will be my guess because I don't watch them every minute.

Interviewer: Sure. Of course not. They're 11-year-olds.

Nora: Yeah.

Interviewer: Do they use them for communication at all?

Nora: One of them does occasionally text dad, but it's very rare. Then, he just sends him like 50 icons. No words. Just silliness.

Interviewer: Cute.

Nora: No. They don't communicate that way with friends or me.

Interviewer: Yeah. They're watching a lot of YouTube. Did they make their own videos?

Nora: They have. It goes up back and forth. One time, they'll be on a kick where they'll want to make a YouTube video, but they don't have YouTube accounts. They never asked for them, but I haven't really gone down that road yet.

Interviewer: That's a whole other step, it feels like.

Nora: Yeah. Right. Then, I feel like they don't need to be that exposed.

Interviewer: What are your concerns in them posting a video?

Nora: Yeah. That the comments they'll get. We did it for our older son, and they bring that up.

Interviewer: Okay.

Nora: It was all about the likes that now my son's past that, or older one's past that, he doesn't care anymore or he doesn't post anymore. He doesn't care. That's not the important ... To me, that's not important. For a while, everyone was trying to get more likes and then you watch a video, and that's the first thing that's coming to you will say or whoever's doing a video like, "Make sure you like my page." I just don't want that to be their driving force.

Interviewer: Right. Right.

Nora: If they're doing it to teach or show, but so far, I've been putting them off about that.

Interviewer: They make videos, it sounds like for ...

Nora: Just being silly around the house, playing and ...

Interviewer: Do they watch them to act?

Nora: Yeah. They watch them, but they haven't done the editing part [crosstalk 00:06:03].

Interviewer: Yeah. Good point. Good point. Yeah. Do they ever show other friends or relatives their [inaudible 00:06:10]?

Nora: No, I don't think they have.

Interviewer: It's really kind of part. It's almost like playing in front of a mirror? Do you think?

Nora: Oh, okay. Yeah.

Interviewer: Like for the moment.

Nora: Right. Right. Maybe. I've just been putting them off about that.

Interviewer: Yeah. Fun. Okay. Then, one of your 11-year-olds bought a computer. What does he use that for?

Nora: Yes. He uses it for gaming.

Interviewer: Okay.

Nora: Yeah. Minecraft. They're just huge in the Minecraft, and we just didn't have ... We just had one extra PC like my husband has a PC. Our older son bought him

cellphone, and all we have is a standard one. They got tired of taking turns, so one of them used his Christmas [inaudible 00:06:55].

Interviewer: Sure. Sure. Do you know, do they have their own server, the boys?

Nora: For the Minecraft?

Interviewer: For Minecraft. Yeah.

Nora: Well, my husband set one up.

Interviewer: Oh, okay.

Nora: He made one and they play on that.

Interviewer: Are they with friends? Do you know?

Nora: No. They mostly just play with each other.

Interviewer: Oh, okay. On their own? Their separate devices?

Nora: Yeah. Their own network.

Interviewer: Yeah. Yeah. Yeah. Sure. Yeah. Okay.

Nora: I think sometimes they go online, but they get really frustrated. We discourage that, and tell them no, because when they go online to play, inevitably, someone else will kill one or destroy what they built, and then they get very frustrated. They mostly just play in each other [crosstalk 00:07:43].

Interviewer: In their privates. Yeah. Yeah. Yeah. Cool. Do they use the iPads or computers for homework or anything like that? Research?

Nora: Not often. They might use the calculator or they might look up how to spell a word, but most days, no.

Interviewer: Great. Okay. Thinking about a typical day in your 11-year-olds lives, maybe yesterday, talk me through from the time they woke up to the time they went to bed and how they use screens throughout the day?

Nora: Okay. A typical day, they wake up and they're on their screen first. They go to the bathroom and they get their screens.

Interviewer: Then, what are they doing? Are they doing Minecraft?

Nora: Gaming, YouTube.

Interviewer: Oh, okay.

Nora: Yeah. They use it probably 30 minutes. Then, I have to get them to [inaudible 00:08:40] breakfast, to get ready for school, [inaudible 00:08:44] school. They take them in the vehicle with them.

Interviewer: Because you have a bit of like 15 to 20-minute drive?

Nora: 15-minute drive. Yeah. Not every day, but most days, they take it with them and play games. Again, they're gaming on it because we don't have internet in the van.

Interviewer: Right. Sure.

Nora: Then, they're at school and then after school, they usually play outdoors a while usually right at the school, which is nice that I can't pick them up until they ... They play usually until 4:00 or so.

Interviewer: Nice.

Nora: Then, we go home and I usually take the electronics off the van when I get back home, but once they're home, they're on them again until dinner, which is about 6:00. Occasionally, one of them will do something else, but I would guess at least three nights out of the week after school, they're on them again from like 4:00 to 6:00, and then we have dinner. Then after dinner, it varies. They're not often on them after dinner sometimes, but they have a terrible habit of taking them to like, "Go brush your teeth." Then, I'm like, "What do you need that? Are you watching a tutorial on how to brush your teeth?" That's funny or, "Get ready for bed." I'm like, "[inaudible 00:10:15]." That's a struggle. In the morning, at least half hour, 45 minutes and then after school, two to three.

Nora: Now the weekends, they're on them the first thing they get up. They're probably on them like eight hours a day because I don't really police it much. On the weekends, I don't. I try, but I do try to do is make sure that each weekend day, we do something together as a family.

Interviewer: Okay. Yeah. Yeah. They have some balance there?

Nora: Yes, but the screen time certainly outweighs the non-screen time on the weekend. The 11-year-olds are still pretty good about like they'll play for a couple of hours. Then, they'll stop and do something else, but then they'll get back on and I'm sure they're still spending more hours on screen time. I haven't really counted up than doing other things like going outside or just playing with their toys or reading or drawing or something.

Interviewer: Yeah. Do you think that will change in the summer?

Nora: I hope. I hope they'll go outside more and we swim in our neighbors a lot. He has a pool.

Interviewer: Oh, nice.

Nora: We usually, in the summer, we go there pretty much every afternoon during the weeks. I'm hoping.

Interviewer: They're really at the top end of the group that we're studying, so it looks really different than like a five-year-old.

Nora: Oh, right.

Interviewer: Can you think about how their practices have changed? It's partly Minecraft. How long has Minecraft been around now? Maybe five years.

Nora: Oh, yeah. At least.

Interviewer: Have they been doing Minecraft for that for a long time?

Nora: That would have made them about six. No. I don't think they've really gotten into Minecraft in about third grade. Just in the last couple of years. Around nine, which is ... Our oldest son was the same way, about third grade. They're on the same level, third grade. He was more of the playing. I remember it vividly, but the summer between second and third grade, he just completely gone into electronics and they were about the same ...

Interviewer: That's interesting.

Nora: They spent more time playing than looking at screen.

Interviewer: Yeah. Yeah. Yeah.

Nora: That would be my guess.

Interviewer: That's like a pattern?

Nora: Yeah.

Interviewer: That makes sense too when the 11-year-olds made that transition to more screen time?

Nora: Yeah. Around nine for our family, I would say is when they ... Between eight and nine.

Interviewer: When they brought their iPads, that must have shifted things as well.

Nora: Oh, yeah. Yeah.

Interviewer: When was that?

Nora: They were 10.

Interviewer: Okay. It was still pretty recently.

Nora: It was over a year ago. Right after their 10th birthdays, they've got their iPads. Yeah. Then, of course, they spend a lot more time instead because before that, whenever they could get a chance, and there was a much bickering over, "My turn," because there's just one computer and whatever is hooked up to the television.

Interviewer: It's a lot more individual now because they have those devices?

Nora: Yes.

Interviewer: They're also older, so more independent, do you think?

Nora: You mean like [crosstalk 00:13:43]?

Interviewer: In terms of what they're doing on screens.

Nora: Yeah. Yeah. You mean like what they watch and what they play?

Interviewer: Yeah. Thinking back to when they were five or six until now, are they more independent now than they were when they were younger in terms of what they do with their device? Yeah.

Nora: Oh, yes. Yes. It used to be like they'd want to play together, like play the Wii with each other before they had their own screens.

Interviewer: Oh, interesting.

Nora: One of them, he still likes to do that. He would like to game with Andy, and that's a big complaint of his is like, "Nobody likes to play with me." Because they're just doing their own thing, but that is a good point.

Interviewer: Can you tell me more about what games they play on the iPad? Minecraft?

Nora: Sure.

Interviewer: Do you know any of that?

Nora: Actually, they don't do Minecraft on the iPad. It doesn't run very well there. That's their PC. They mostly do Minecraft on the PC, but they also do ... The iPads are mostly ... I'm not even sure how to describe them. They're just games they've downloaded through the Playstore. Most of them are like the finger touch games, like Geometry Dash is a favorite of [M]'s.

Interviewer: Oh, okay.

Nora: Any of those games like that where you have to ... It's a speed cast. I'm not sure how to describe.

Interviewer: Like farm games?

Nora: Is that what they call them? [crosstalk 00:15:28]. Dumb Ways To Die. Have you heard of that?

Interviewer: Oh, yes. I have. That's been around a long time.

Nora: Yes. They do like that one. That's mostly what they like to play on the iPads, that type of game. On the PC, besides Minecraft, that's their big one, they do a lot of those like Cool Math. They were introduced to that at school. They play a lot of games on there, and then there are other platforms like that. They have those little click games that you pattern shapes, things like that.

Interviewer: Oh, yeah. Okay. Some of them came from school, some of them ...?

Nora: They found on their own or their older brother has told them about.

Interviewer: Yeah. Yeah. Yeah. Do they have cousins as well? Older cousins?

Nora: Yes, they do.

Interviewer: Do they play?

Nora: No, they don't.

Interviewer: Oh, okay.

Nora: Yeah. They don't. They only have one cousin their age, and the older cousin, I guess they don't really game with them.

Interviewer: Then, with Netflix. We haven't talked about that. Are they independently choosing things on Netflix or ...?

Nora: Yeah. They have Netflix Kids add. Yes, they choose on there. Everyone's so well, I guess. Everyone like, "Can you check or see?"

Interviewer: Are they still on the Kids?

Nora: Although the nice thing about Netflix is I can actually do that. I can see what they pulled up and watch. It says, "You recently watched ..." That's nice. Yeah. So far, it's been okay. Yeah. They have Kids accounts on there.

Interviewer: Do they also sometimes log in on your account, or do you do that as a family? Do you sometimes watch family movies?

Nora: We do. Yes. We try to have a Friday night family movie, but lately, it's been like, "Well, I don't want to watch that." They go off and watch another movie.

Interviewer: Right. It's coming to the age group where it's hard to find ... Yes. Yes.

Nora: Right. Right. We calibrated the animated movies so many years, so we can watch them together. What they normally watch on there, it just depends. Sometimes they'll find a show they like, and then they'll just binge-watch a collection of it, like episode after episode.

Interviewer: Oh, yes. I do that.

Nora: Yeah. They're mostly animated like Pokemon, Yu-Gi-Oh! They're really into that right now. For a while, they're not really into the Disney shows.

Interviewer: Right. Yeah.

Nora: Mostly animated. Anything animated.

Interviewer: Yeah. Especially if it's Japanese animations? [crosstalk 00:18:26]

Nora: Yes. Yes, Japanese animation. Yeah. That stype of stuff. It's the older brother's [crosstalk 00:18:31].

Interviewer: Okay. Their older brother is making suggestions?

Nora: Yes, he does. They of course ...

Interviewer: When they need help, like they get stuck in something or on their devices, do they go to their older brother or you or your ...?

Nora: Dad mostly since he is a programmer.

Interviewer: Okay. That is one of the questions. Yeah.

Nora: He's their first choice. Then, if he's not around, which he often is in work because he's working, they will ask me. Sometimes I can figure it out. They do sometimes

ask older brother. He can tend to be less patient. Dad first, me second, and then older brother.

Interviewer: Okay. Then, when they were purchasing their iPads, how did that work? They have their own money?

Nora: Yes, we took them. They asked, and it started ... They asked. Then, dad, Chris, my husband, he researched it online, and showed them. That's just what he does. He showed it online first [inaudible 00:19:47] everything and he goes, "This is what you could get." His first question is like, "Well, what do you want to do with it? What do you want it for?" Then, he makes suggestions like, "Well, if you want it for gaming, you should get this one and this one, but you know how much money ..." He helped them, I guess with their pre-purchase, and then we just took them to buy them.

Interviewer: The same with the PC with the desktop?

Nora: Yes. He helped Andy. Andy wanted one because he was tired of the old laptop not working while waiting for his turn, and it was the same thing. He researched it and showed him like, "Well, if you want it for gaming, it should be at least this most powerful," and then they found one.

Interviewer: Yeah. Speed, processor, speed, all those things.

Nora: Yeah. Right. Then, they found one online that he could afford in [inaudible 00:20:44].

Interviewer: Oh, okay.

Nora: They're reconditioned.

Interviewer: Oh, I see. Okay.

Nora: Yeah.

Interviewer: How are the decisions made about like the Minecraft, setting up their own little Minecraft server or local network or something? What apps they are allowed to download?

Nora: Dad has to go through Chris. He has to get permission from them. He set it up that way. Usually how it starts is they'll see some video online because it's not enough to play the video. You have to watch videos of someone else playing.

Interviewer: Yes. That's the thing.

Nora: Everyone tells me is typical.

Interviewer: Absolutely.

Nora: I don't call it normal, but it's typical.

Interviewer: Yeah, I will verify that. Yeah.

Nora: Then, they see it and they're like, "I want to try this." Then, Chris will do ... He's always like, "Oh, research it first. Find out all about it. Does it work well? Does it cost money? Do you run it on your device?" Then mostly, if they're free, he lets them try them, but they still like to get permission through him. Then, the same with the Minecraft. There have been some Modpacks that they saw online, wanted to try, but sometimes he can talk them out of there. He's like, "It doesn't run well. The reviews are really bad on it." Sometimes they try on them, so it goes through play.

Interviewer: Yeah. Yeah. He's really concerned about the technical aspect of that?

Nora: Yeah, because as we've seen or our experience has been that when something doesn't work the way they're expecting, they just get really frustrated and he's like, "Well, that's not enjoyable then. Why would you do it?"

Interviewer: It can be a waste of money.

Nora: A waste of money. Yeah.

Interviewer: The important kind of lesson in consumer economics. Right. Yeah.

Nora: Right.

Interviewer: Does he have any go to websites that he uses? Do you know?

Nora: I don't know.

Interviewer: Okay.

Nora: I've set through the ways, looked through it and he's so fast.

Interviewer: Yeah. Yeah. I'm sure.

Nora: I'm like, "Wait. What are you doing?" I don't know because he gets technical digest.

Interviewer: Okay. Of course. Yeah. Yeah. Yeah.

Nora: Like he says, "If you have a trouble sleeping at night ..." Some sites, I know WIRED. He usually trust their reviews.

Interviewer: He has some trusted sites basically?

Nora: Yeah. Yeah. A lot of times, he'll read reviews and some of the gamer, like some of the companies that actually put out games that he trust more like I can't think of any right now.

Interviewer: Oh, okay. Yeah. Yeah.

Nora: He'll go and read the reviews on there.

Interviewer: Setting up the Kids Netflix space, was that a joint decision or ...?

Nora: Yes. We talked like we don't want them to have access to everything, so they have Kids accounts, but he again did that.

Interviewer: In what ways do you feel like you need to guide their use of screen? You've said you try to help them not get frustrated with technical glitch with some things like that.

Nora: Yeah.

Interviewer: You have them make smart choices in terms of how they're spending their money, it sounds like and you're using Netflix to limit their choices as well. Is there anything else that you feel you do to guide their screen time?

Nora: Well, I do. I make them [inaudible 00:24:40] because that feels like you can game, but you need to get up, move up, sitting so long is not healthy or if I can hear them getting frustrated at a game like, "It's time for a break. Just get up. Move around. Just walk away." I don't know if that answers the question.

Interviewer: Oh, absolutely. Yeah. Yeah. Yeah. When you're thinking about those kinds of things, do you think about like how you feel when you're watching media or using media? How your body feels or your frustration level or do you think about your own childhood experiences?

Nora: Yeah. I think that it's more my own childhood experiences and about their future health. I don't like how much they sit because I grew up on farm, and Chris too, he grew up in Brookfield in the city, but he was like, "I was never home." He was like, "On my bike, gone." We have four acres of land where we live, so we just think it's a shame almost to waste that they don't utilize it more. I think it's more my childhood experience because I'm concerned about their health.

Interviewer: Yeah, yeah, yeah. Do you have any idea of where that concern came from? Is it just common sense to you like if you're sitting for ...

Nora: Well, it is common sense and they are overweight by the standards of height, weight.

Interviewer: Oh, yeah. The BMI, something body...

Nora: Yeah.

Interviewer: That's from the pediatrician?

Nora: That's from the pediatrician, yes, that they're considered overweight. We're convinced an active lifestyle, but also we probably don't have that ... We have unhealthy food in our house. [inaudible 00:26:56].

Interviewer: Who doesn't? Yeah.

Nora: I know. We try to balance.

Interviewer: Yeah, I know.

Nora: I think if they were more active, we wouldn't have that issue. Basically it's because we live in the country, we have no neighbors except their one neighbor who has no ... He doesn't have children. They have no one to play with, and I guess you have to [inaudible 00:27:21].

Interviewer: Yeah. Yeah. Yeah.

Nora: That's what they [inaudible 00:27:24].

Interviewer: No, that's fine. Are there any other things you worry about? You talked about strangers. They don't play with strangers. When you were talking about putting Netflix, or putting YouTube to [inaudible 00:27:38]. That interaction, and them getting horrible feedback.

Nora: Right.

Interviewer: Are there any other concerns that you have?

Nora: Oh, yeah. I'm concerned that if they chat like them, sometimes in Minecraft, when they do play with others, they can chat with them and I know our older son has gotten some really rotten feedback and he's told us about it, and he just said, "I just quit." He would just quit, but the younger ones like this time, they don't often play online. Mark told me a while ago, he had been playing online and somebody started swearing at him through the chat, so he quit, but at this time, I don't believe they chat online, but that concerns me. It's terrible. I've heard stories and read terrible things.

Interviewer: Yeah, yeah, yeah. There are some scary stories out there. Do you know where you've heard these stories or where you've read things [inaudible 00:28:46]?

Nora: Facebook, like parents post on there. Then, of course, horrible cases, you read in the news. I guess I haven't spoken to anyone personally that's had like a [inaudible 00:29:02]. Mostly on Facebook, people that post it on there that their child was bullied or whatever they want to call it.

Interviewer: Yeah. When they're watching the YouTube videos, is there anything that you're listening out for?

Nora: Yes. Swearing, curse words or like one time, they were watching ... This was recently. They were watching a video, and the guy who was doing it said something like ... I think it was something like, "Rock it like a porn star." I was like, "Oh, whoa! Wait a minute." Then, one of them repeated it and I'm like, "Do you know what that means?" They're like, "No." I'm like, "Okay. I need to explain [inaudible 00:29:49]." I said, "No more of that guy."

Interviewer: Yeah, yeah, yeah. Okay.

Nora: I glossed over that, and I said, "Don't ever say that especially at school." Yeah. I'm always watching out for that. I'm sure there are things they don't always catch, but if they do my only [inaudible 00:30:14], if they do happen to say like a curse word or something, I'll be like, "If I hear that again, you're done with YouTube because mom and dad don't say those things, and I'm certain you don't hear them at school." I'm going to blame it on YouTube.

Interviewer: Why not? Yeah. Yeah. Yeah.

Nora: It's my only weapon in my ... Yeah. Yes. I'm listening to the first words or things like that phrase.

Interviewer: Okay. Are there any other resources that you use? You said Facebook and friends through Facebook, news, and your husband has all the technical stuff now.

Nora: Yes. Yes.

Interviewer: Anything else that you use for guidance? Websites or ...?

Nora: Yeah. I often read ... I usually get the newsletter from the Child Mind Institute.

Interviewer: Oh, I haven't heard of them. Fantastic.

Nora: Oh, yeah. Mark and Andy both have special needs, and they're on the spectrum and I guess in the old day, you would have call it, Asperger or high functioning, I guess they call that. Yeah. Then, communication innovations. I try to follow their

website, and then I'm always looking for parenting advice. Then, there's Amy McCreedy. I've read a lot of her stuff or her articles. I think she has a name for her website, but I can't remember the name.

Interviewer: Okay. That was super helpful. Yeah.

Nora: I try to read all their newsletters, I get emails and they have advice.

Interviewer: On a whole range of issues within greater media?

Nora: Yeah. Right parenting, but they also include like media screen time or anything.

Interviewer: Yeah. What advice has been particularly helpful from those sources?

Nora: One, they talk about the time limit. Then, what sites that could be tricky sites, I guess, they'd call them like that they could be conversing with much older people or trolling them or whatever they call it.

Interviewer: Yeah. Yeah. Trolling. Yeah.

Nora: Yes. Then, Chris also has an ear out of that stuff too. I think it just comes across in those journals and things he gets. That's good to know at this point that they're not on Snapchat or anything or Facebook or anything like that, so thank goodness.

Interviewer: Yeah. Is there any advice from those newsletters and things around screen media that you found really unhelpful or just, "Well, that's a pipe dream" kind of like.

Nora: Right. The two hour limit.

Interviewer: Yeah. Yeah.

Nora: It's one of those things like if I don't stand over it, like I look at it like, "Do you know what the effort is just to get them to brush their teeth every time?" To get them to stay off their screens and go do something else. I spend my whole day just hovering them, so that is a pipe dream. I know there are parents like, "Just take them away." I guess I could. I pick my battles.

Interviewer: Yeah, exactly. Every child is different.

Nora: Yeah. Yes.

Interviewer: You have twins.

Nora: Yeah. The older one ... Yeah. [inaudible 00:34:07].

Interviewer: Yeah, exactly. Yeah. Every context is just so completely different, so that two-hour time limit is not going to fit everyone.

Nora: Right. Then, they say to monitor what they're watching. We don't do that regularly, but occasionally, Chris will come in and look just make sure they're not going to porn sites or something.

Interviewer: Yeah. Yeah. Yeah.

Nora: It's just that sort of thing is really hard too.

Interviewer: Yeah. Yeah. Has anyone given you ... The pediatrician has talked about their weight. Did the pediatrician also talked about screen time?

Nora: Yeah. He said they should cut down if it's more than two hours.

Interviewer: Oh, okay. That's also where that two-hour ...

Nora: Right. Everybody says two hours. Everything you read, it's like two hours. He focuses more like the eating and the activity, which is a good point. If you are physically more active, you won't be in front of a screen probably.

Interviewer: Yeah, yeah, yeah.

Nora: They mostly just give us print outs that are in their daily basis, and that's what they say.

Interviewer: Sure. Sure. Sure. Anyone else from the school or the library, or any advice?

Nora: No. You're still saturated with it, but other parents say like, "Oh, we only let them have it at this time," but I try to steer clear of those conversations because I was so guilty.

Interviewer: Yes. There's a lot of guilt on parents, especially when your situation doesn't fit.

Nora: Yeah. Yeah.

Interviewer: Yeah. Yeah.

Nora: I just try to steer clear at those.

Interviewer: Yeah. That's a good strategy. Are there any questions that you have about guidance now or in the future for your boys?

Nora: About how they use screens?

Interviewer: Yeah. Anything that you really would like to know more about?

Nora: I can't think of anything. I guess I would like to more about like websites that especially like hate, that spread more like hate messages or more like ... Because with everything in the news, you hear more about how, "Oh, boy. The white supremacist, how they troll and get draw in young people who are disheartened, disenfranchised, whatever." Eventually, we'd like to research that more. I think at this point, the boys are like ... They are just more, "It's game, game, game. Anime, and Minecraft and games." They're not really looking for someone to speak to them, or looking to find their place. I don't think so. It doesn't seem that way based on what they're watching, but I would like to know more about that because I could see they could be influenced, easily influenced and drawn into those.

Interviewer: Yeah.

Nora: Maybe not, maybe. Maybe [inaudible 00:37:37].

Interviewer: Yeah. Yeah. There's certainly something to at least know about what sites to watch for.

Nora: Oh, that could be really connected to this white supremacist group that's really looking like, "Do you not feel hurt?" Or whatever. I feel I'm so very lucky that I have Chris. For some reason, that just clicks in his head. He's like, "That's probably trolling, that's phishing."

Interviewer: Yeah, yeah, yeah. Okay. The last questions are really just to get a better sense of the context of your household. Chris is an expert, it sounds like with technology. He's a programmer?

Nora: Yes. He's been working in it for many years. Yes. He has a lot of a large knowledge based.

Interviewer: Okay. What is your experience with technology? Do you use that at work?

Nora: No, I don't. Not with my current job. I work in a private home, so it's just paper records, but I have used it in the past. We had electronic records because there are so ... We used it for that. I haven't done a lot of like document type of stuff like he does.

Interviewer: You're on social media and you use it for communication for research, it sounds like?

Nora: Right. Yes. Yes. Email, texting. I do those. Yes, I do research a lot, read online a lot.

Interviewer: Okay. Then, the last questions are really optional. They're about demographics, so we get a sense of how many ... Who we're talking to across the 47 interviews.

Nora: Okay.

Interviewer: How would you describe your ethnic background? Are you white non-Hispanic?

Nora: Yes.

Interviewer: And your husband?

Nora: Yes.

Interviewer: Okay. Could you tell me the highest level of education that you've completed?

Nora: College. I graduated from college. He attended his college.

Interviewer: A bachelor's degree?

Nora: Yes, I have a bachelor's. He attended college, and completed his degree.

Interviewer: You're a nurse?

Nora: Yeah.

Interviewer: Okay. That's it. Is there anything else you'd like to tell us or the librarians about screen media advice?

Nora: No, I can't think.