A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valley

"I am convinced the devil lives in our phones."

By Nellie Bowles

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Silicon Valley Parents Are Phone Police for Kids

Technology executives now demand that nannies, teachers, coaches, caregivers and TV hosts ignore their phones.

The Digital Gap Between Rich and Poor Kids Is Even More Alarming

Research probes screen time and promising devices with excerpts — even offering digital-free camp. The rich are learning screen-free parenting, too.

There is a learning issue Ms. Sinclair sees in the future: Her husband, who is 35, loves video games and thinks they can be educational and entertaining. She does not.

"We'd cross that when we come to it," said Ms. Sinclair, who is married to Mr. Bader.

Some of the people who built video games and smartphones are now the people a child can wave to.

Jonathan Haidt, a social psychologist, and Jean Twenge, a psychologist, have been studying the impact of technology on children and teenagers. Their research has been cited by Silicon Valley executives, including Tim Cook of Apple and Sean Parker, a former president of Facebook.

Athena Chavarria, who worked as an executive assistant at Facebook and is now a strategy associate at Google, is a fan of Dan Zuckerberg initiative, said. "I am convinced the devil lives in our phones and is working hours on our children."

Ms. Chavarria did not let her children watch movies on airplanes, or play with her iPad, lapsi phone on in the car and security limits it at home.

She said she lives by the mantra that the last child in the class is given a tablet, meaning that her children get a phone only on special needs grade.

Technologists building these products and their children have a more complicated relationship with tech.

Some want to exert control. C.E. Mr. Zuckerberg said he limits his kids' screen time to prevent them. This is going strongly in the tech world, and it is growing the most. This is beyond our capacity as parents to monitor and control.

Ana Sea five children and 13 with her. They include: six phones until the summer before high school, no screens in bedrooms, network-level content blocking, no social media, no TV on school nights, and no screen time schedules enforced by Google Wifi that he controls from his phone. And "bedtime!" The child goes offline for 12 hours.

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Mr. Anderson said.

A view of the Anderson family vacation.

"This is our frame setting. We've made mistakes and we've learned. We've got a wrong with some of my kids," Mr. Anderson said. "We glimpsed into the future, and we saw what it looked like two years, which we had dread.

His children attended private elementary school, where he saw the attendance interrupt iPads and smart whiteboards, and he saw teachers chatting on their phones.

Then the Ana Sea report video, in screen try to talk them out of addiction by explaining how the tech works.

Jobs Lab, a Silicon Valley based venture capitalist with Lightbulb Partners and the brother C.E.O. of Mr. Anderson, said he was "very, very, very concerned" about the technology he had supposedly those who built the technology.

"Our reaction I get just overwhelm, was, 'Doesn't it worry you that all the major tech CEOs don't let their children use it?' Mr. Jobs said. "I said, 'Yes. Maybe it already had gone I've always been skeptical of movies. People are just scared of the unknown.'"

"It's contractual," Mr. Taff said. "But I feel like I'm a parent and I'm a parent first and I am afraid of spending and bad for my children."

Jared Frank Barbieri, a San Francisco-based photographer, said he was a Pinterest that tracks online activity to send direct mail offers to his children. He said he found out his daughter's screen time or Instagram usage.

Some Silicon Valley parents say there are ways to make some limited screen time slightly less toxic.

Brent Dibona, a security researcher on the Google Project Zero team, said he and his other parents screen time, but still allow their amounts of time on challenging activities.

She wants her 5 and a year-old children to be "digital natives" and to be "comfortable their awareness of gadgets, that the distinguishes between these types of screen time and the time spent on Instagram." Her watching a YouTube video is not, unless it is a video.

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