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Behind the Screen:

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

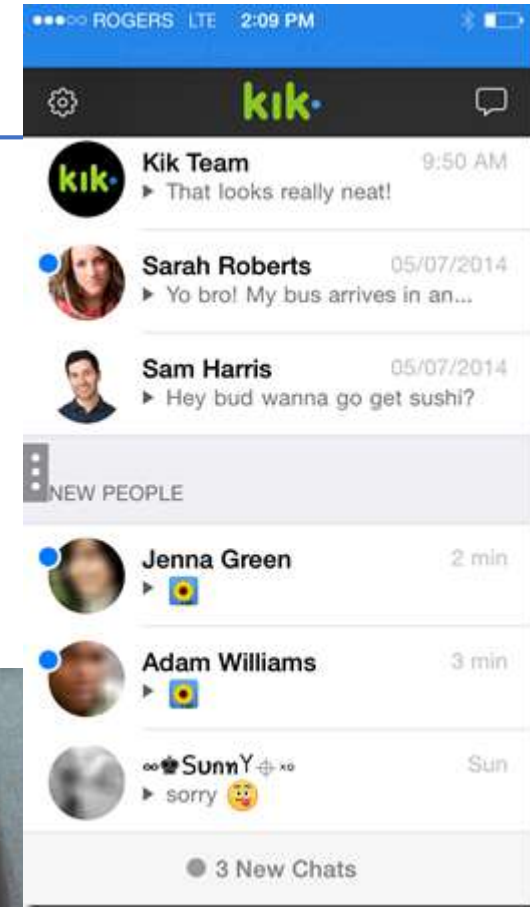
Social Good
Summit

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.

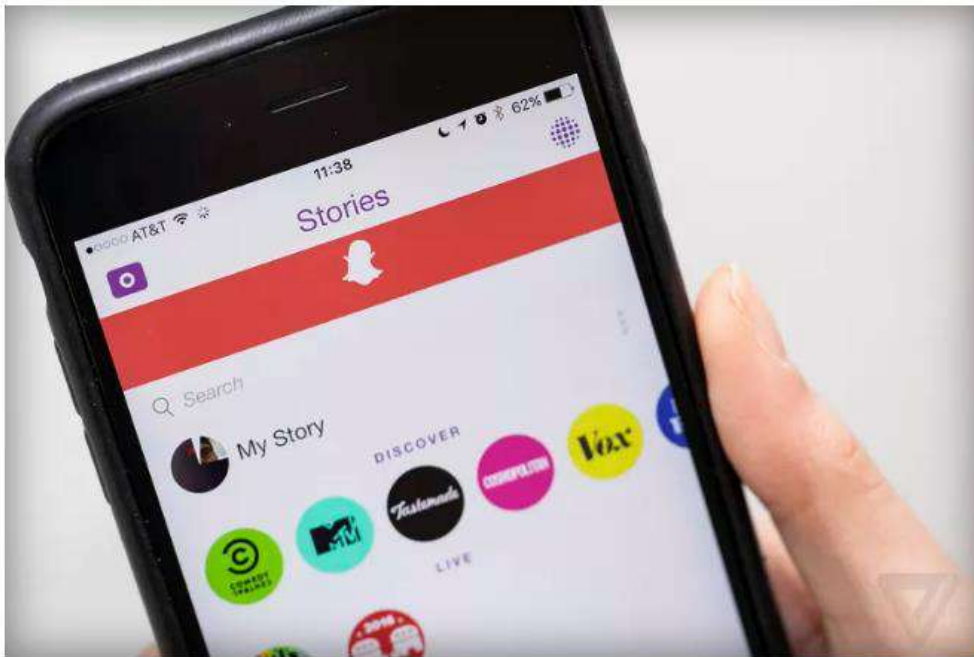
Alexander J. Snyder, 17, of Victoria, died Tuesday at Hennepin County Medical Center in Minneapolis.

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

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



[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

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THE LATEST HEADLINES



Hitman Go is coming to VR tomorrow



Instagram has 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 our



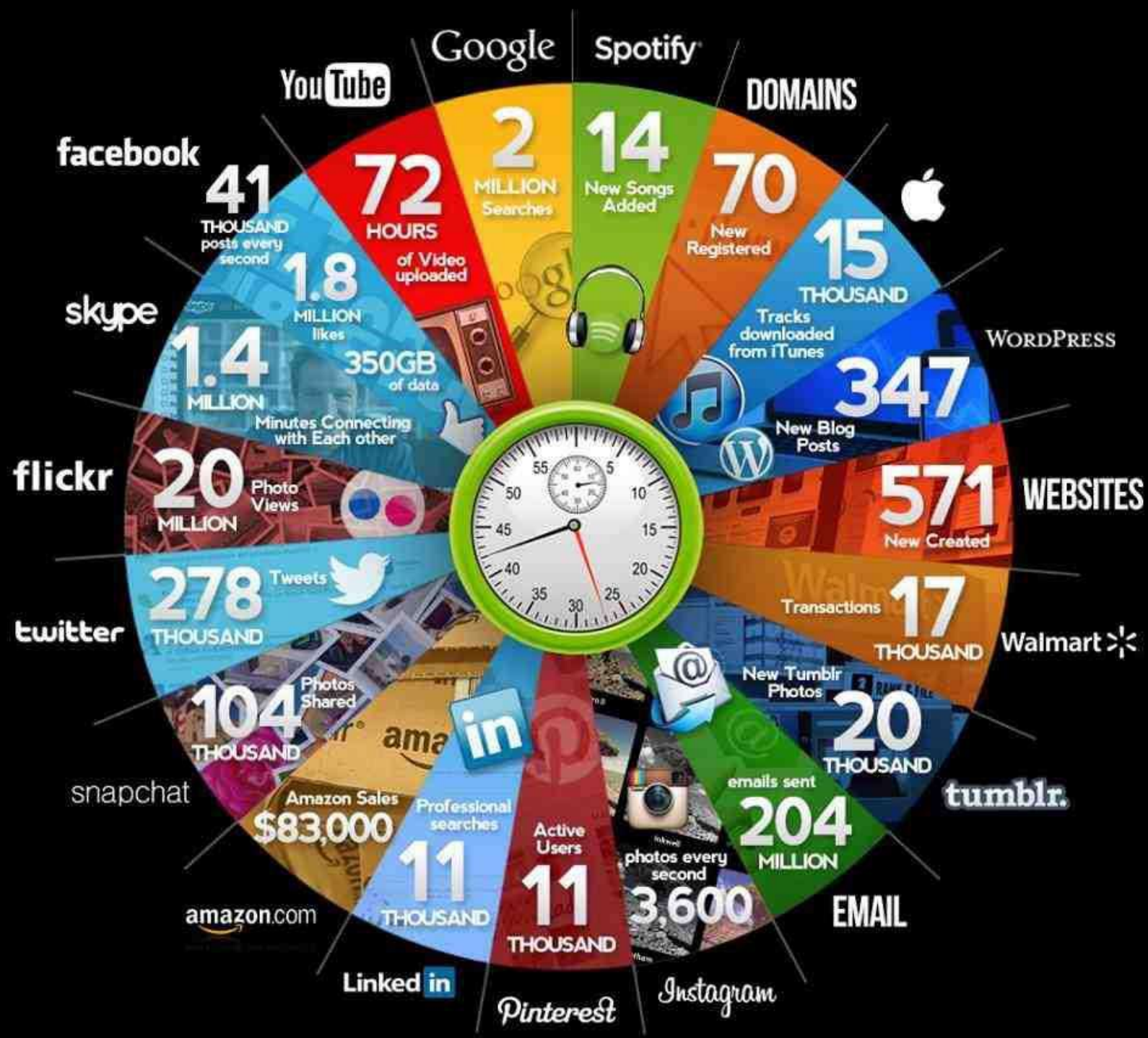
Start the presentation to activate live content



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





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



Why are V Games so interesting

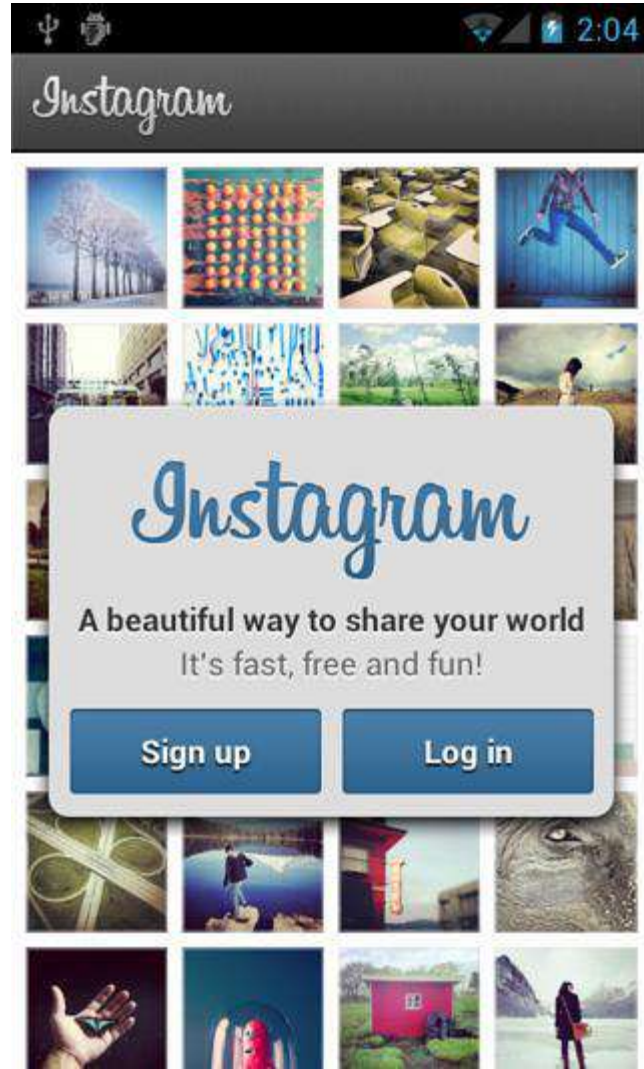
- Novelty
- Try on a different persona
- Control how others see me
- Rules are predictable
- Exploration



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



Snapchat – need to add screen shot

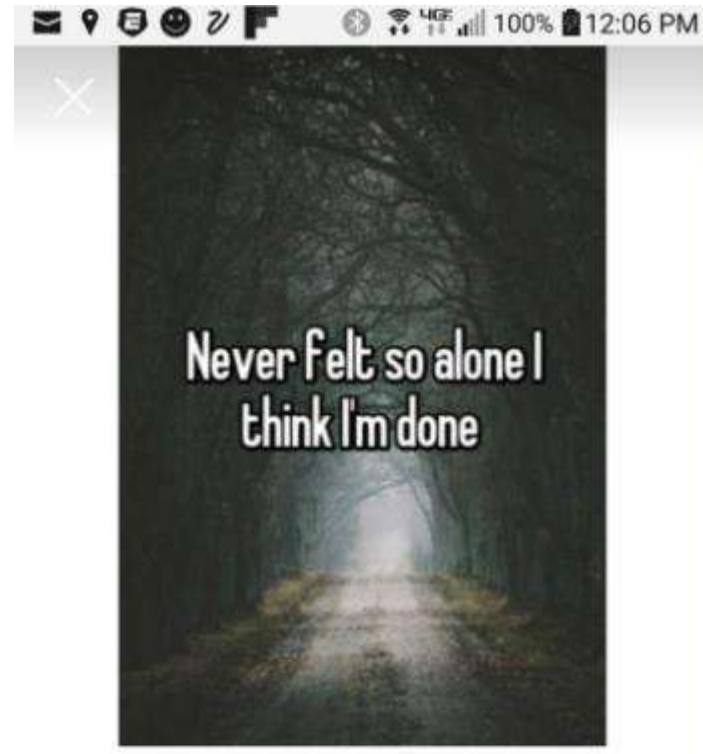


whisper



Lucky_Wishbone
1w Minneapolis, Minnes...

ADD YOUR WHISPER REPLY



1w Minneapolis, Minnes...

ADD YOUR WHISPER REPLY



Merxi
7h Somewhere

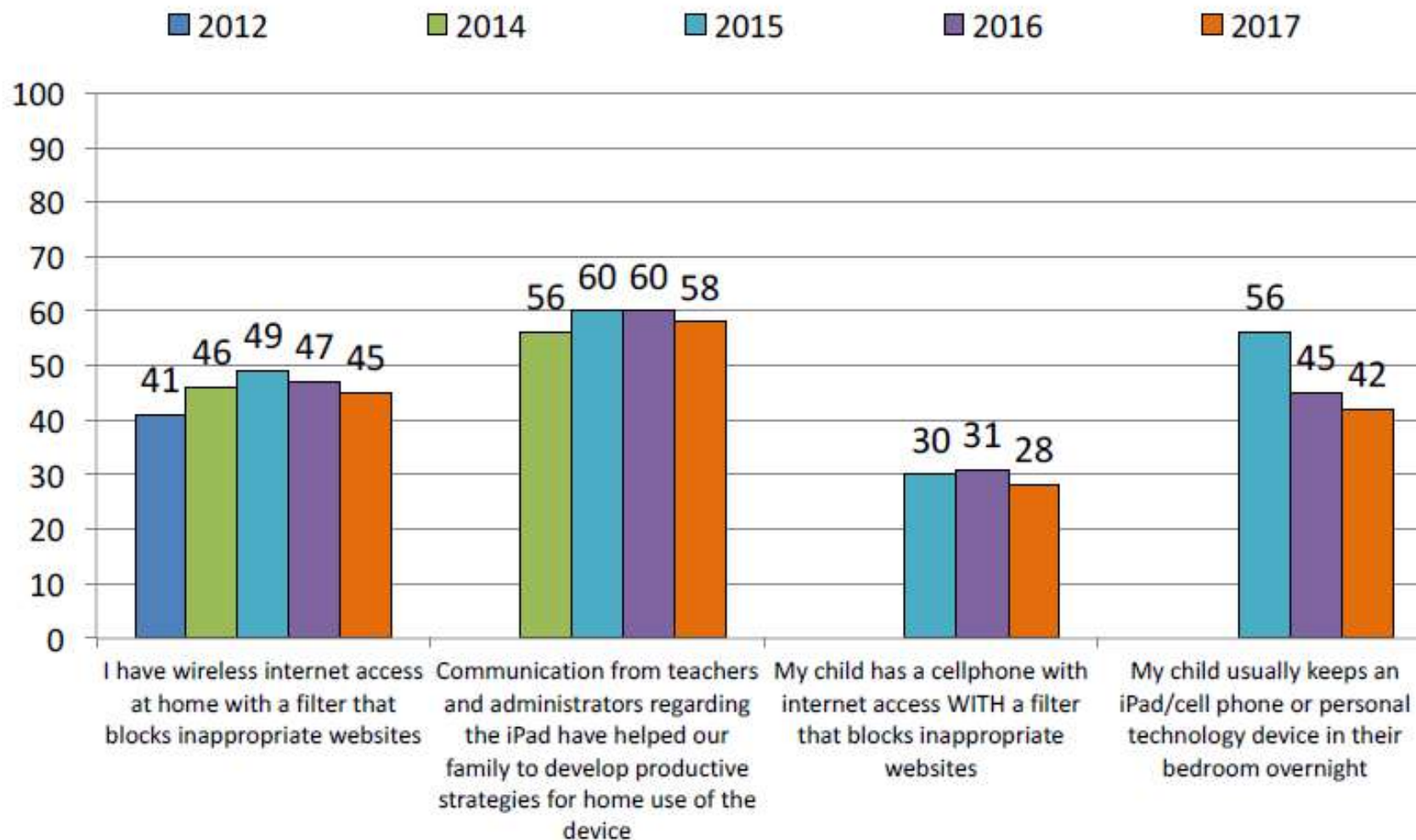
WHISPER REPLIES (414)

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

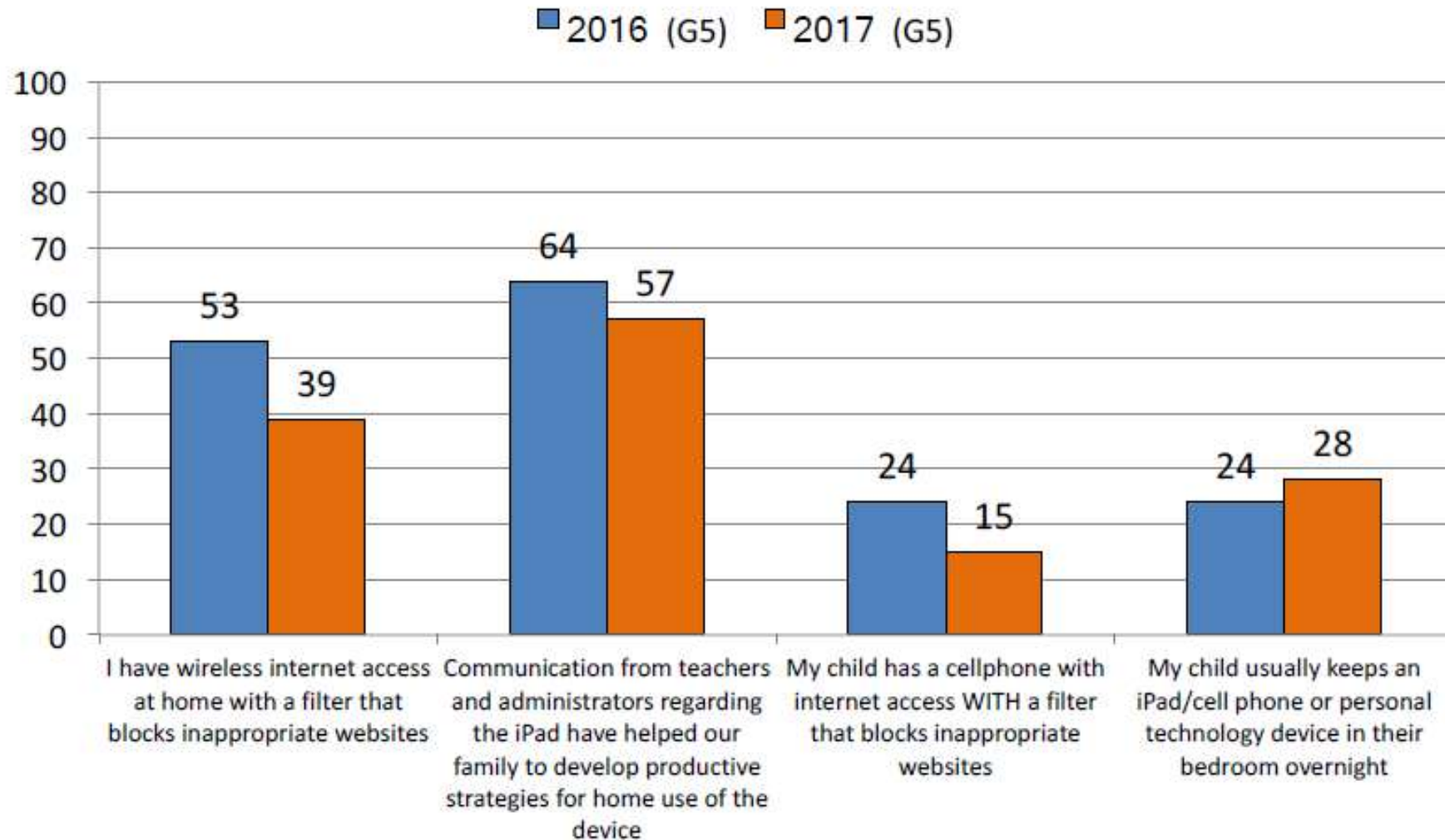
Survey Results 2012 - 2017



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

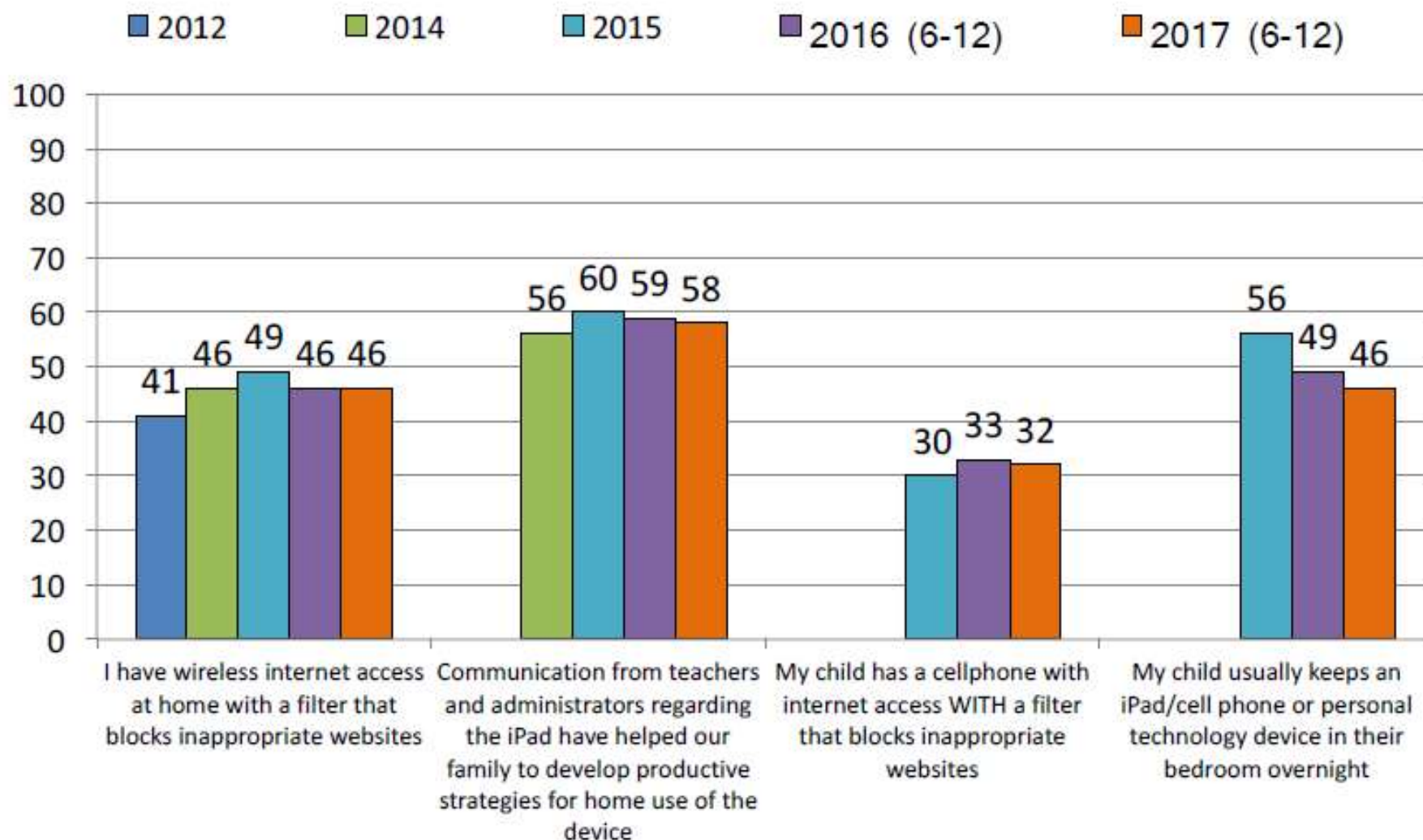
Survey Results 2016 and 2017



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



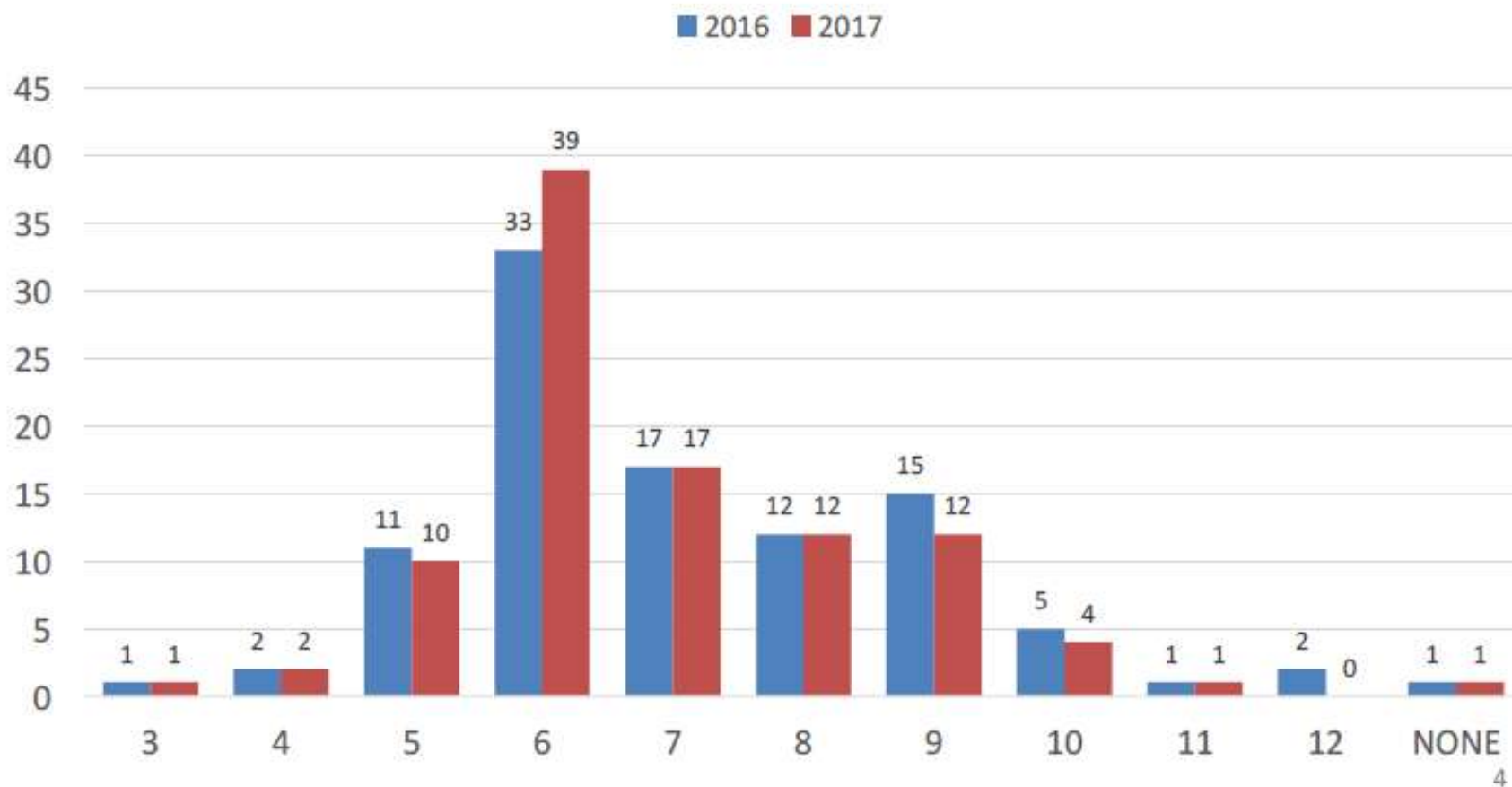
Percent of parents responding "Yes" or "Strongly Agree"/"Agree"

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

Parent Technology Response Summary

Survey Results 2016 - 2017

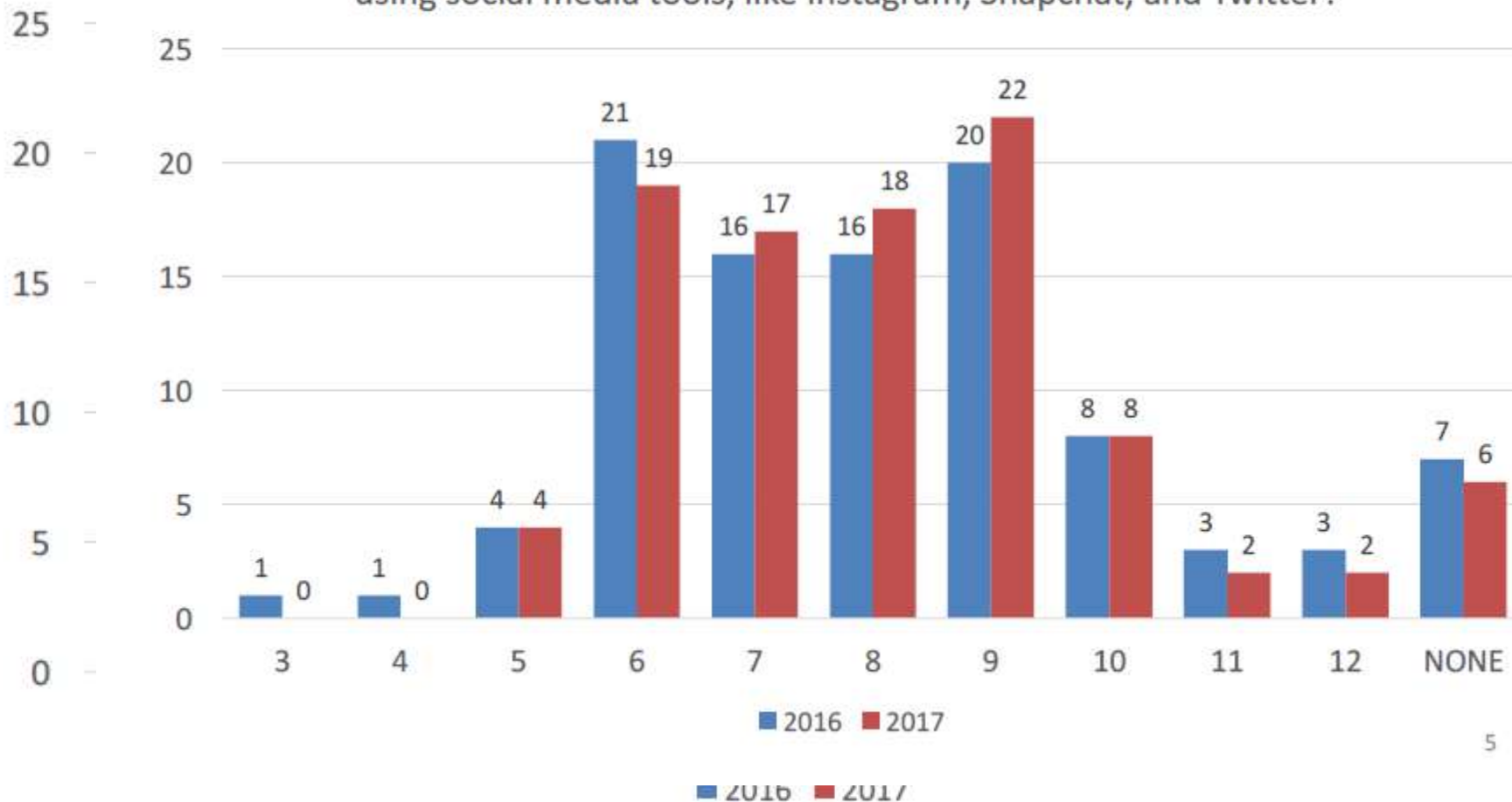
At what grade level do you think it is appropriate for students to first have a cell phone with internet access?



Parent Technology Response Summary

Survey Results 2016 - 2017

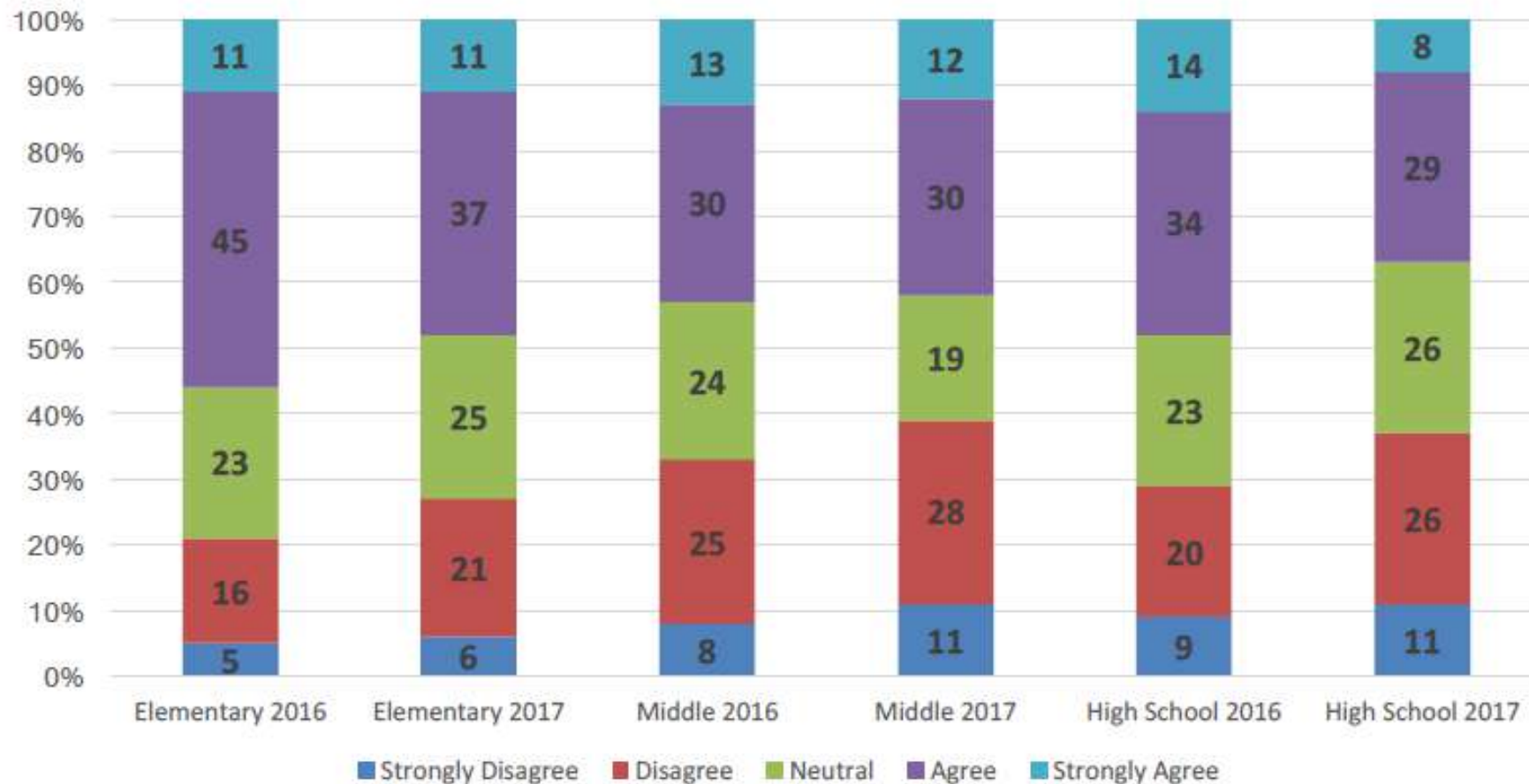
At what grade level do you think it is appropriate for students to begin using social media tools, like Instagram, Snapchat, and Twitter?



Parent Technology Response Summary

Survey Results 2017

Comfortable with recreational screen time

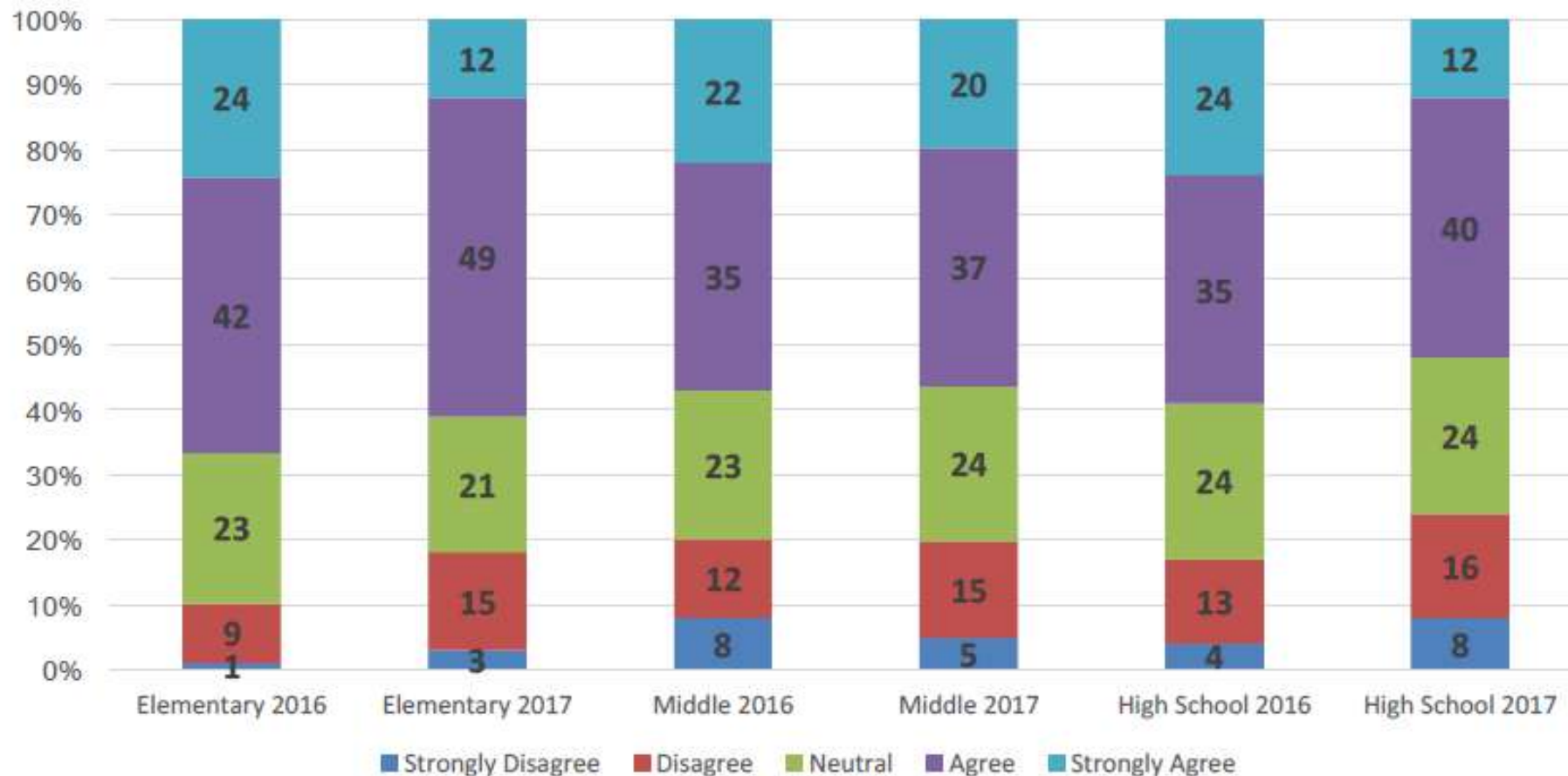


Percent of parents responding "Strongly Agree" or "Agree"

Parent Technology Response Summary

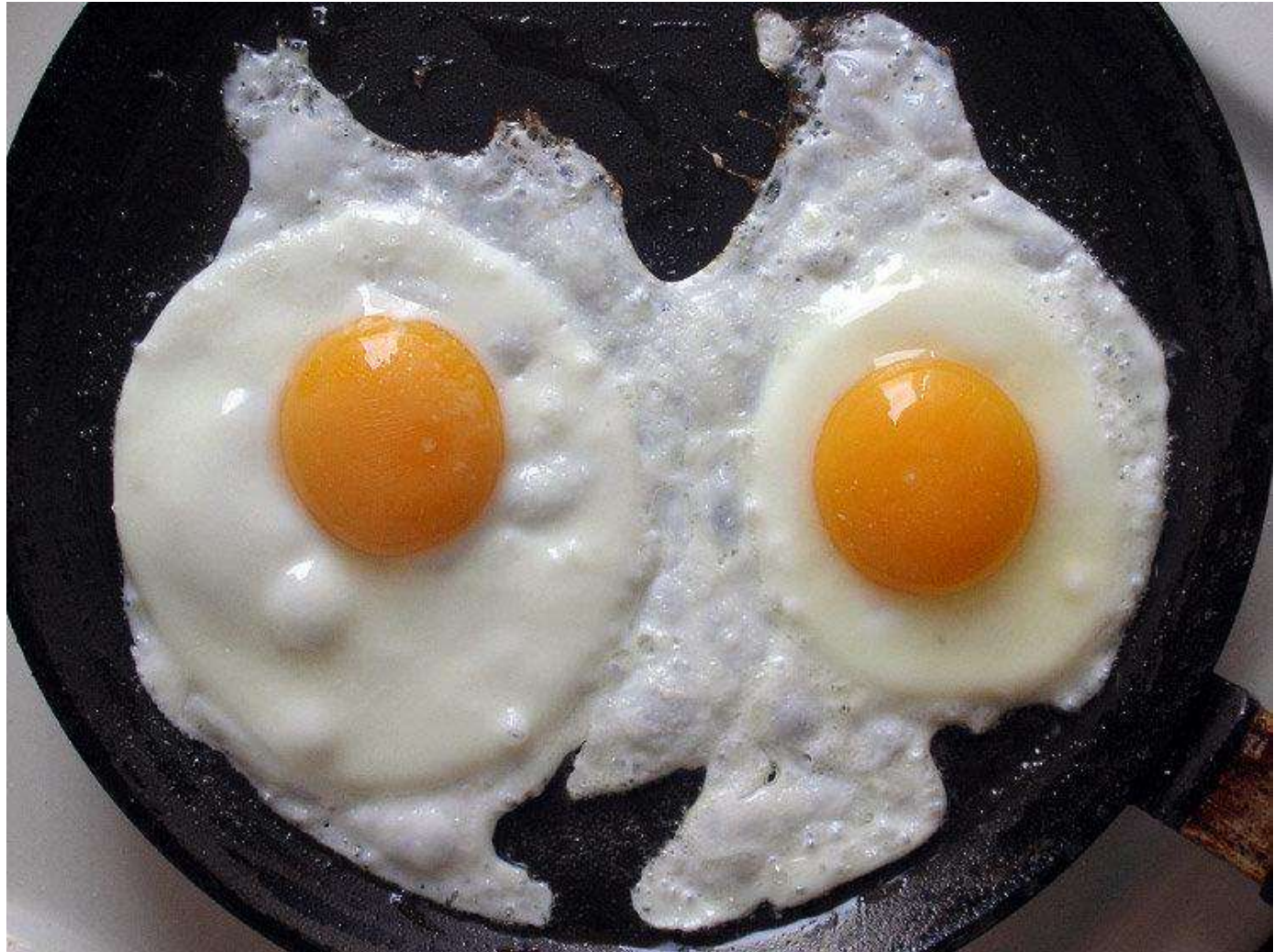
Survey Results 2017

Learning a Healthy Balance of Tech Use



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

Your Brain on
Technology

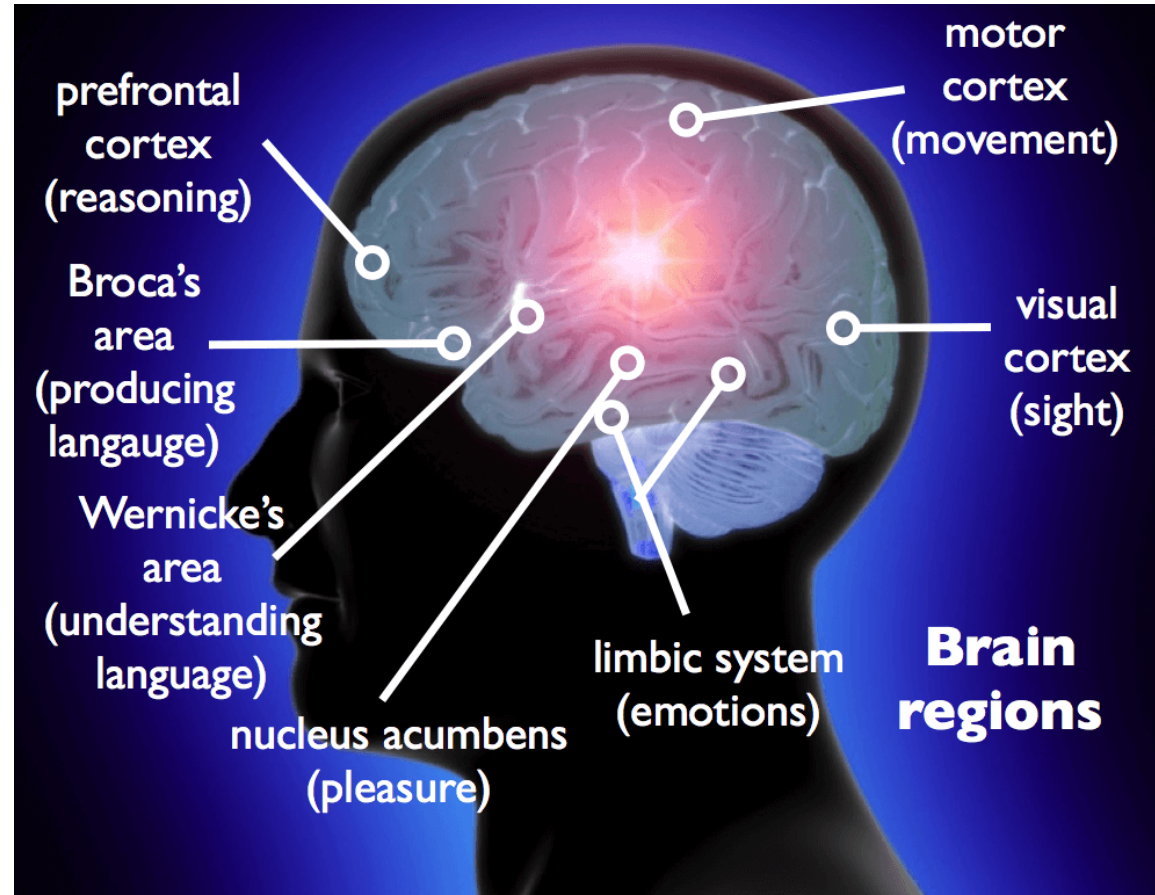


Teen Brain



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.



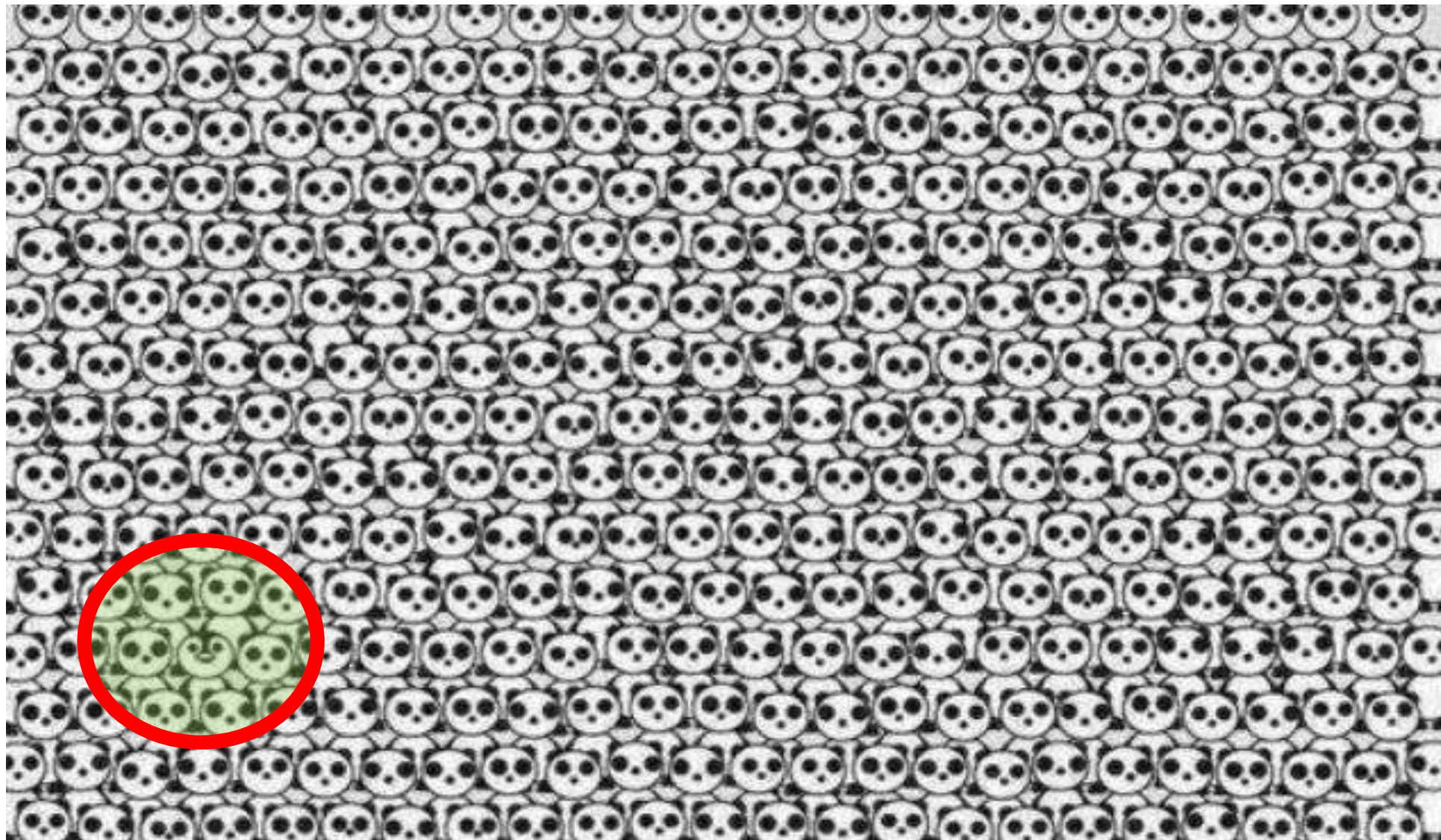
Technology Impact on the Brain

- 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 is 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

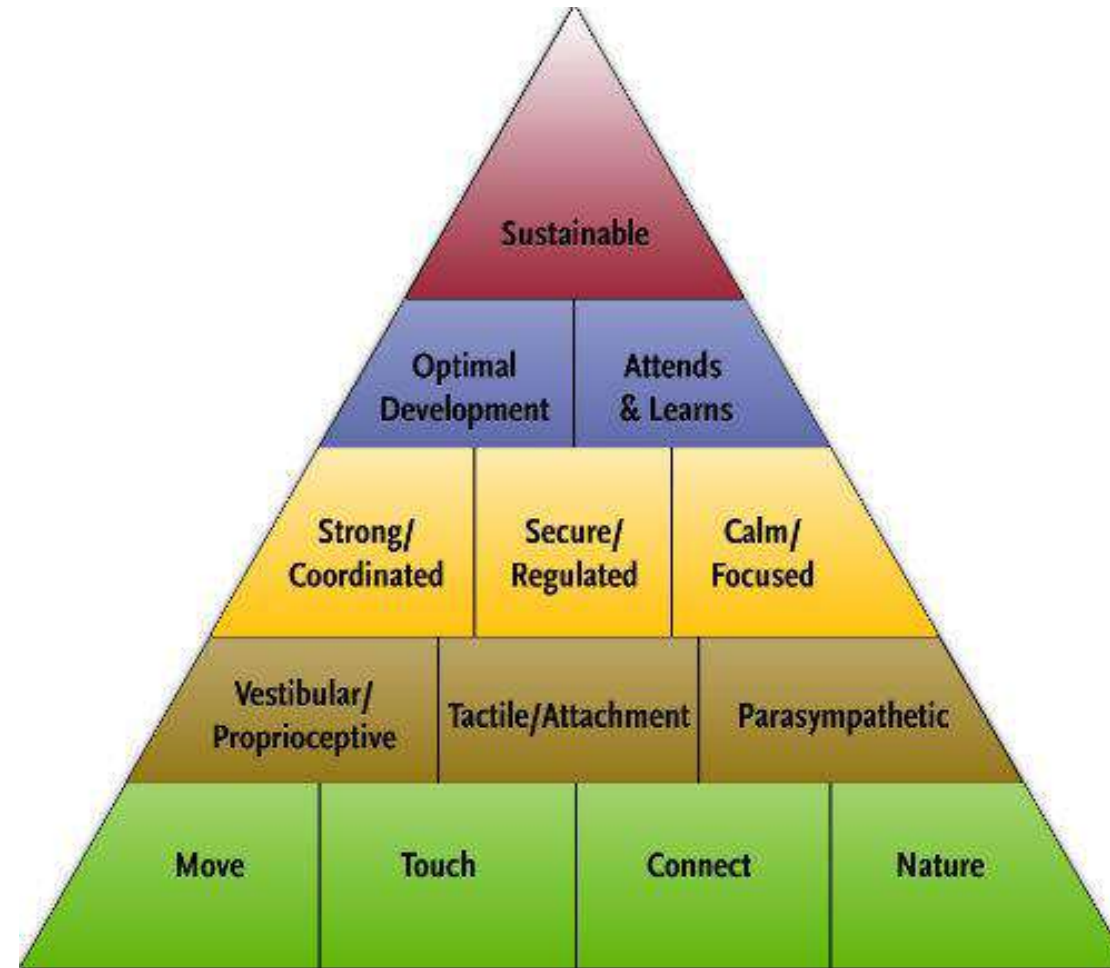
Competence

Able to influence,
and provide value

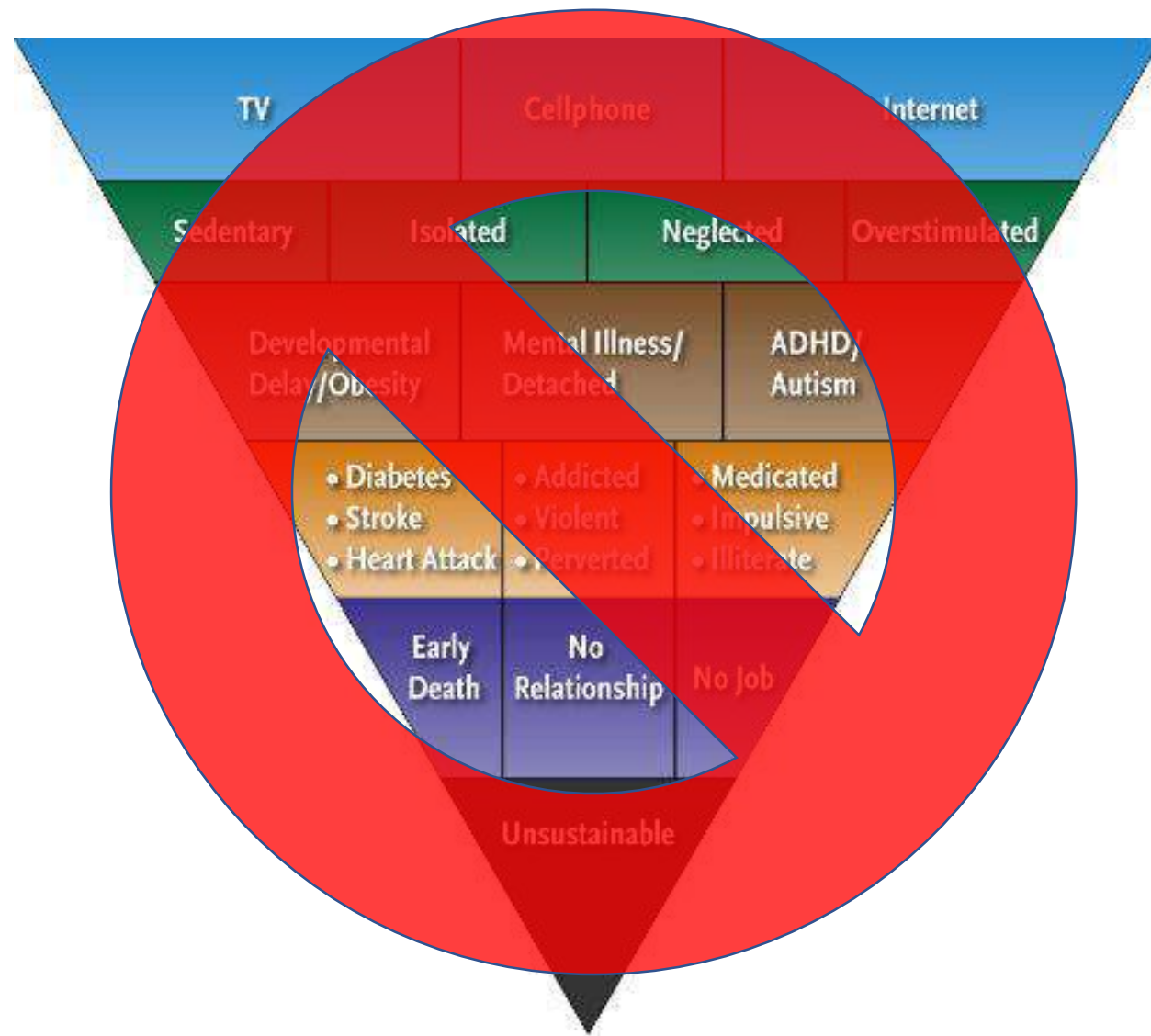
Factors for Healthy Development

- **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



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



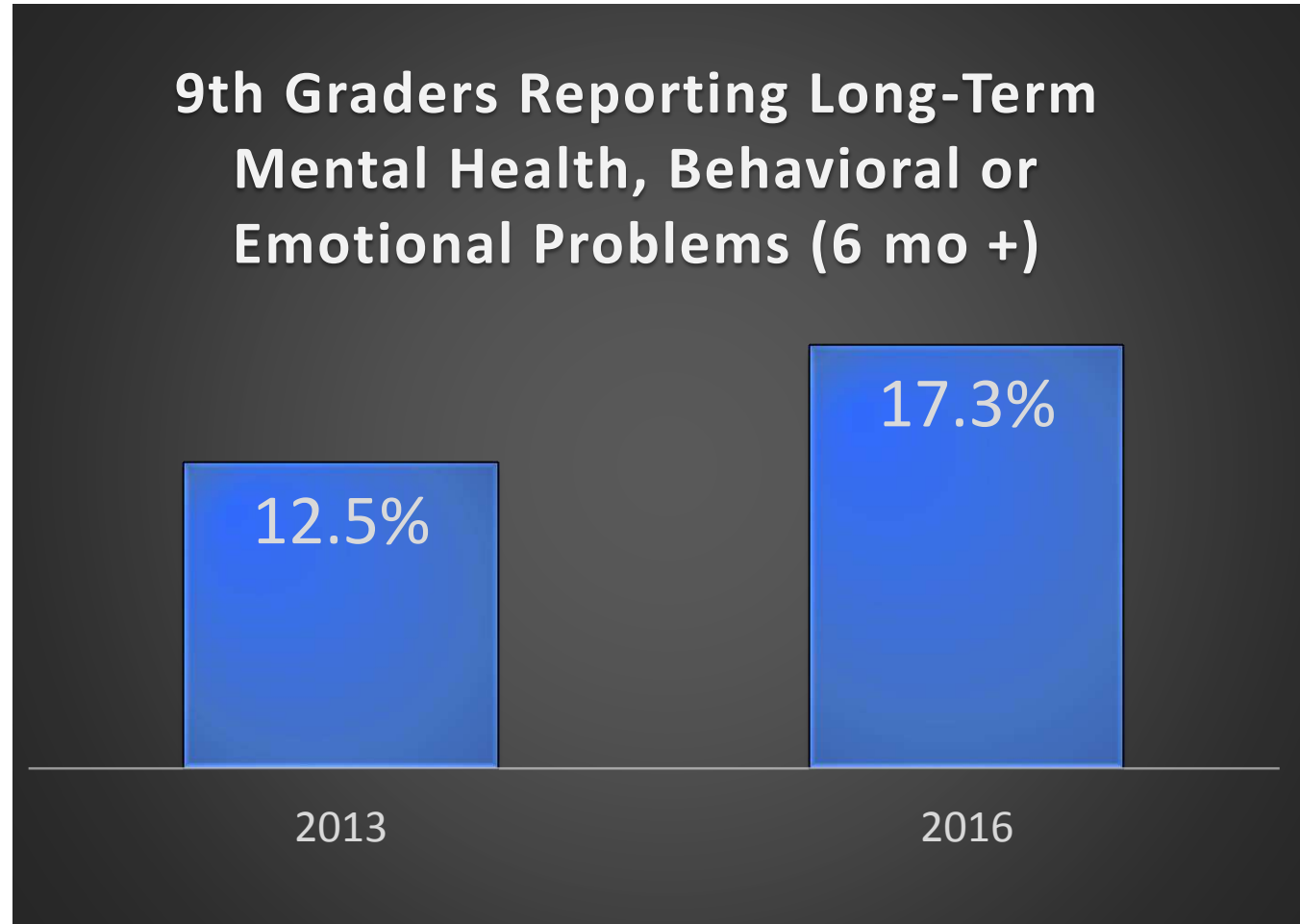
Stop

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

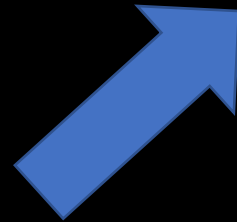
Mental Health on the MSS



Mental Health on the MSS

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

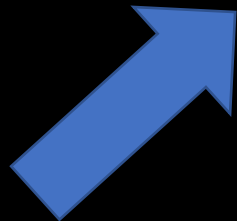
8.8% in 2013



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



**the easy thing we can do to help manage balance and communication
technology use and our families?**



Start the presentation to activate live content



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