

# Healthcare and Social Service Workers Helping Parents Understand the Impact of Digital Technology on Children and Teens

Kelly Moore, MSW, LSCSW, LCSW

Amend Neurocounseling

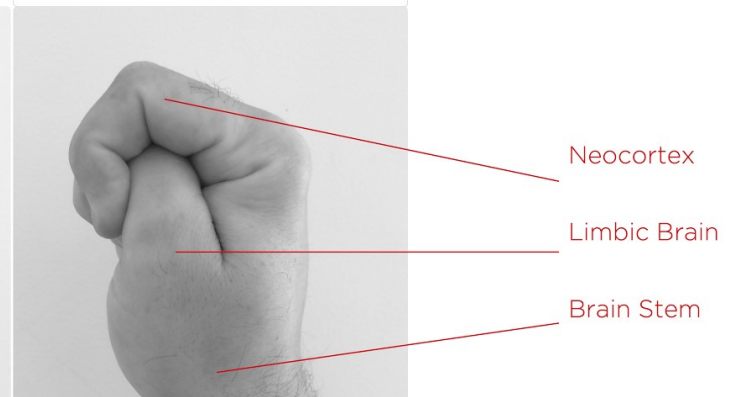
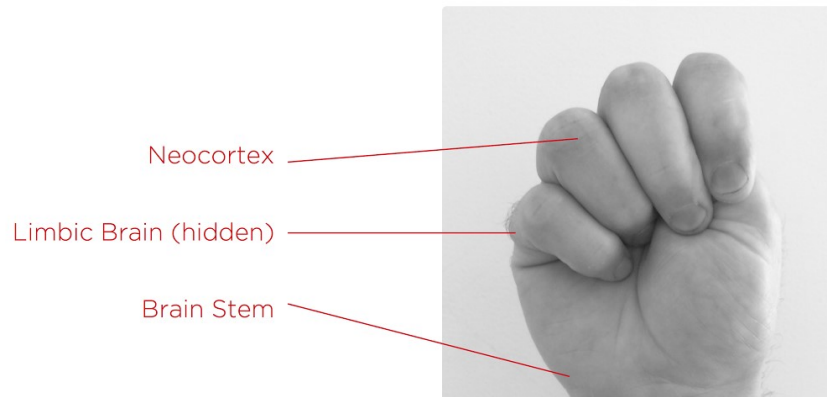
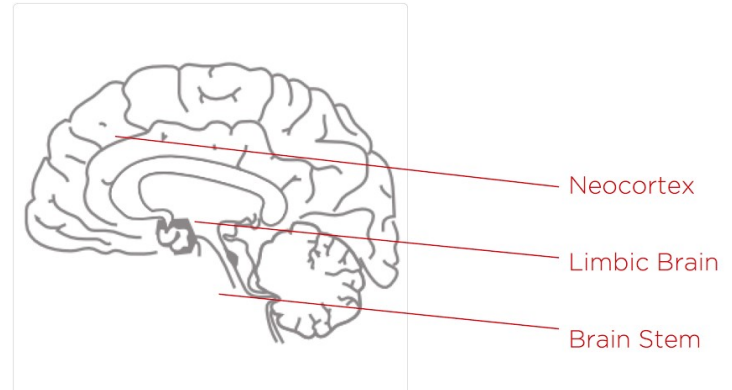
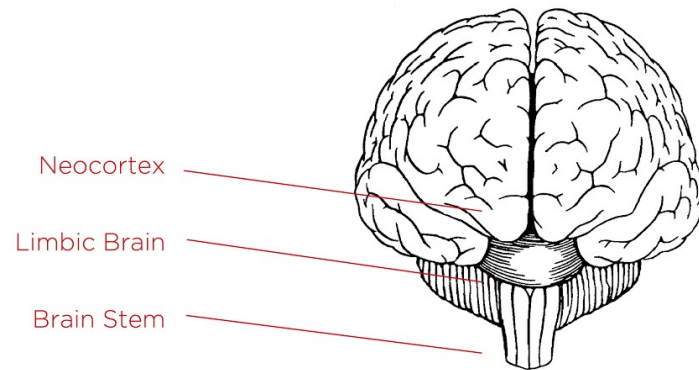
[www.amendnc.com](http://www.amendnc.com)

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# The Problem

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## Dan Siegel's handy brain anatomy model



WHOA!!!  
SO MUCH  
INFO COMING  
AT YOU... AND  
THE PEOPLE  
YOU SERVE

# Adolescent Brain Cognitive Development (ABCD) Study - NIH

Goal is to increase understanding  
of factors influential to a child's  
life trajectory

<https://>

[www.addictionresearch.nih.gov/  
abcd-study](https://www.addictionresearch.nih.gov/abcd-study)



The New  
York Times

10/26/2018

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*The New York Times*

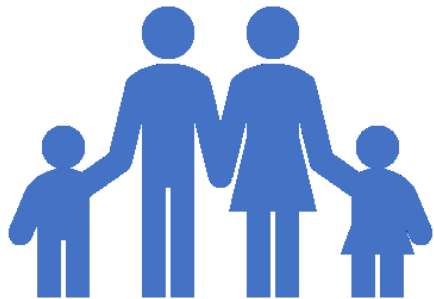
# A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valley

“I am convinced the devil lives in our phones.”

-Athena Chavarria  
Former Exec Asst at Facebook

My Goal for  
Today:

Empowered  
Parenting  
Support!!



Understand kids' brains and technology's impact on them so that you can feel confident helping parents put boundaries in place to enable kids to thrive now and in their future.

Interviewer: So your kids must love the iPad.

Jobs: They haven't used it. We limit the amount of technology our kids use at home.







In contrast: Children are on a screen an average of 7 hours per day.

Screen use has tripled in zero to eight-year-olds since 2013

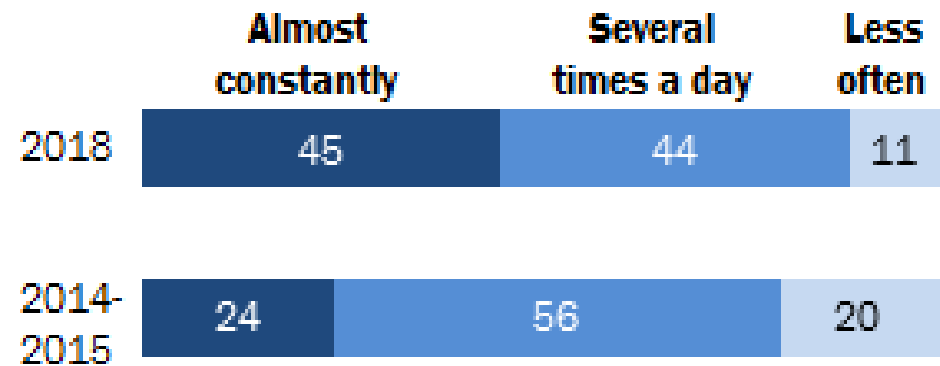
Outside unstructured play time averages 4-7 minutes per day

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## 45% of teens say they're online almost constantly

*% of U.S. teens who say they use the internet, either on a computer or a cellphone ...*

- “If you’re spending hours a day plugged in then there has got to be someplace that you’re not...And that someplace that you’re not is often with family and friends.”



Note: “Less often” category includes teens who say they use the internet “about once a day,” “several times a week” and “less often.”

Source: Survey conducted March 7-April 10, 2018. Trend data from previous Pew Research Center survey conducted 2014-2015.

“Teens, Social Media & Technology 2018”

PEW RESEARCH CENTER

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Sherry Turkle, *Alone Together*



Prefrontal Cortex of Frontal Lobe

Last to develop

## Houses Executive Skills

- Focused attention
- Motivation
- Anticipating Consequences
- Planning
- Organizing
- Time Management
- Good Decision Making

Requires: Sleep, Practice and Time in the Real World





WHAT THE  
INTERNET  
IS DOING TO  
OUR BRAINS

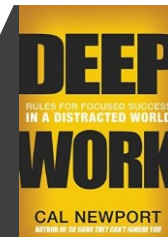
**THE** Nicholas Carr  
AUTHOR OF *THE BIG SWITCH*  
**SHALLOWS**



## Deep Work Hypothesis:

“The ability to perform deep work is becoming increasingly rare at exactly the same time it is becoming increasingly valuable to our economy. As a consequence, the few who cultivate this skill...will thrive.”

Prefrontal Cortex of Frontal Lobe



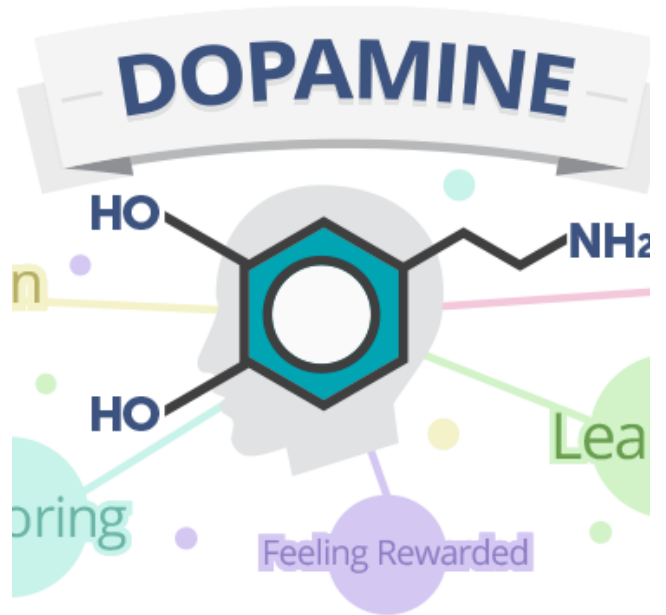
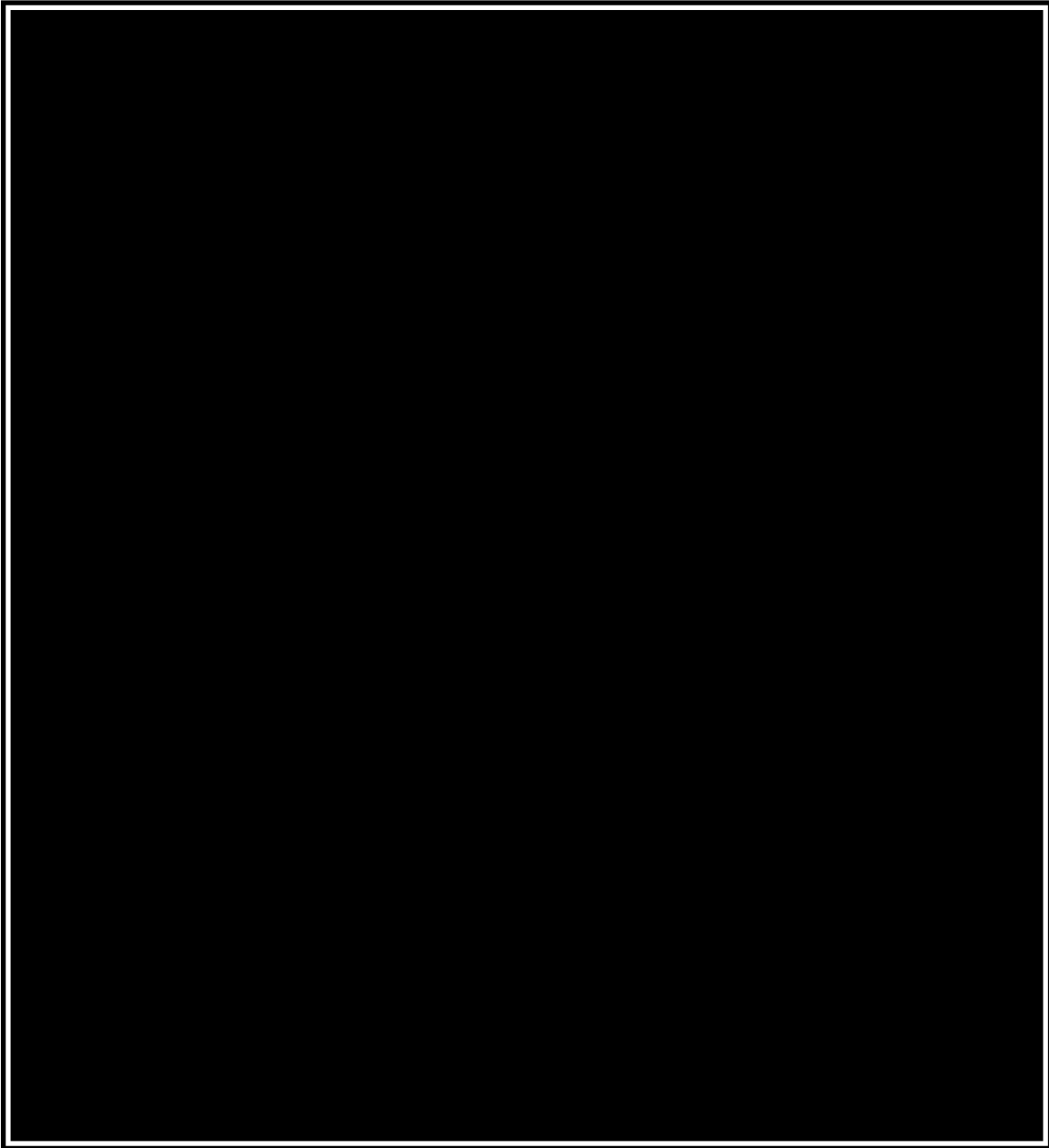
-Cal Newport  
*Deep Work*

Patients ...perceive less pain when immersed in SnowWorld, allowing doctors to treat them with significantly lower levels of ...painkillers...

Best of all, MRI scans prove patients don't just perceive less pain – in many cases, **their brains actually experience 50 percent fewer pain messages** than those same patients experience without SnowWorld.

-Dr. Hunter Hoffman, University of Washington, virtual reality researcher

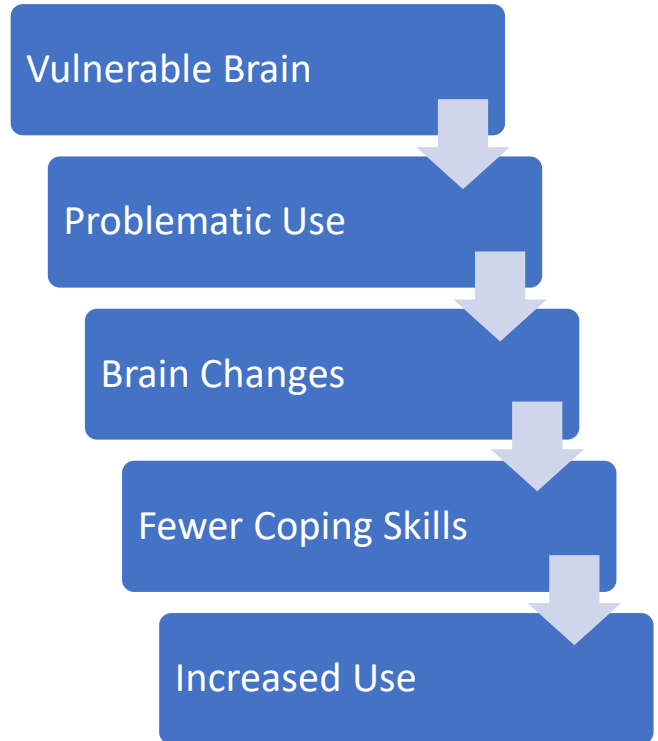








## Addiction Cycle





How do you know if your  
child is on a screen too  
much?

Emotional  
Academic  
Physical  
Behavioral  
Social

# Social Brain

The gift of attachment...





The price of anything is the amount  
of life you exchange for it,  
immediately or in the long run.

-Henry David Thoreau



Artwork by Faith Balda, age 12

Loneliness

Depression

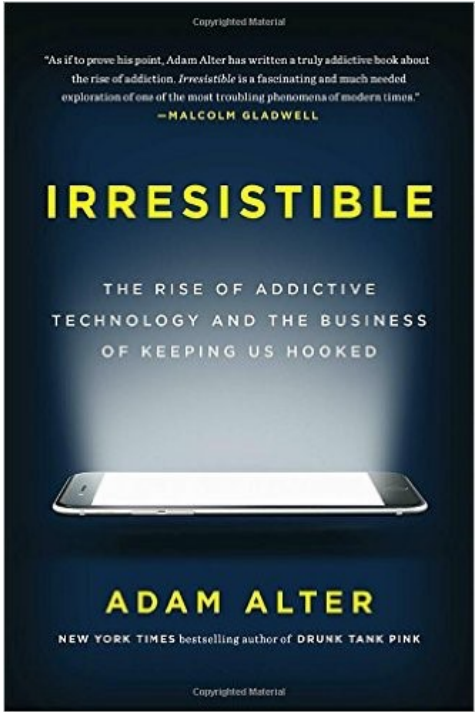
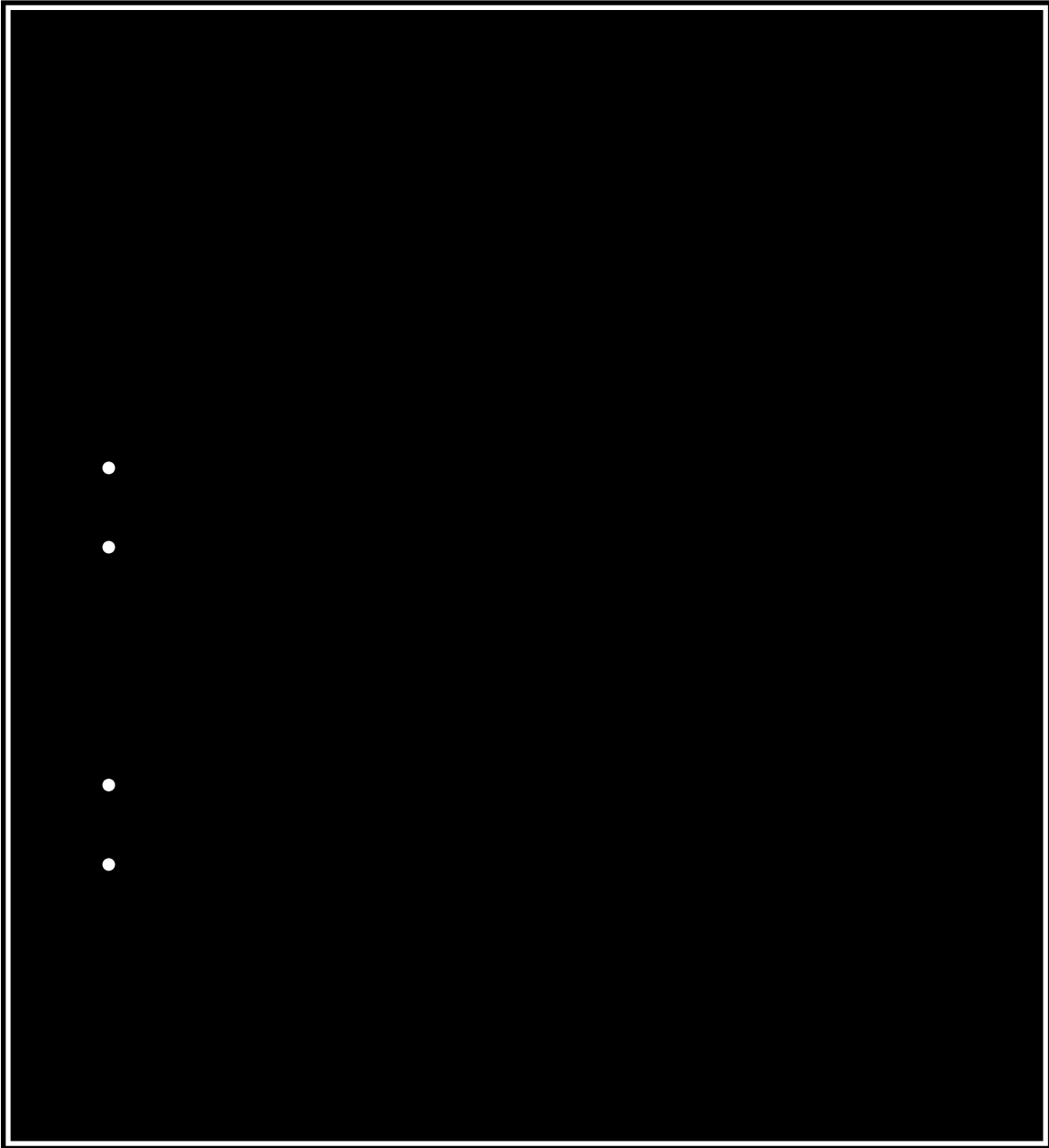
Suicide attempts  
and completions

Kids and  
Social Media



More susceptible...

“Vulnerable brains are more vulnerable to screen addiction, and then the addiction contributes to psychiatric pathology, which worsens the addiction.” Victoria Dunkley



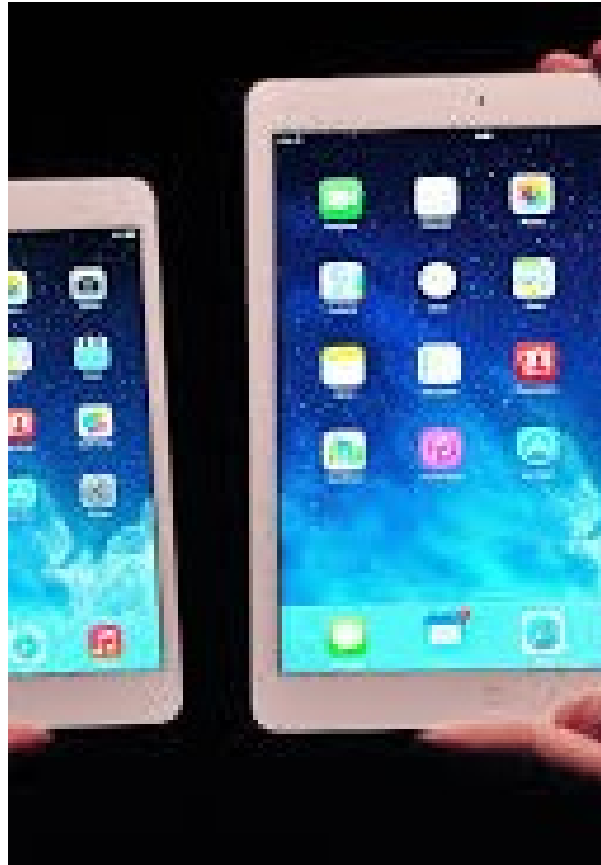
# Targeting children...

Society sends a message to kids that technology should be incorporated into every aspect of their lives. And it's working.

Ben Halpert, Cyber Savvy Kids







Children and Teens  
are Targeted

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Like with  
any  
addiction,  
prevention  
is key...

## So now what? For educators...

Familiarize yourself with relevant, peer-reviewed research  
Be willing to change based on new information  
Offer in-services to teachers on the effects of screens on brains  
Teach children what screens do to their brains  
Develop district policies that:  
Place screen time limits per grade for during and after school  
Offer alternatives for those who react strongest to screens  
Limit or block exposure to distracting apps and websites  
hint: coolmathgames.com has nothing to do with math!  
Allowing news apps like CNN to come up on children's  
computers exposes them to sexualized and traumatizing images  
(remember: race to the bottom of the brainstem)

## So now what? For parent educators...

Teach “TEACH” Parenting to Promote Effective Media Management, Joy Gabielli, in *Pediatrics*, July 2018

T- Talk to your kids about their media use

Ask questions about what they enjoy and what their friends enjoy

E- Educate about wrong behavior

Point out negative/realistic consequences often not shown in media

C- Co-View

A- Actively watch media with your child

Comment when you observe risky behavior or use as future talking points as kids take parental silence as consent

H -House Rules

No screens in bedrooms or bathrooms

What type of content is allowed

Consequences

So now what?  
For mental  
healthcare  
professionals...

Probe for potential tech addiction with all your clients/patients.

Self-Determination Theory:

3 Central Human Needs:

Probe Autonomy

Relatedness

Competence

Help them discover what need their technology is helping to meet and what it prevents. Goal is to replace the addiction with something that meets that need in a healthy way.

...for mental  
healthcare  
professionals  
continued...

## Self-Determination Theory

Teach and practice  
mindfulness/anxiety reducing  
strategies

## Gradual Digital Detox:

Reduce use by 45-60 min/day until  
gone (especially if violence presents)

Replace screen time with  
prearranged activities/people

Practice mindfulness/journaling

Nature

So now  
what?  
For all of  
us...

Teach & Model Moderate, Controlled,  
Positive Use

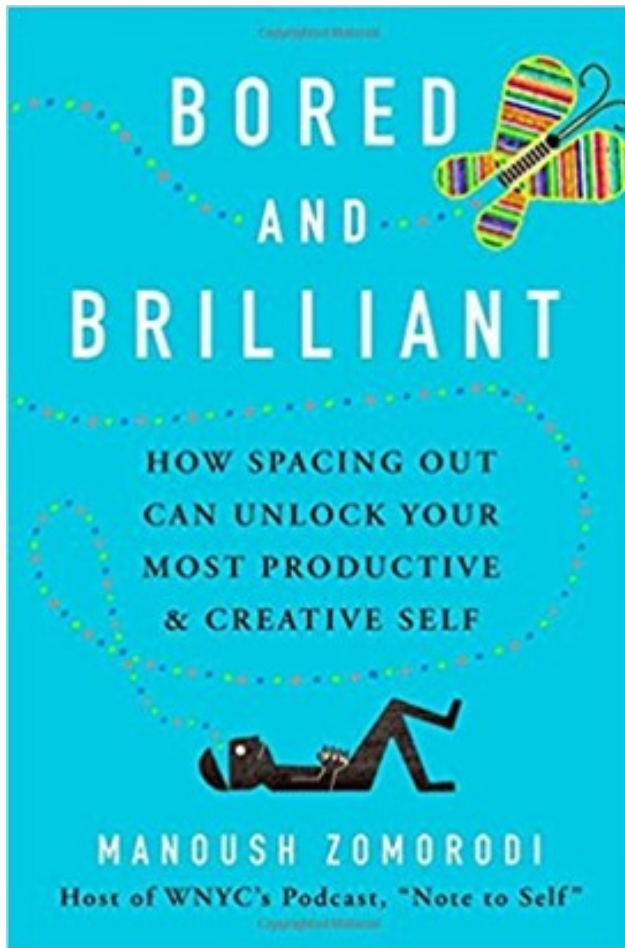
Check your Checking – Notice & Reduce  
(Moment, Screen Time on iPhone)

Set Time Limits

Where/ When/What devices are allowed  
Digital Detox/Sabbath/ Vacation

Practice Presence

Difference between consuming and  
creating, investigating, educational pursuits

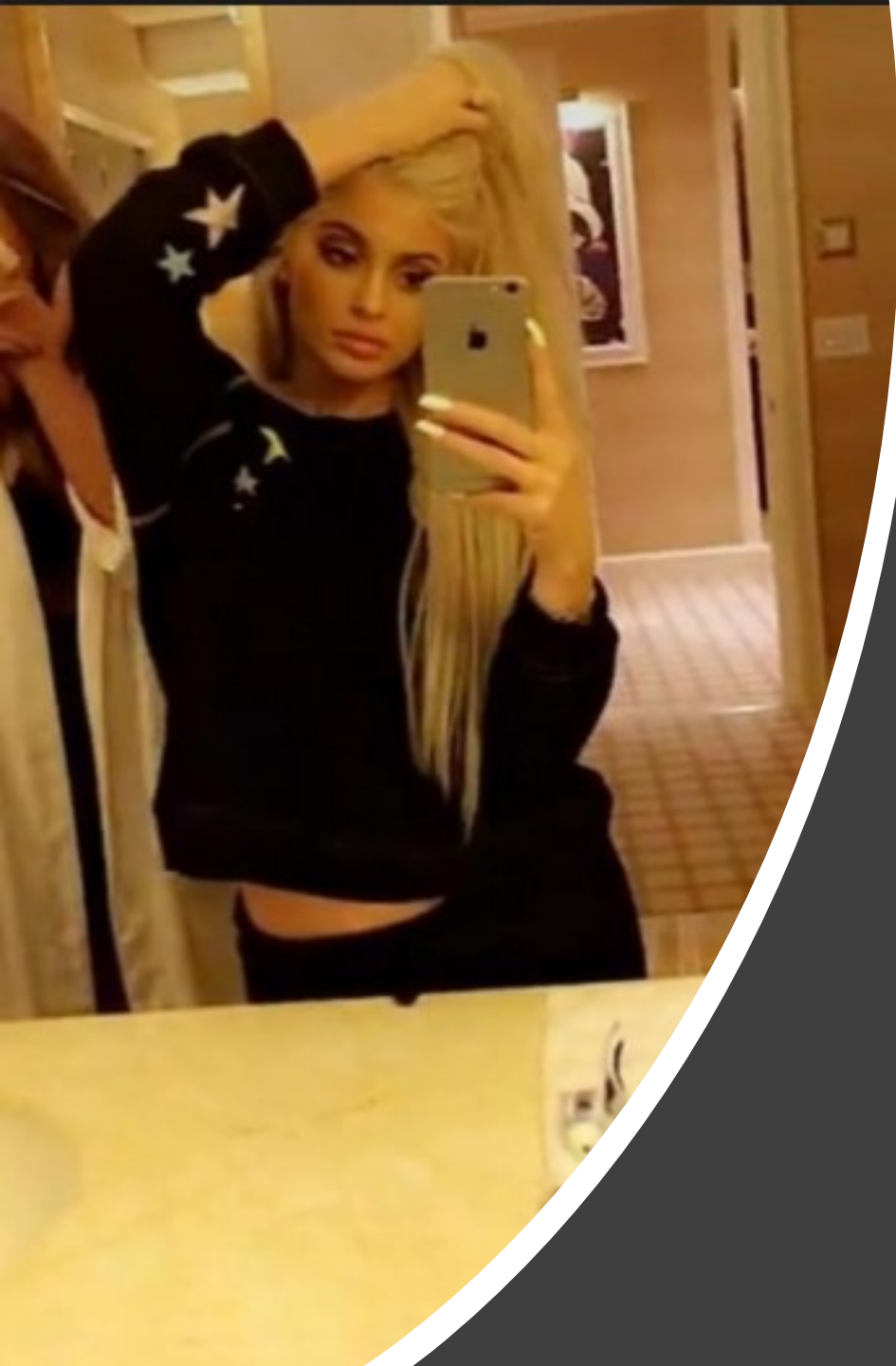


Boredom is not a problem.

In fact, it is very good to be bored.

The Default Mode Network





## Technology Free Zones:

- Bathroom
- Bedroom
- Car
- Outside



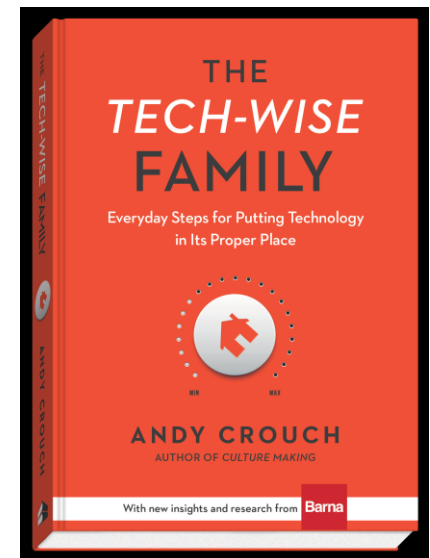
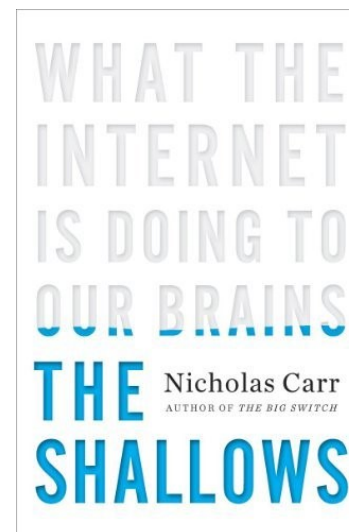
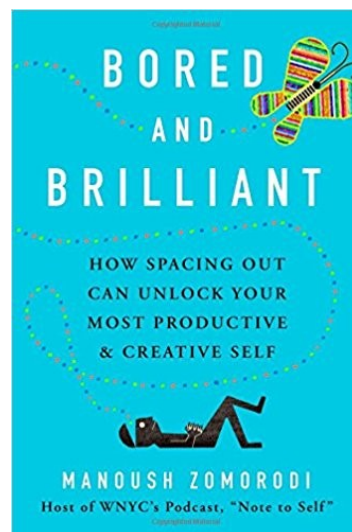
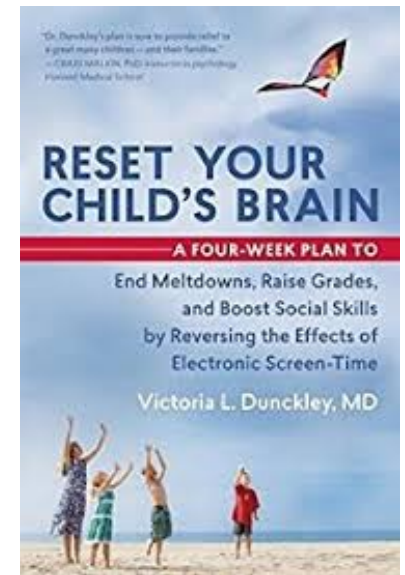
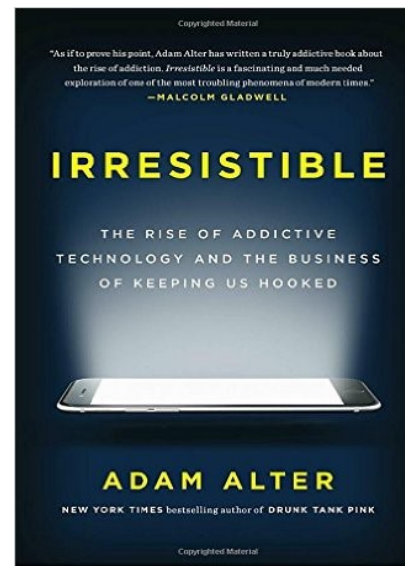
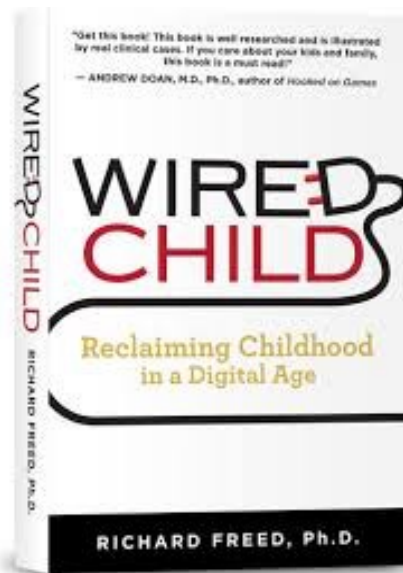
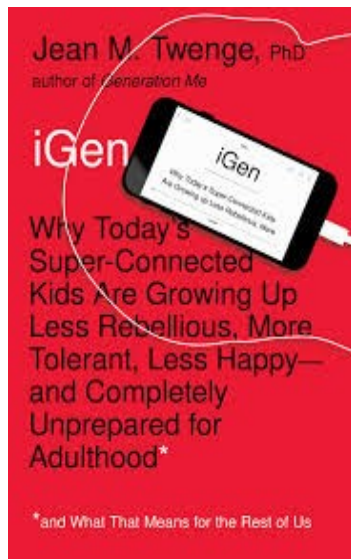
## Technology Free Times

Dinner

30-60 minutes before bed

Face to face conversations

# Books to help



# Websites to Help

