

# SOCIAL-EMOTIONAL HEALTH REPORT

## Methodology

### CAREGIVER FOCUS GROUPS & INTERVIEWS

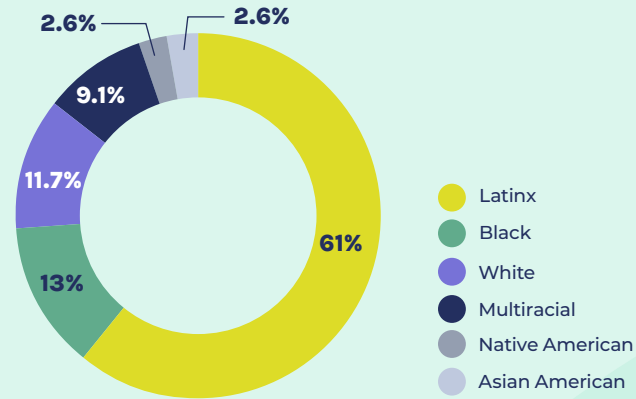
Between September and October 2023, the California Partners Project hosted 14 focus groups and five one-on-one conversations with 77 diverse California caregivers recruited through partner organizations across the state. The California Partners Project and/or partner organization leaders moderated the focus groups, nine in English and five in Spanish, via Zoom.

Nearly all caregivers were women (87%) and mothers (75%). Most (61%) identified as Latinx, and two-thirds live in the Central Valley or the Bay Area. In total, caregivers were parents or caregivers to 211 children ranging from 0 to 25 years old. Nearly one-third of these children were between 6 and 10 years old, and nearly one-fifth were between 11 and 14 and 15 to 18 years old.

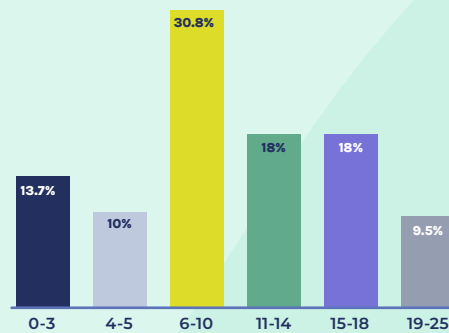
Approximately two-thirds were employed outside of caregiving. Nearly all identified as low or medium socioeconomic status, and 75% were enrolled in California Universal Meals.

Caregivers were asked a series of questions ranging from digital technology's impact on family life to how caregivers support children's social-emotional, nutritional, sleep, and movement needs. Questions were designed to learn about children's access to social media, smartphones, online video games, and time spent on digital devices.

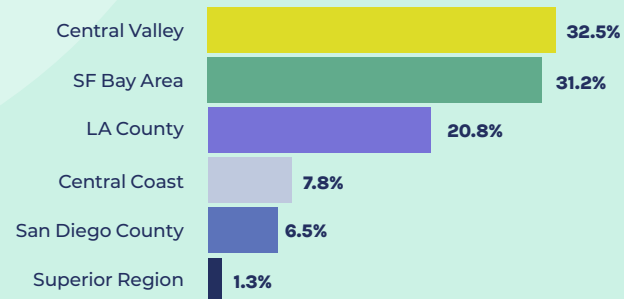
### Race/Ethnicity



### Children Ages



### Region



# Methodology

## EXPERT FOCUS GROUPS & INTERVIEWS

Between October 2023 and March 2024, the California Partners Project consulted 62 experts from the U.S. and Canada through 8 focus groups and 34 one-on-one conversations, primarily via Zoom. Their areas of expertise ranged from mental health to social-emotional health, exercise and outdoor access, nutrition, sleep, and media/technology. Questions were tailored to experts' experience, and each was asked to offer practical advice for caregivers. Data were collected via audio recordings, transcripts, surveys, and facilitator notes.

## FOCUS GROUP PARTNERS



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to read the full report and explore the practical and actionable companion Family Guide that equips families with tools and perspectives to thrive in the digital world.

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# Informe sobre salud socioemocional

## Metodología

### GRUPOS DE DISCUSIÓN Y ENTREVISTAS CON CUIDADORES

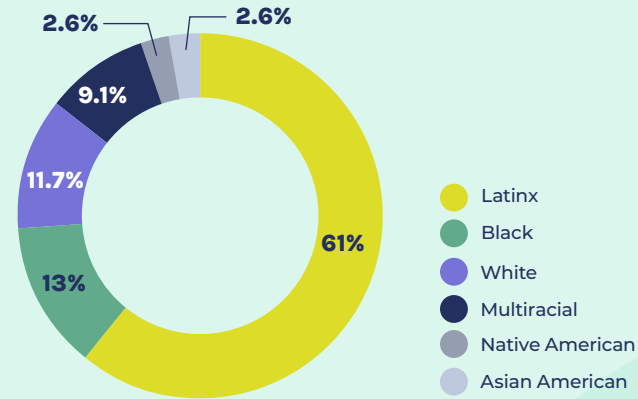
Entre septiembre y octubre de 2023, el California Partners Project organizó 14 grupos de discusión y cinco conversaciones individuales con 77 cuidadores de California reclutados a través de organizaciones asociadas en todo el estado. El Proyecto California Partners y/o los líderes de las organizaciones asociadas moderaron los grupos focales, nueve en inglés y cinco en español, a través de Zoom.

Casi todos los cuidadores eran mujeres (87%) y madres (75%). La mayoría (61%) se identificó como Latinx, y dos tercios viven en el Valle Central o el Área de la Bahía. En total, los cuidadores eran padres o cuidadores de 211 niños de edades comprendidas entre 0 y 25 años. Casi un tercio de estos niños tenían entre 6 y 10 años, y casi un quinto tenían entre 11 y 14 y entre 15 y 18 años.

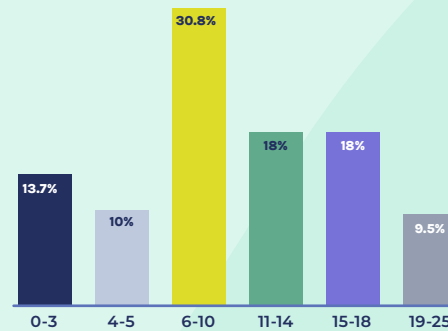
Aproximadamente dos tercios trabajaban fuera del ámbito de los cuidados. Casi todos se identificaron como de nivel socioeconómico bajo o medio, y el 75% estaban inscritos en California Universal Meals.

A los cuidadores se les hizo una serie de preguntas que iban desde el impacto de la tecnología digital en la vida familiar hasta cómo los cuidadores apoyan las necesidades socioemocionales, nutricionales, de sueño y de movimiento de los niños. Las preguntas se diseñaron para conocer el acceso de los niños a las redes sociales, los teléfonos inteligentes, los videojuegos en línea y el tiempo que pasan en dispositivos digitales.

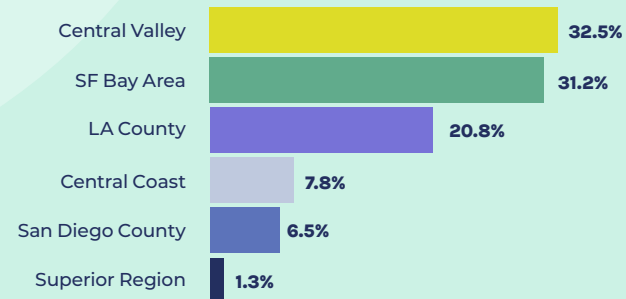
### Raza/Etnicidad



### Edad de Niños



### Region



## Methodology

### GRUPOS DE DISCUSIÓN Y ENTREVISTAS CON EXPERTOS

Entre octubre de 2023 y marzo de 2024, el California Partners Project consultó a 62 expertos de EE. UU. y Canadá a través de 8 grupos de discusión y 34 conversaciones individuales, principalmente a través de Zoom. Sus áreas de especialización abarcaron desde la salud mental hasta la salud socioemocional, el ejercicio y el acceso al aire libre, la nutrición, el sueño y los medios de comunicación/tecnología. Las preguntas se adaptaron a la experiencia de los expertos y cada expert's' experience, and each was asked to offer practical advice for caregivers. Data were collected via audio recordings, transcripts, surveys, and facilitator notes.

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Shafia Zaloom  
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Tim Kendall  
Veronica Terriquez  
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práctica, y práctica que proporciona a las familias herramientas y perspectivas para prosperar en el mundo digital.

## REFERENCIAS DEL INFORME SOBRE SALUD SOCIOEMOCIONAL

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