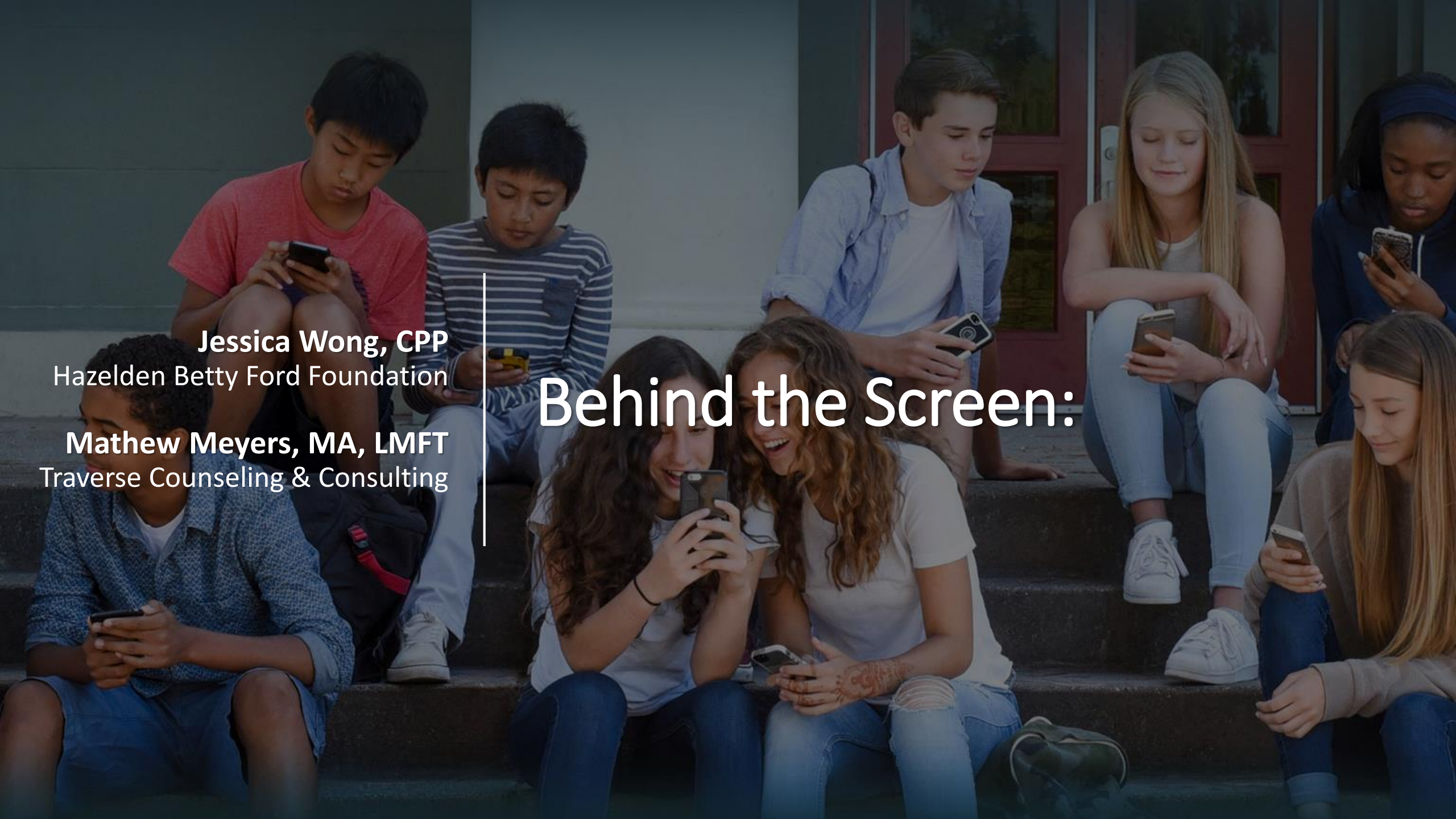


Behind the Screen:

Jessica Wong, CPP
Hazelden Betty Ford Foundation

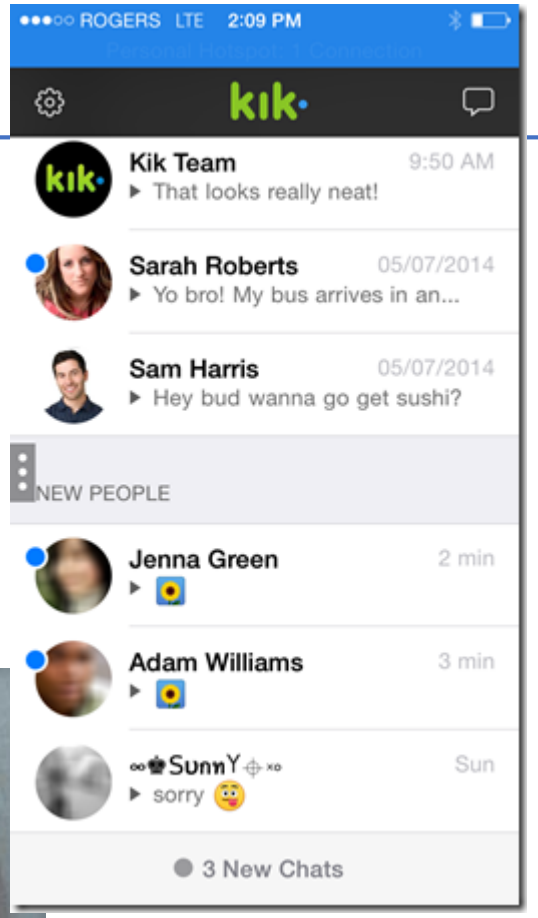
Mathew Meyers, MA, LMFT
Traverse Counseling & Consulting

Explore	Explore how kids are spending their time online
Review	Review important trends in social media use, video-gaming, and screen-time
Identify	Identify the ways technology use is impacting adolescent development & changing the way the brain works

Goals for the Evening

Social Good
Summit
September 22-24, 2012
"Social media and technology are not agents of change. They are just tools. We the connected people are the agents of change."
- Stuart J Ellman
President, 92Y

Kik Messenger App Scrutinized Following 13-Year-Old's Death



Chanhassen student, 17, dies after using synthetic drug

Chanhassen boy was found in marsh in throes of a seizure.

By Beatrice Dupuy Star Tribune | SEPTEMBER 30, 2015 — 10:13PM

JEREMY SNYDER, STAR TRIBUNE

Alex Snyder died Tuesday after using a synthetic drug. The Chanhassen High School community is mourning the loss of the senior.

A synthetic drug purchased over the Internet has been identified as the likely killer of a Chanhassen High School senior found lying in a cattail marsh at Lake Minnewashta Regional Park over the weekend.

Alexander J. Snyder, 17, of Victoria, died Tuesday at Hennepin County Medical Center in Minneapolis.

His father called police just after 7 p.m. Sunday after realizing that his son was missing, police said Wednesday. He had used a tracking application on

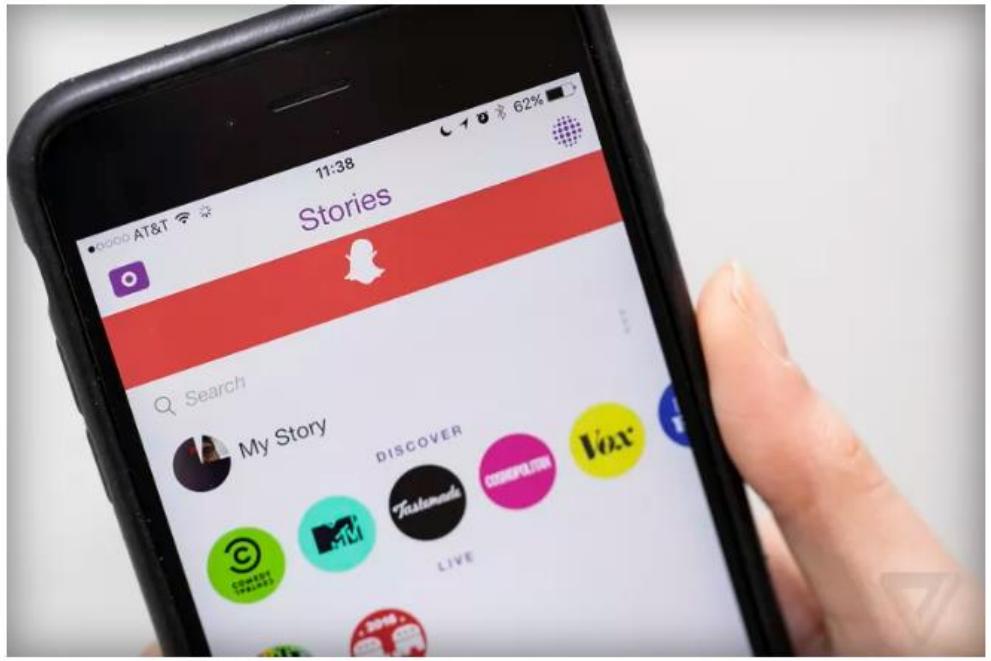
TECH SNAPCHAT

Lawsuit blames Snapchat's speed filter for Georgia car crash

Why you shouldn't snap and drive

By Ananya Bhattacharya on April 28, 2016 01:10 pm

49 COMMENTS



Share on Facebook (636) Tweet Share (11) Pin (2)

A young girl trying to capture the perfect Snapchat is nothing out of the ordinary — but a speeding selfie comes with its costs. A new lawsuit alleges that Snapchat's speed filter, which lets users display the speed at which they're moving while taking a photo, encourages reckless driving and can cause automobile crashes.

dish
And now add
THE HOPPER 3
for $10/mo more.
(Record 16 shows at onc
Do It N

THE LATEST HEADLINES

Hitman Go is co
VR tomorrow

Instagram la
redesigned

Charge adds voice and text options to its data-only plans

SwimTeam lets you

Live Audience Poll

In one word, what concerns you most about technology use and our children?

Step 1: Open text messages

Step 2: Open new text and enter 22333 in the “TO” line

Step 3: Enter 313906 in the message, hit space, and then your one word response

Step 4: Hit send

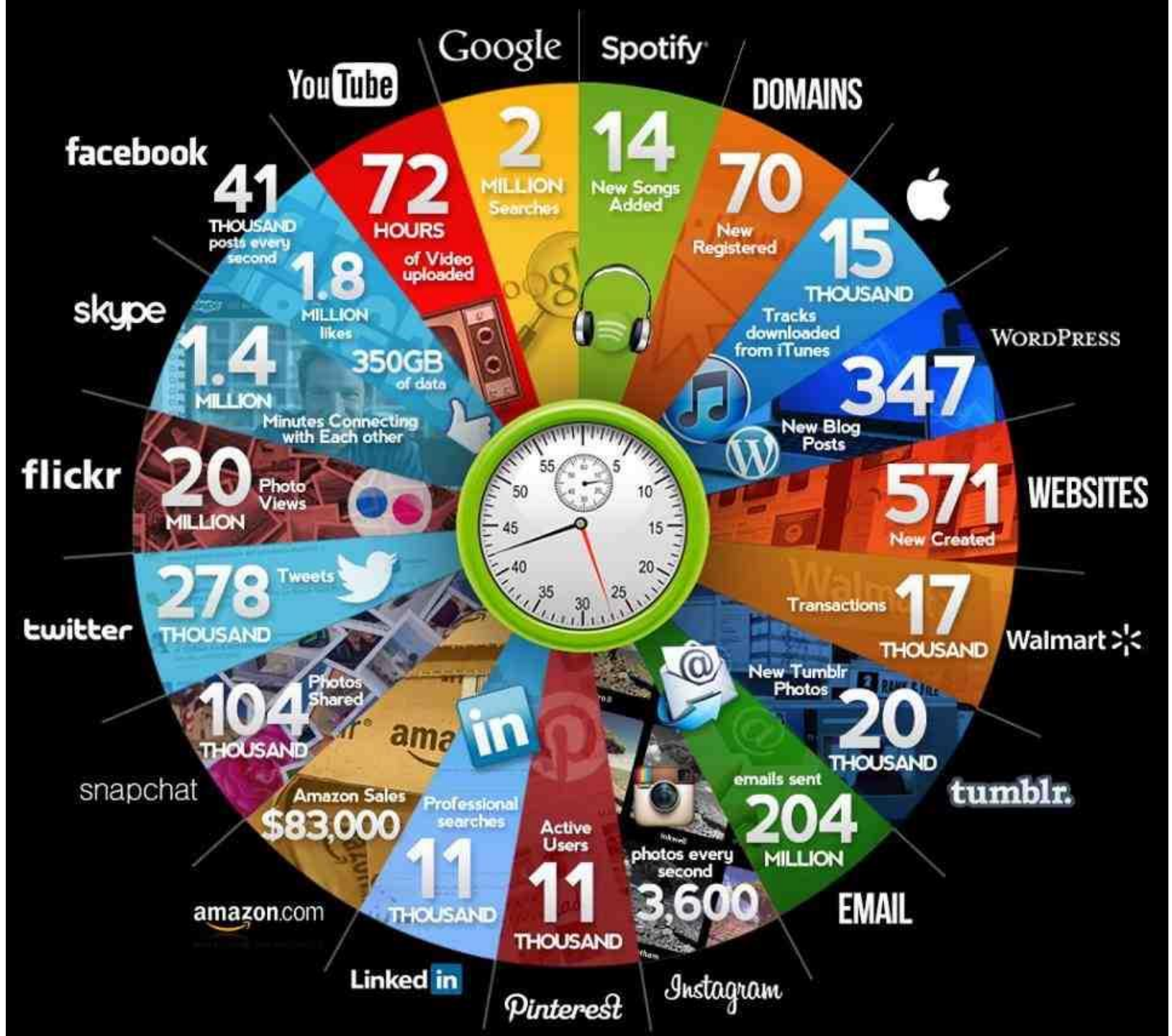
word, what concerns you most about technology as it relates to ou

Start the presentation to activate live content

If you see this message in presentation mode, install the add-in or get help at PollEv.com/app

Technology Trends Amongst Youth

- According to a CNN article, 90% of children have an online history by the age of 2
- Kids spend an average of 7.5 hours a day on entertainment technology
- 50% of kids report feeling addicted to their devices
- According to a Pew research study, 25% of kids report being online through mobile devices almost constantly


Google
Spotify
YouTube
DOMAINS
facebook
2
MILLION
Searches
14
New Songs
Added
70
New
Registered
72
HOURS
of Video
uploaded
41
THOUSAND
posts every
second
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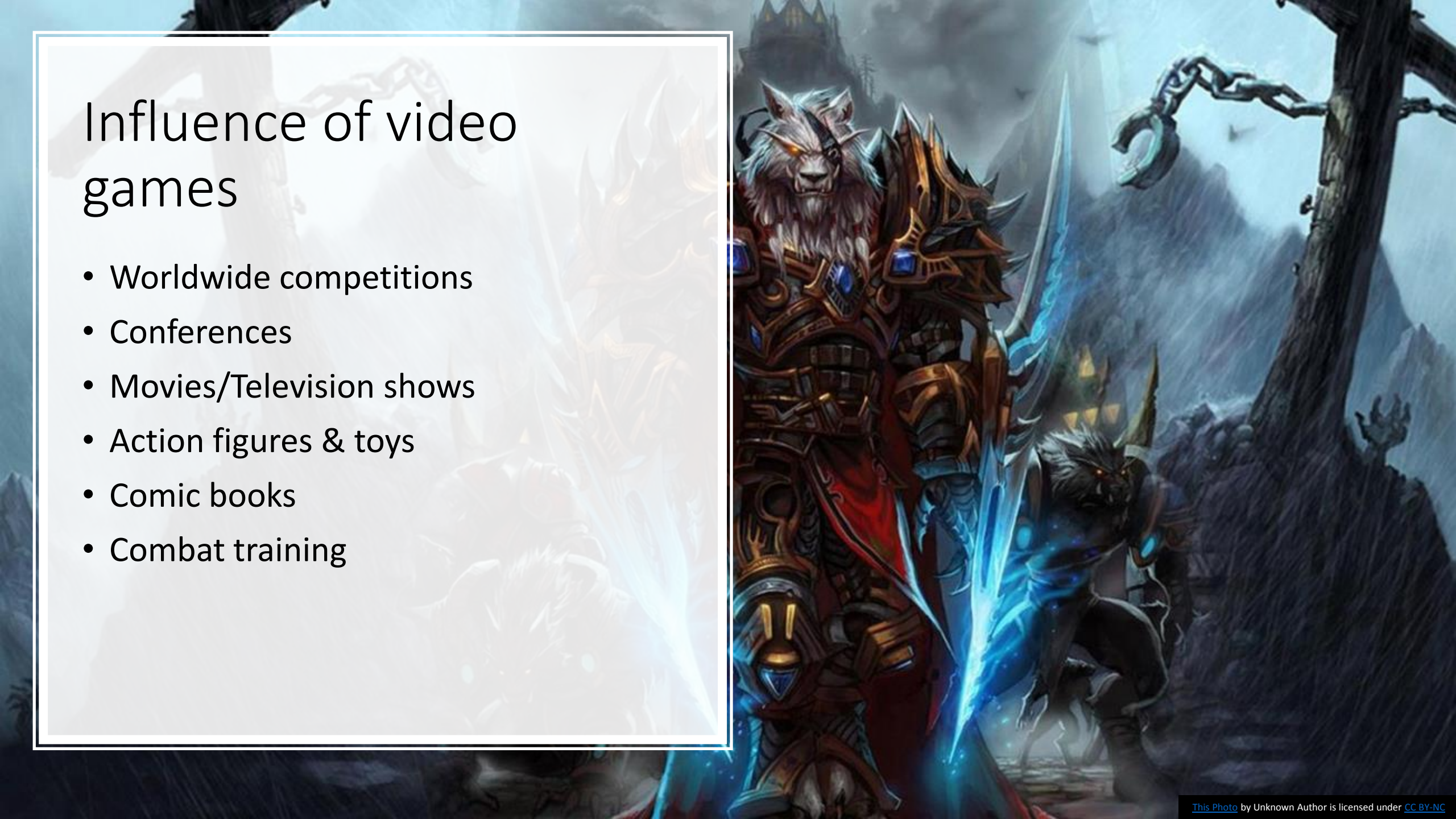
amazon.com
EMAIL
LinkedIn
Pinterest
Instagram

What are our kids doing? Video Games

- Online/Console/Phone
- FPS
- MMORPG’s
- Fruit Ninja

Influence of video games

- Worldwide competitions
- Conferences
- Movies/Television shows
- Action figures & toys
- Comic books
- Combat training



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Why are V Games so interesting

- Novelty
- Try on a different persona
- Control how others see me
- Rules are predictable
- Exploration

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What are our kids doing? Social Media

- Social Media –
  - Facebook
  - Twitter
  - Instagram
  - Snapchat
  - YouTube
  - Kik
  - You Now/Periscope
  - Whisper
  - After School
  - Sarahah
  - Music.ly
  - AskFM

Instagram

2:04
Instagram
Instagram
A beautiful way to share your world
It's fast, free and fun!
Sign up
Log in

Insta

Snapchat – need to add screen shot

whisper

100% 12:08 PM
G13 & Tahoe OG
On Deck
HMU
2
0
819
Lucky_Wishbone
1w Minneapolis, Minnes...
ADD YOUR WHISPER REPLY

100% 12:06 PM
Never felt so alone I
think I'm done
1w Minneapolis, Minnes...
ADD YOUR WHISPER REPLY

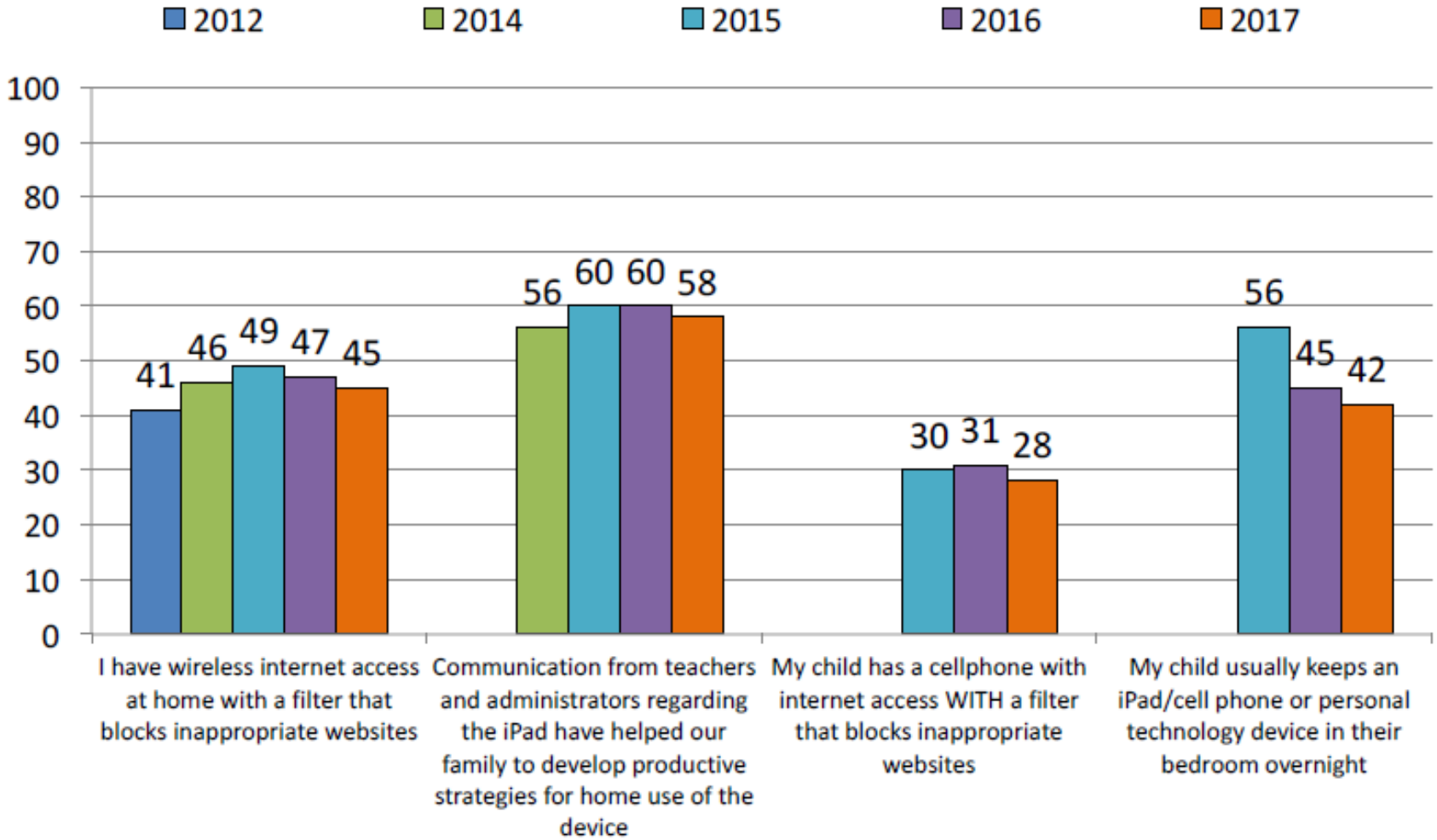
100% 12:10 PM
My mother was a
prostitute, my dad a
heroine addict. I'm a
freshman at Boston
University. I made it.
Despite what others
have said, I made it!
2171
414
326.4k
Merxi
7h Somewhere
WHISPER REPLIES (414)

Digital Natives–Millennials versus Immigrants

- The millennials are the first generation to grow up completely immersed in, and surrounded by technology. They know no world without cell phones, computers, and social media.
- First generation to deal with cyber bullying, video game addiction, and 24-hour access to anyone and anything at the push of a button.
- This constant access to technology is having a profound, yet not completely understood impact on the developing brain.

Parent Technology Response Summary

Survey Results 2012 - 2017

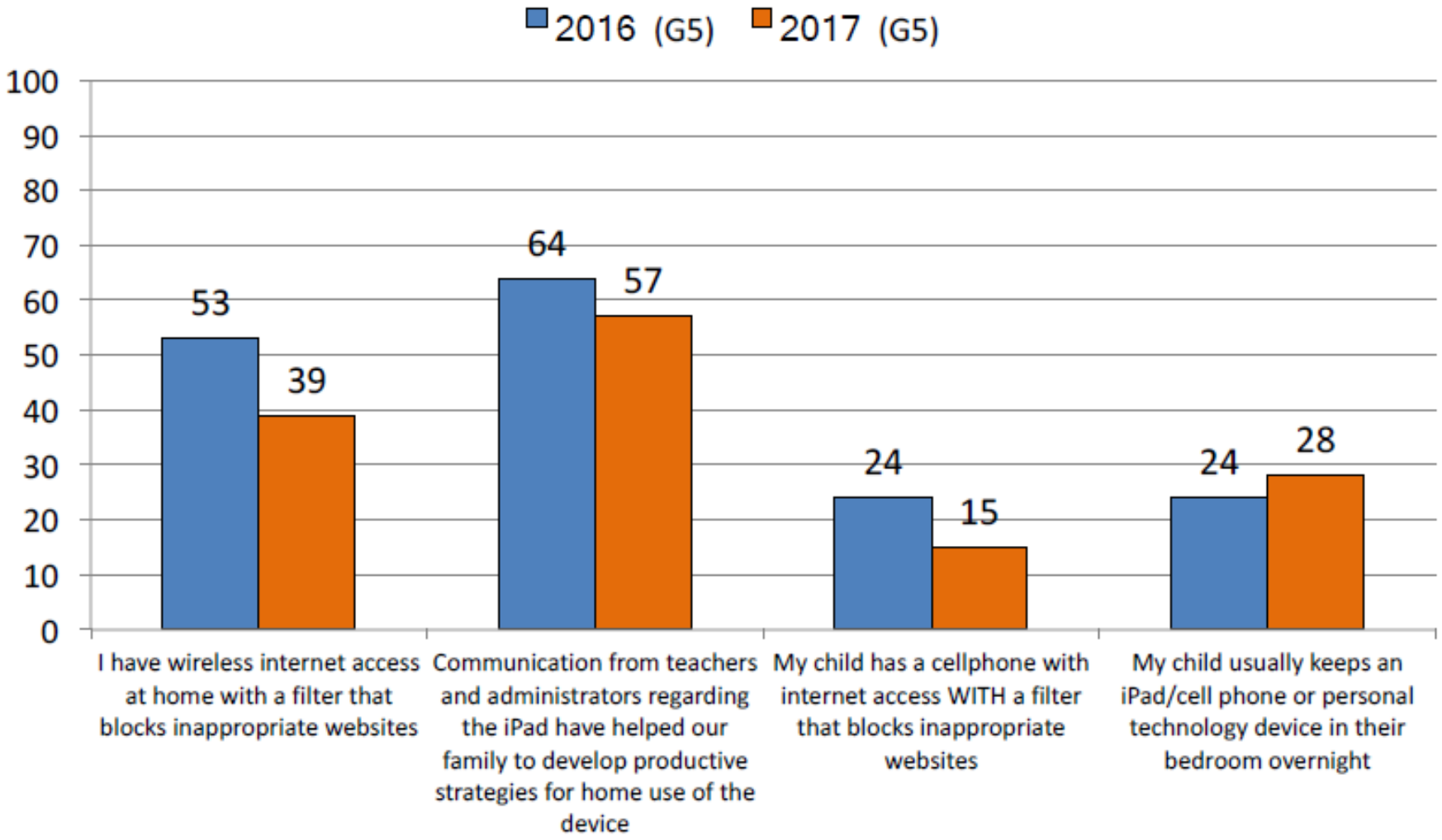


Percent of parents responding "Yes" or "Strongly Agree"/"Agree"

Missing years are due to not all questions being asked each year.

Gr. 5 Parent Technology Response Summary

Survey Results 2016 and 2017

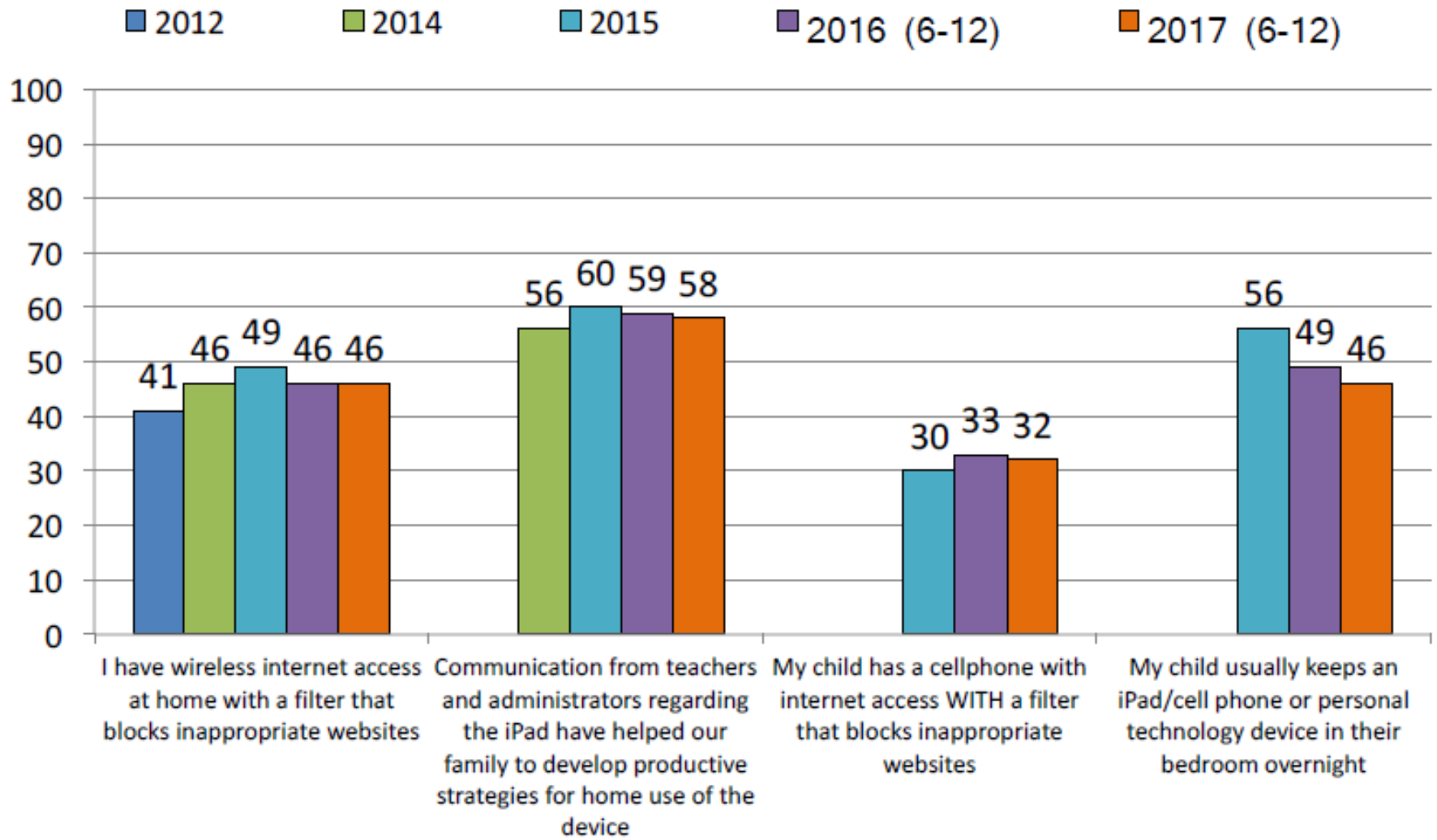


Percent of parents responding "Yes" or "Strongly Agree"/"Agree"

Missing years are due to not all questions being asked each year.

Gr. 6-12 Parent Technology Response Summary

Survey Results 2012 - 2017

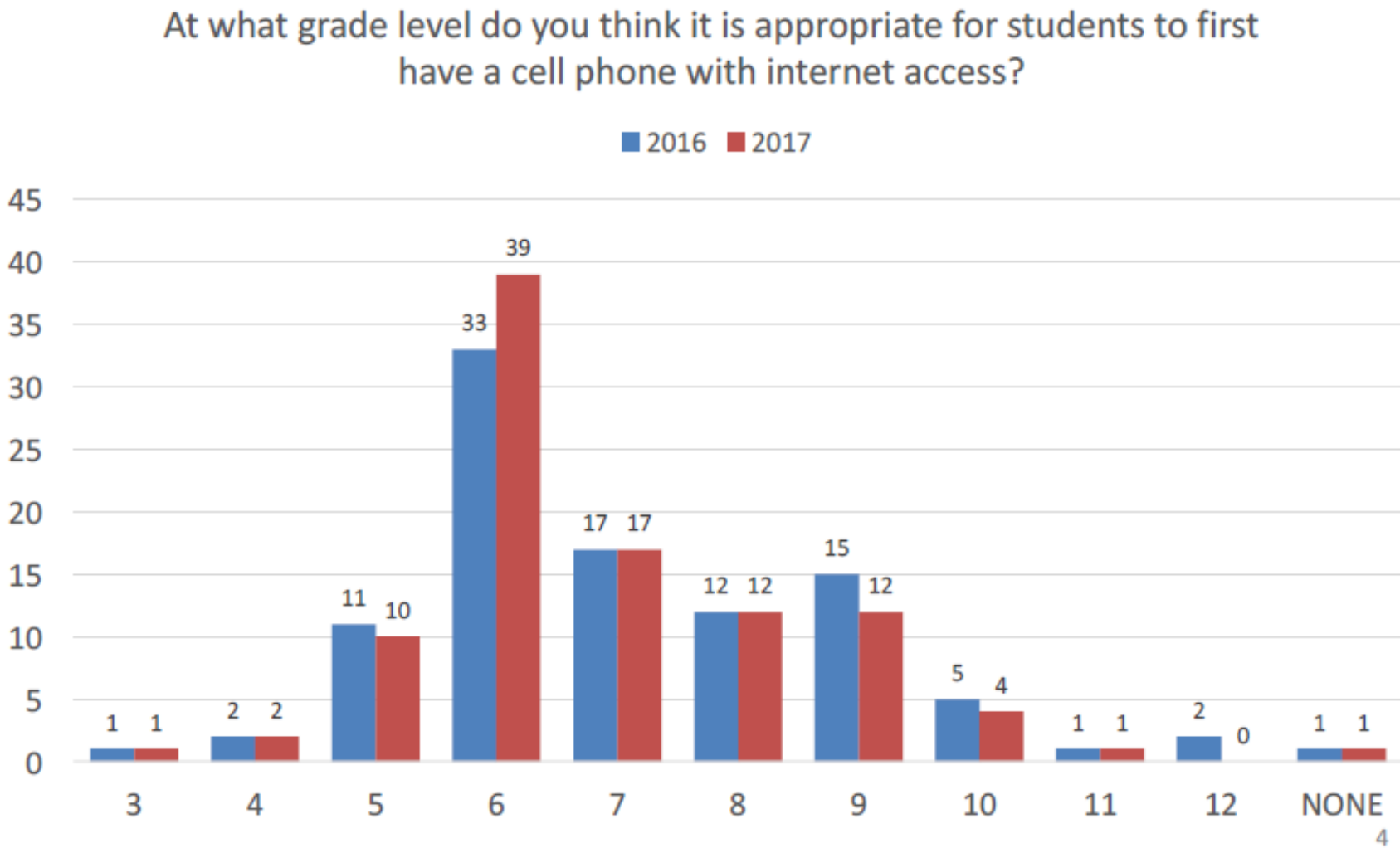


Percent of parents responding "Yes" or "Strongly Agree"/"Agree"

Missing years are due to not all questions being asked each year.

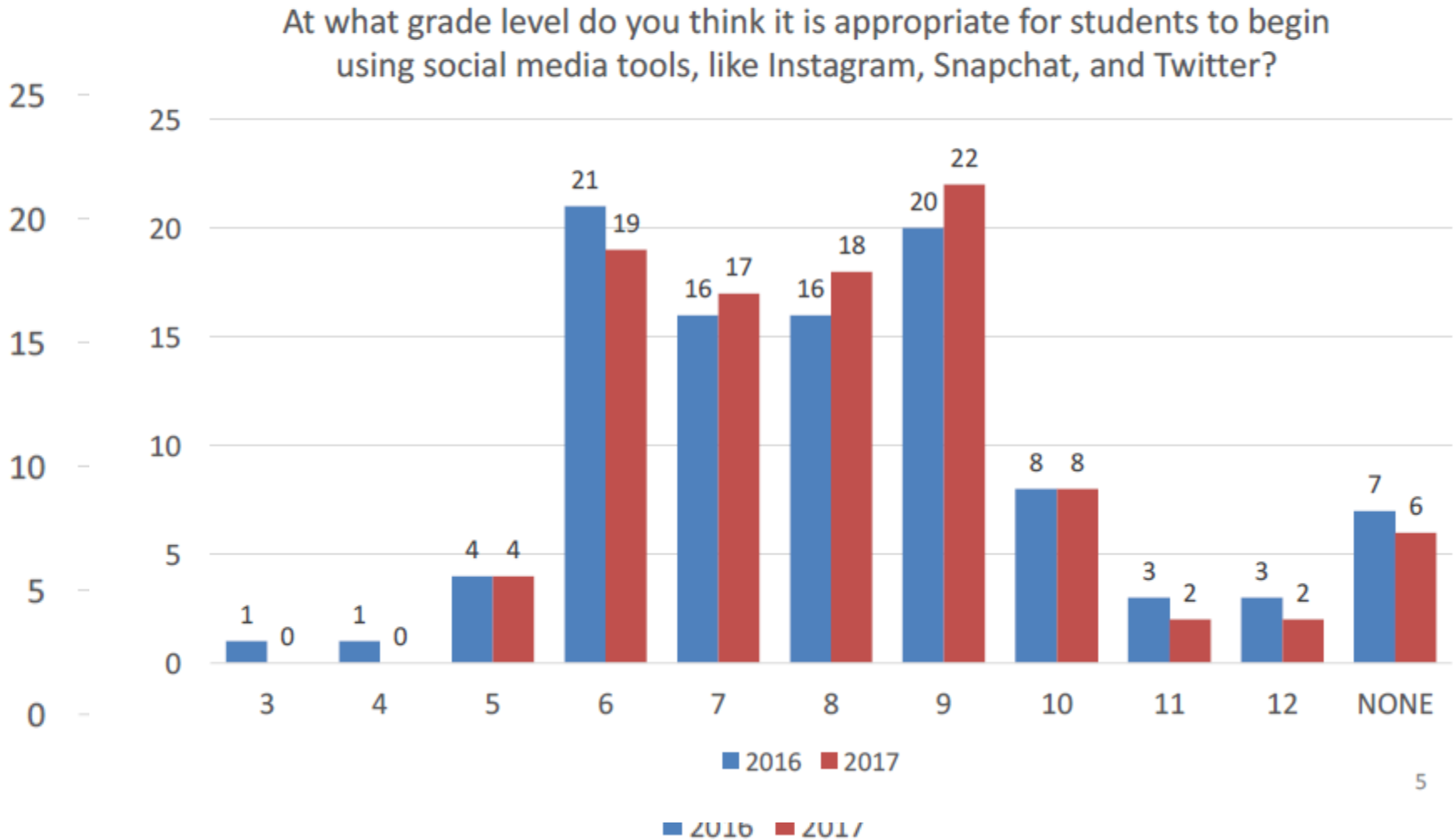
Parent Technology Response Summary

Survey Results 2016 - 2017



Parent Technology Response Summary

Survey Results 2016 - 2017



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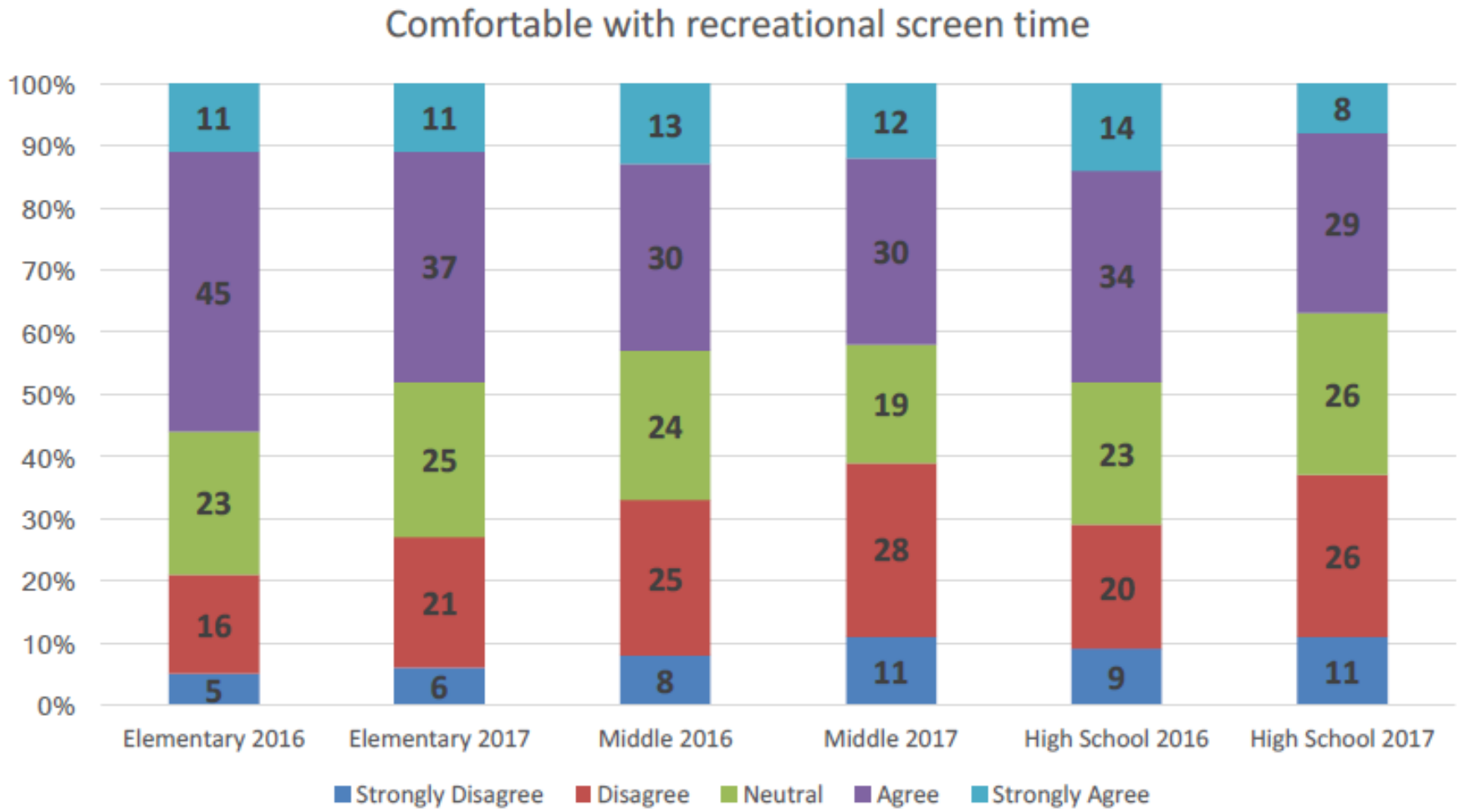
Parent Technology Response Summary

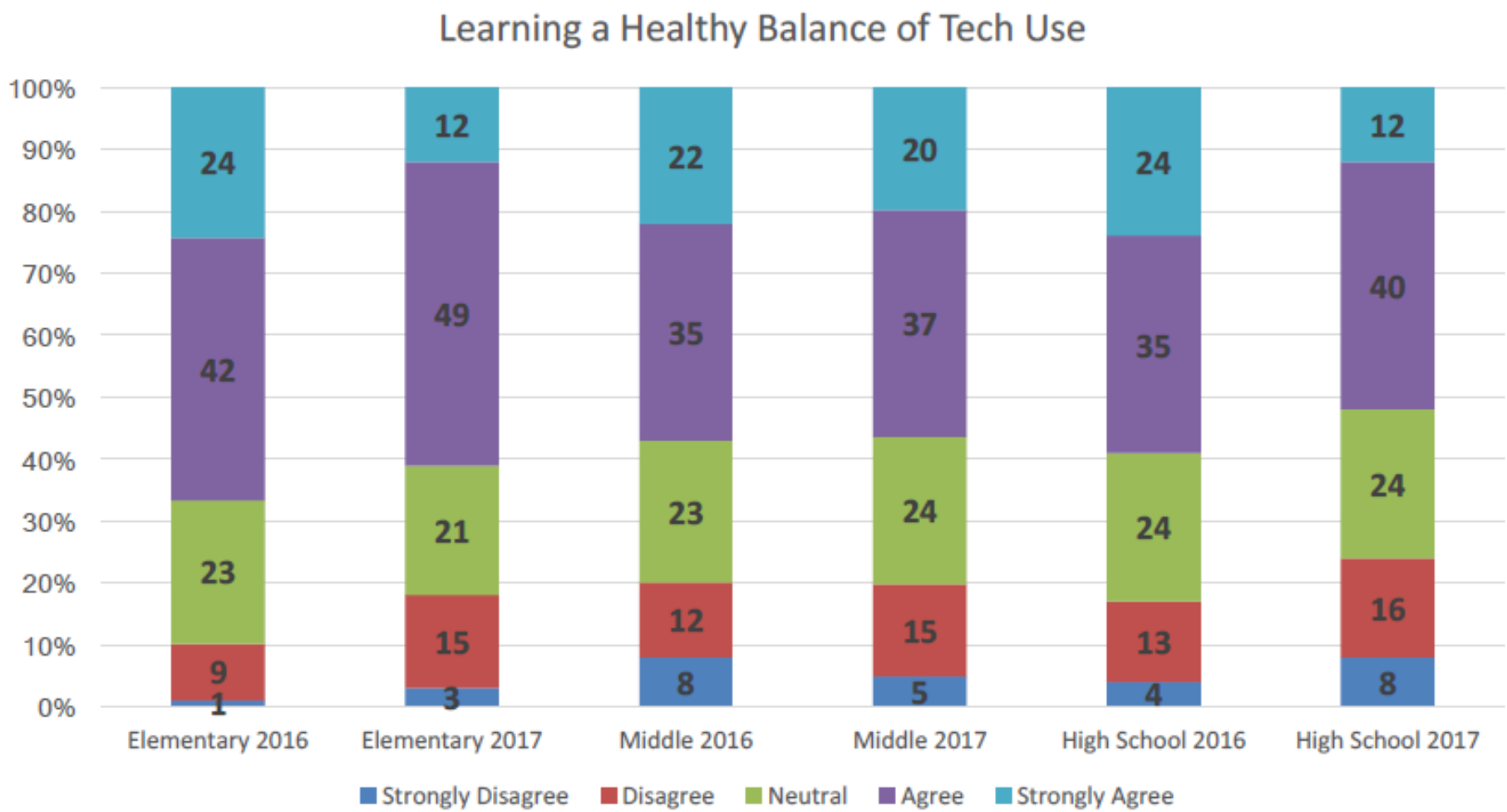
Survey Results 2017



Percent of parents responding “Strongly Agree” or “Agree”

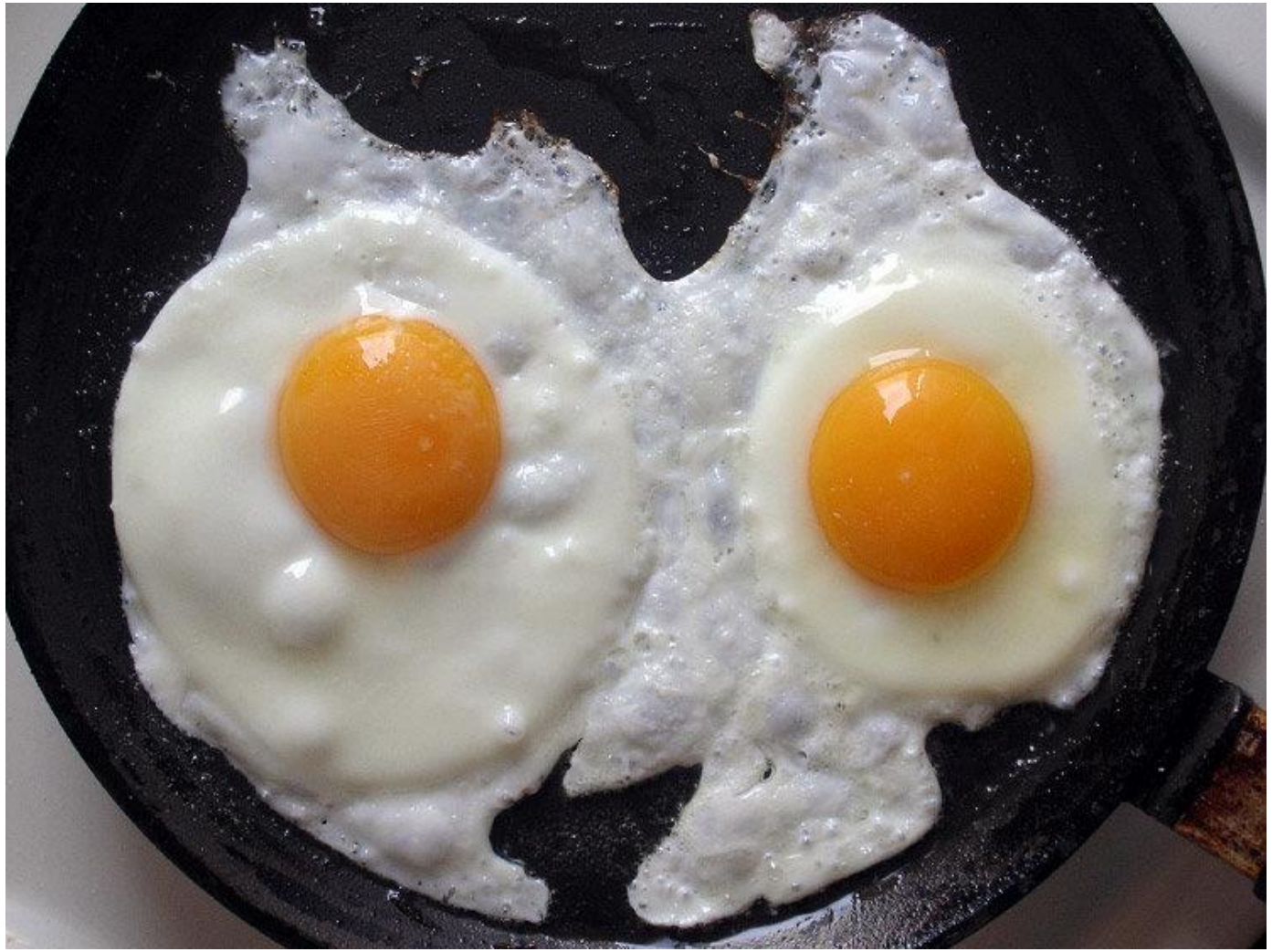
Parent Technology Response Summary

Survey Results 2017



Percent of parents responding "Strongly Agree" or "Agree"

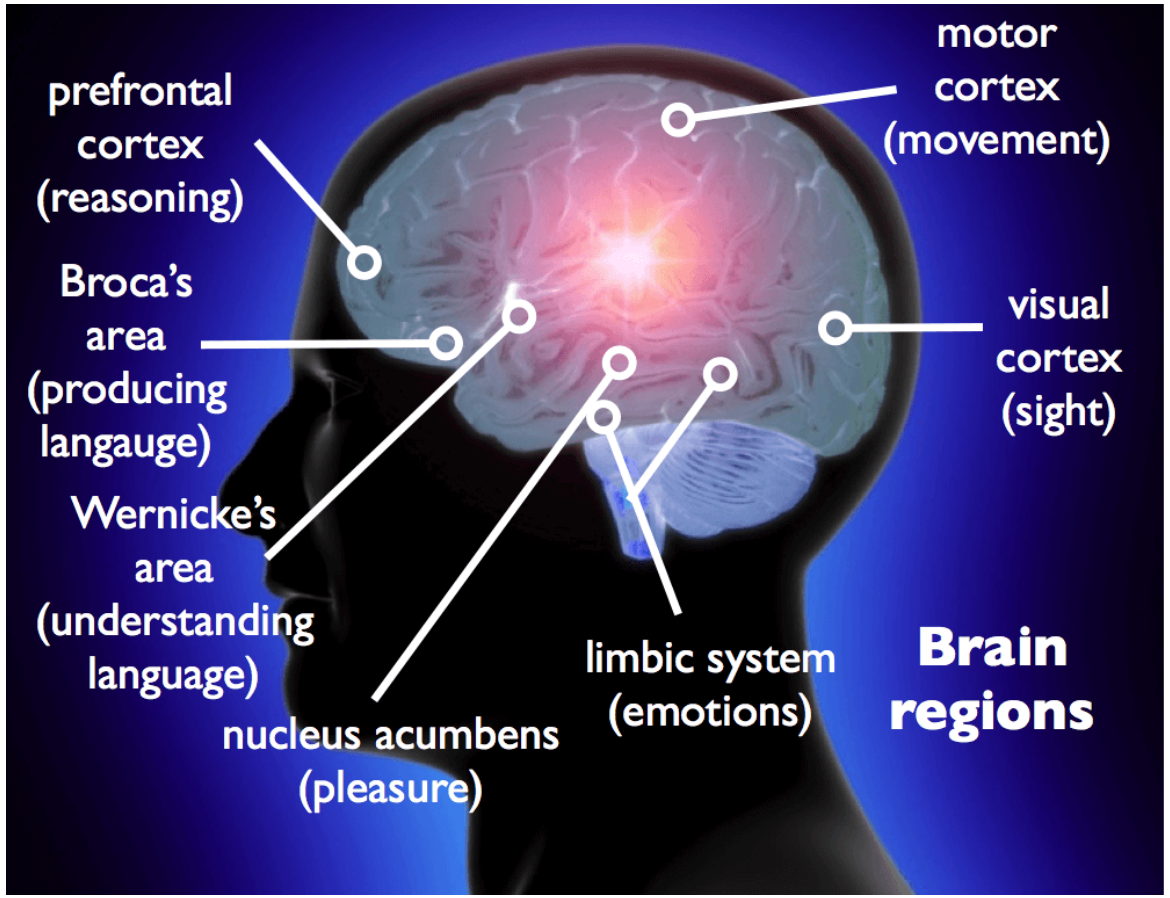
Your Brain on Technology



Teen Brain

Teen Brain

Most of the activity in the adult brain takes place in the front lobe – thinking, reasoning, planning, long-term risk assessment, cause and effect.



Most of the activity in the adolescent brain takes place in center of the brain - in the pleasure and reward center.

As parents and caregivers we have two jobs:

1. To love our kids.

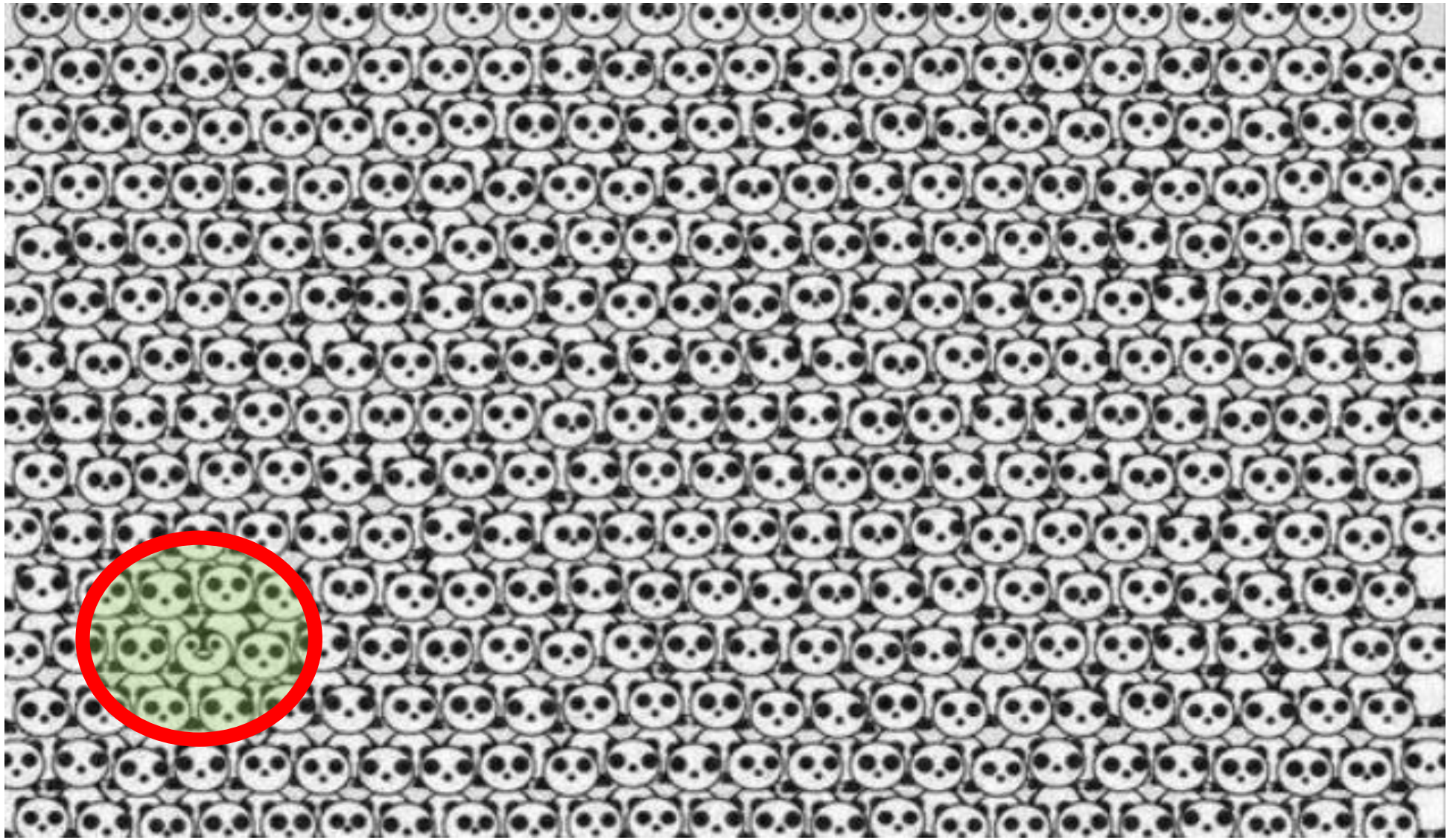
2. To be their pre-frontal cortex until they have their own.

Technology Impact on the Brain

- Early research suggests that a steady diet of technology is delaying the development of the prefrontal cortex.
- Also resulting in delay of reaching developmental milestones.
- Technology use limits creativity, imagination, and optimal development of motor functioning because it used for majority of kids' play.
- Because of overstimulation and chaos, paired with a sedentary lifestyle that accompanies technology use, kids are struggling with self-regulation.
- Lack of self-regulation can dramatically impact ability to learn.

"I'm bored with having so much to do."

Audience Participation



Google-fication of the Brain

- A 2011 study at Columbia University showed that Google is a detriment to our memory recall.
- When faced with difficult questions, our brains are evolving to think like computers–and because we expect to have future access to information, we have lower rates of recall.
- Instagram is causing the same phenomenon for image recall. Based on study by psychologist Linda Henkel, images that are photographed are much less remembered than those that are not.

ABC’s of healthy development

Autonomy

Control, Security

Belonging

Connectedness

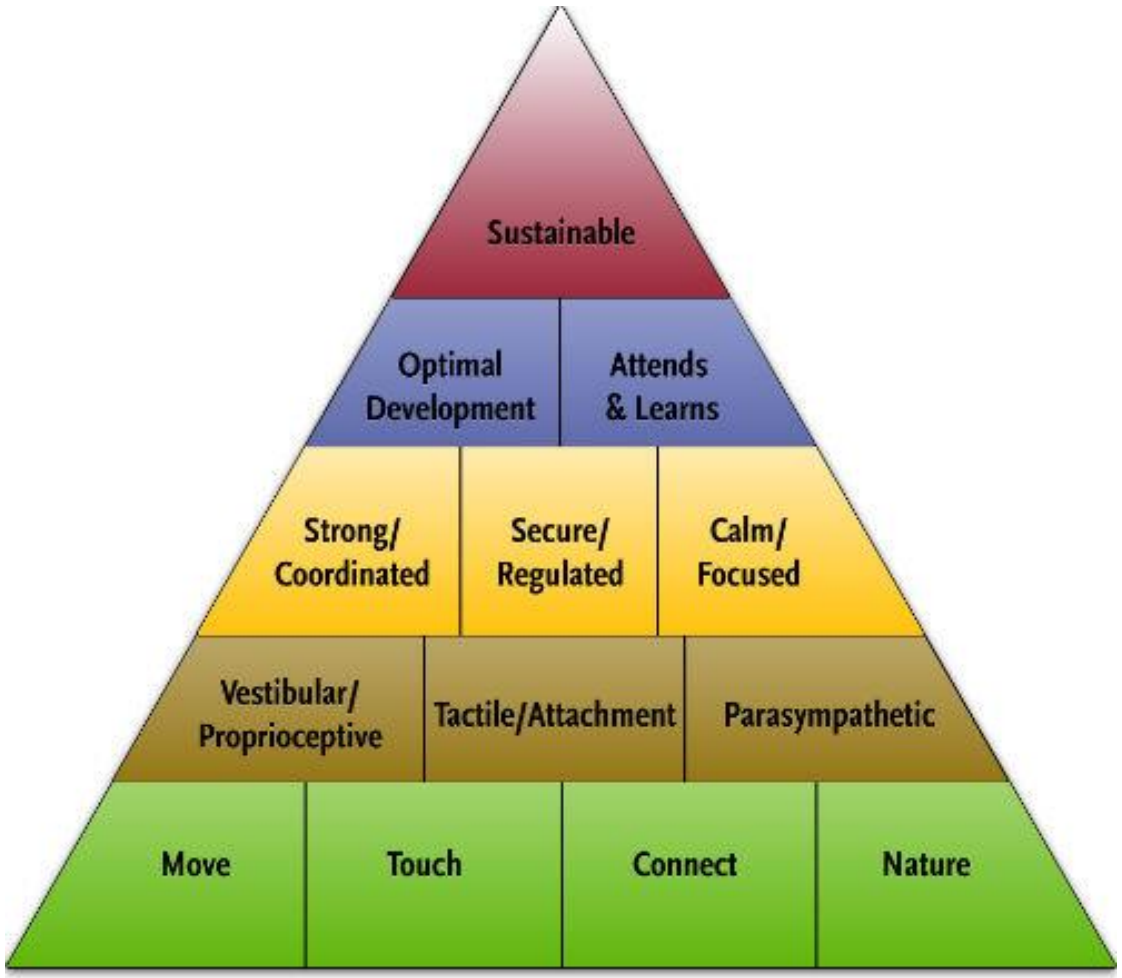
Competence

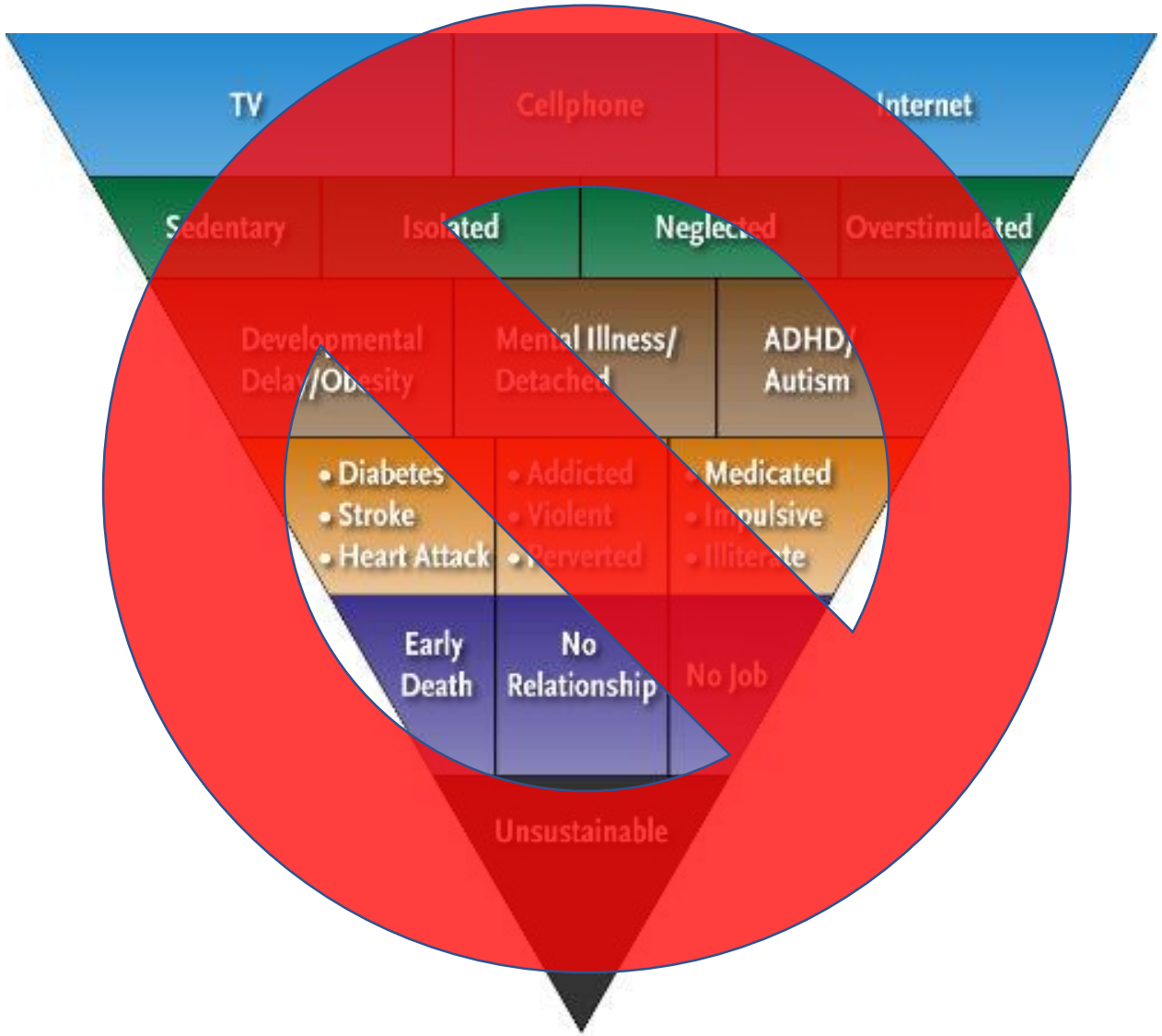
Able to influence, and provide value

Factors for Healthy Development

- **Movement:** Kids require two to three hours of active play to achieve sensory stimulation.
- **Touch:** Critical for development of planned movement patterns.
- **Human Connection:** Activates parasympathetic system lowering cortisol, adrenaline, and anxiety.
- **Exposure to Nature:** Has calming influence on children, restores attention, and promotes learning.

Building Foundations





Virtual Futures

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Attachment & Relationships

- Implications of low/no Touch on development
- Belonging without being known
- Security but no intimacy
- Mirror Neurons – emotional experiences are co-created

"Digital connections… offer the illusion of companionship without the demands of friendship. Our networked lives allow us to hide from each other, even as we are tethered to each other."

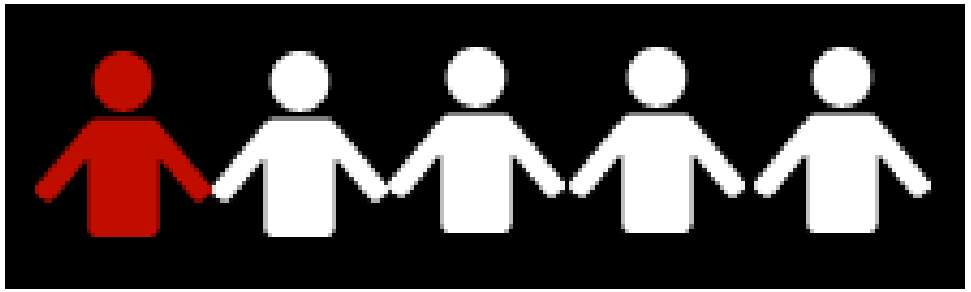
"Technology encourages this fantasy that [we] will never have to be alone, that [we] will never have to separate from parents and peers. But if you don't learn to be alone, you will only know how to be lonely." ~ from Alone Together

"I would never do this face to face, it's too emotional" ~ from Reclaiming Conversation

~ Sherry Turkle

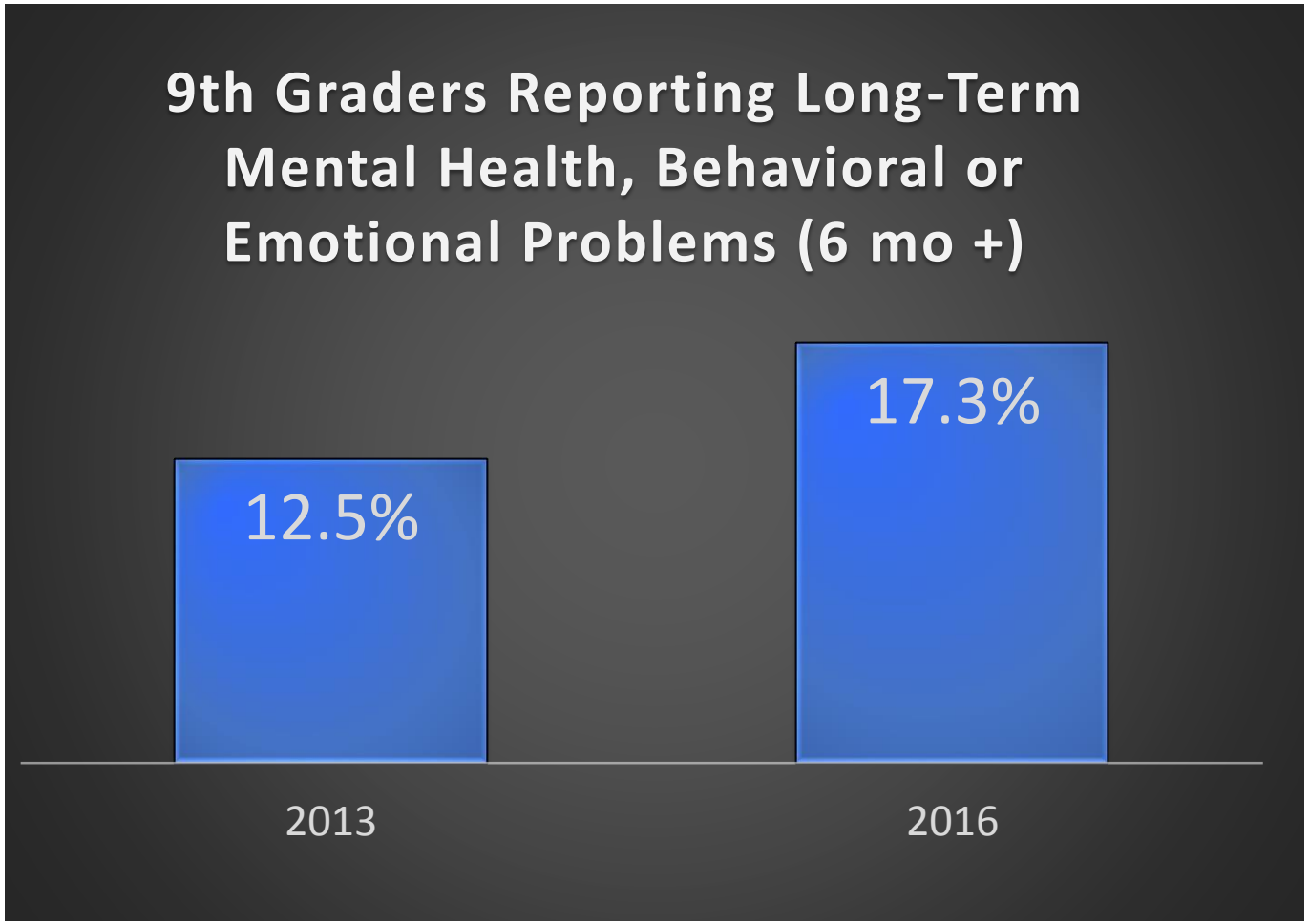
Stop

Mental Health on the MSS



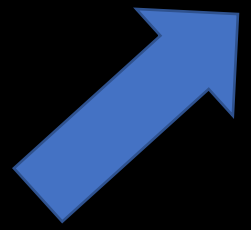
About one in five students showed signs of depression in the previous two weeks, according to screening questions added to the survey in 2016

Mental Health on the MSS

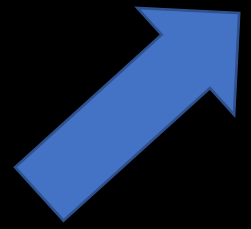


Mental Health on the MSS

The percentage of 11th grade students who **received mental or emotional health treatment** in the past year rose from…

8.8% in 2013  13.2% in 2016

The percentage of 11th grade students who said **they seriously considered committing suicide** in the past year increased from…

9.7% in 2013  12.0% in 2016

Digital Façade

- Young people don’t realize their digital world is only a façade– a skewed picture and modified storyline of what’s actually happening in the lives of their friends and peers.
- The main goal is to get as many “likes” as possible. If a certain number of “likes” aren’t achieved, posts are removed and reality is distorted.
- Kids get instant feedback on things they might not ever have heard, such as whether someone likes their outfit.

Digital Façade

- There are 80 million photos posted on Instagram each day.
- Facebook has 1.49 billion active users per month.
- Twitter has 316 million active accounts.
- Increasingly, more people are living two lives: one online, one off. And studies show that this makes us more vulnerable to depression, loneliness, and low self-worth. This is based on something psychologists are calling social comparison theory– and teenagers are most susceptible. FINSTAGRAM.

What’s On Your Mind?

- https://www.youtube.com/watch?v=QxVZYiJKl1Y

What is Addiction?

- Addiction is a behavior that is characterized by the inability to discontinue it despite the negative consequences which occur with excessive participation.
- The American Society of Addiction Medicine describes addiction as a primary chronic disease of the brain reward, motivation, memory and related circuitry.
- It is:
  - Progressive
  - Chronic
  - Potentially fatal

Wired for Addiction to Technology

- Operant Conditioning
  - Neg Reinforce:
    - Distracts from difficult feelings – anxiety, depression, poor relationships
  - Positive Reinforce:
    - Novel
    - High Intensity and Arousal
- The developing brain has a robust dopamine system
- Developing brains do not consider negative consequences
- Developing brains prefer high reward for low effort

Risk Factors

- Access
- Likely Genetic Factors
- Family Conflict
- Family Hx of Addiction
- Parents who are heavy users of Technology
- Parental Anxiety/Parent Guilt
- Trauma Hx ~ i.e. Bullying
- Grief and Loss
- Lack of differentiation from FOO

- Human Development/The Teen Brain
- Kids with “great potential”
- Anxiety
  - Social Anxiety
- Autism Spectrum
- Depression
- ADHD
- OCD

Other Resources

Online Gamers Anon

The Center for Internet Addiction w/ Screening tools

Wait Till 8th - waituntil8th.org

Family Technology Tune-up

Common Sense Media

NetSmartz

daveeisenmann.com

Join us next week for PART TWO

DATES

- October 17, 6:30 to 8:00 pm
- October 24, 6:30 to 8:00 pm

LOCATION

- Excelsior Elementary Auditorium
- 441 Oak St., Excelsior

Three-part series designed to guide parents to healthy technology use in the family. The final workshop will be a hands-on event to help families build a family media strategy.

Events are free.

Live Audience Poll

Name one easy thing we can do to help manage balance and communication around technology use and our families.

Step 1: Open text messages

Step 2: Open new text and enter 22333 in the “TO” line

Step 3: Enter 314769 in the message, hit space, and then your response

Step 4: Hit send

he easy thing we can do to help manage balance and communicatio technology use and our families?

Start the presentation to activate live content

If you see this message in presentation mode, install the add-in or get help at PollEv.com/app

- https://www.youtube.com/watch?v=9s0ukQGLXQ4