

The iGeneration: Tech Clinic for Parents

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The Council on Recovery

St. Thomas High School



<https://www.youtube.com/watch?v=hER0Qp6QJNU>

It makes me feel a lot more connected.

I'll be less
anxious.

All my friends have one!

I'd be able to look
busy in awkward situations.

I'd be cool.

Test Your Knowledge

T or F: More kids between age 3-5 who cannot tie their shoes are able to run apps?

True

How old do you have to be to have a Facebook page?

13

How many average hours of screen-time outside of school are tweens and teens consuming daily?

6.5 hours

What percentage of time are teens using social media?

45%

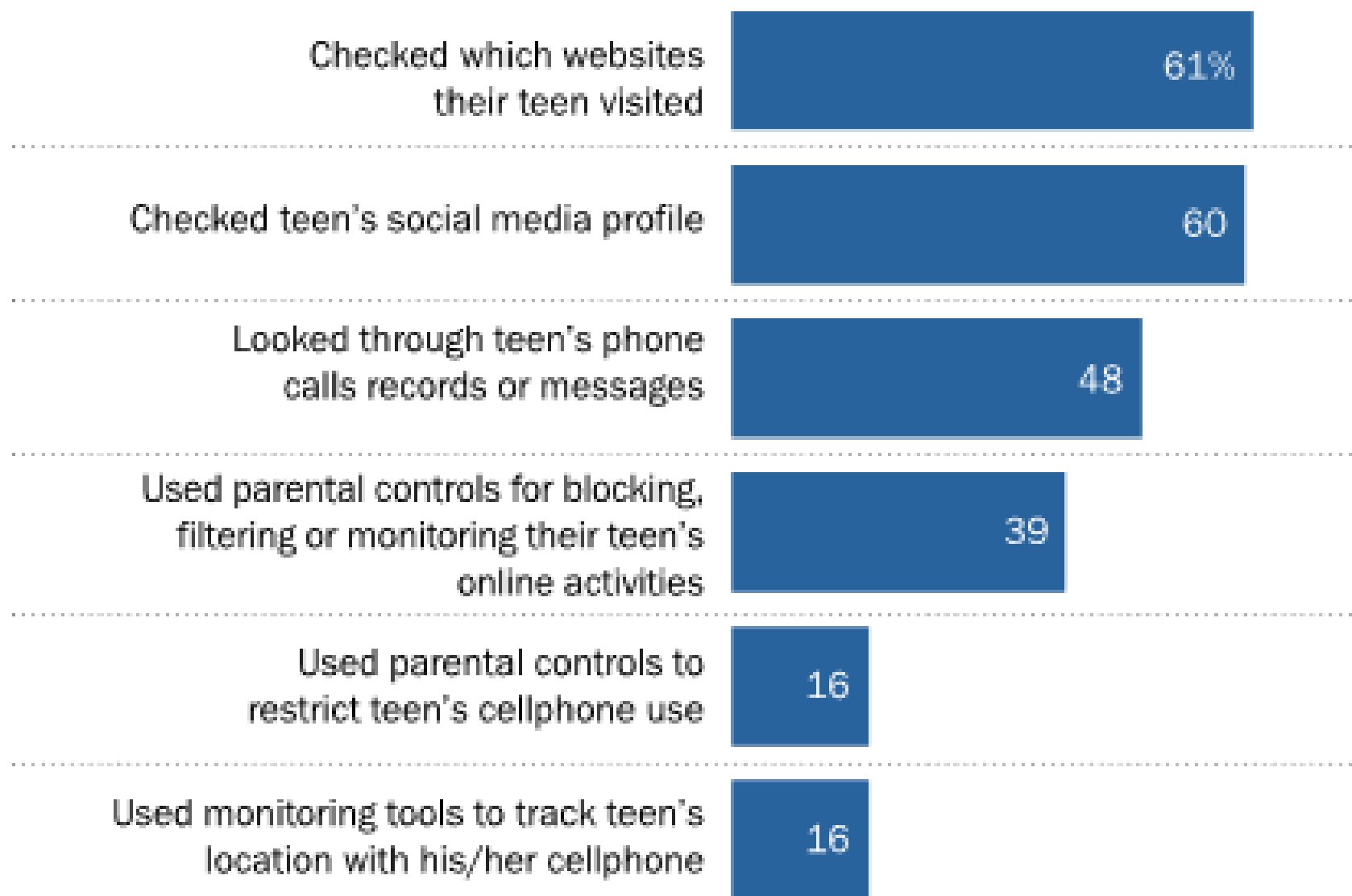
What percentage of children have had a negative experience online?

62%

What percentage of these children will not tell their parents about it?

20%

Among parents of teens ages 13 to 17, the % who have ever ...



Source: Surveys conducted Sept. 25-Oct. 9, 2014, and Feb. 10-March 16, 2015.

MENTORING PARENTS

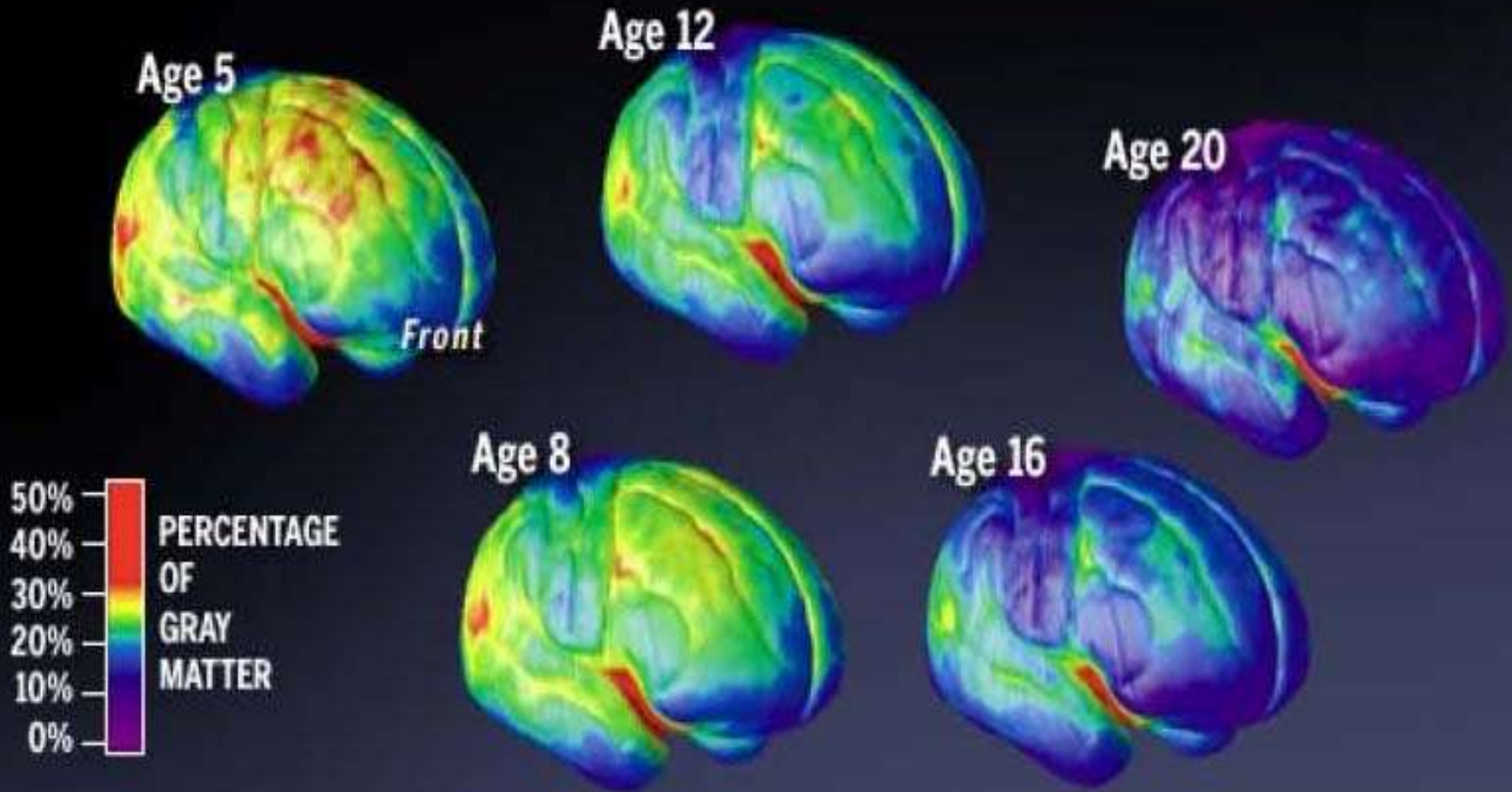
WHY?





Use it

OR LOSE IT



- ✓ Hardwired for “seeking behavior”
- ✓ Survival response to take in more details
- ✓ Focus and attention go against our human nature and need to be learned
 - ✓ Novelty seeking at it’s peak
 - ✓ More sensitive to Dopamine

From Immature, Child Responding to Mature, Adult Thinking: The Road to Executive Function

- Abstract; conceptual understanding
 - Impulse Control
 - Problem-Solving
 - Decision-Making
 - Judgment
 - Emotion Regulation
 - Frustration Tolerance
 - Ability to Feel Empathy

Positive Effects of Digital Tech Consumption

- Education
- Social Congregation – a “safe place” for teens
- Endless Content
- Texting – despite grammatical inaccuracies
- Digital Literacy
- Cognitive Enhancement

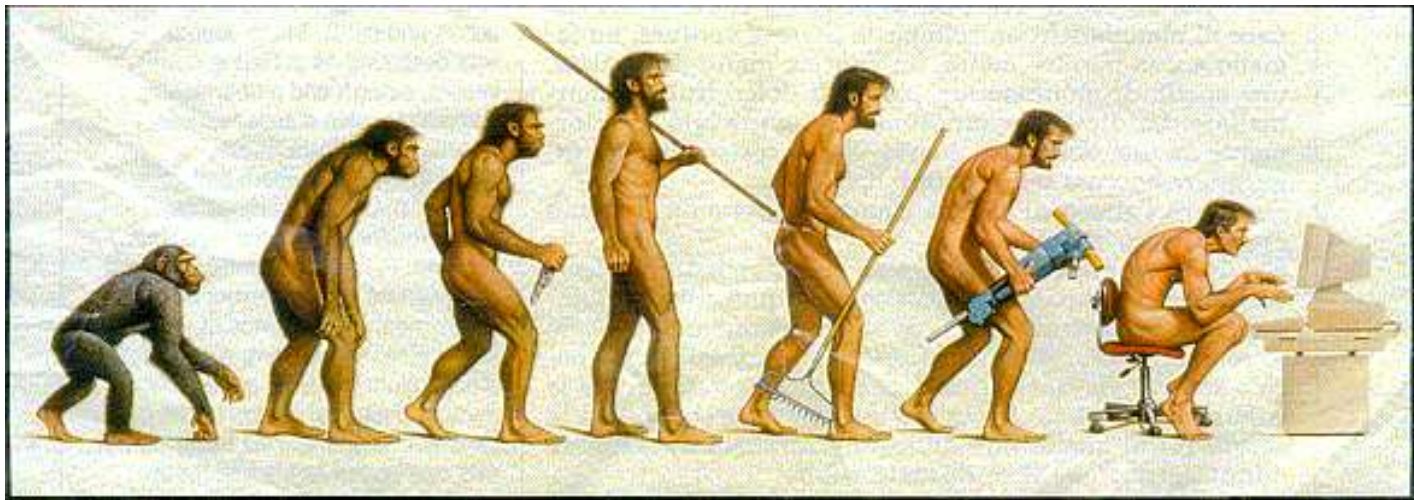


Negative Brain Effects

Our children spend an average of **6.5** hours/day looking at screens outside of school. This may cause:

Hyperarousal – a condition induced by chronic stimulation of the fight or flight response, a stress response, as a result of screen time, characterized by emotional reactivity, trouble following direction, difficulty sleeping, and meltdowns over small frustrations

Emotional Dysregulation – characterized by poor frustration tolerance, tearfulness, irritability, mood swings, and meltdowns or aggression and can be the end product of chronic hyperarousal



Negative Effects of Technology Use

- Weakening neural connections for verbal communication
- Lose facilities that are not exercised
- Enhances visual/cognitive/multi-tasking abilities while losing the ability to sustain attention and filter out distractions which causes poor prioritization
- Loss of ability to pay attention and build memories
- Loss of contemplative abilities
- Decreased dopamine availability and expression
- Gray matter abnormalities in PFC



LOSS OF THE DAYDREAM

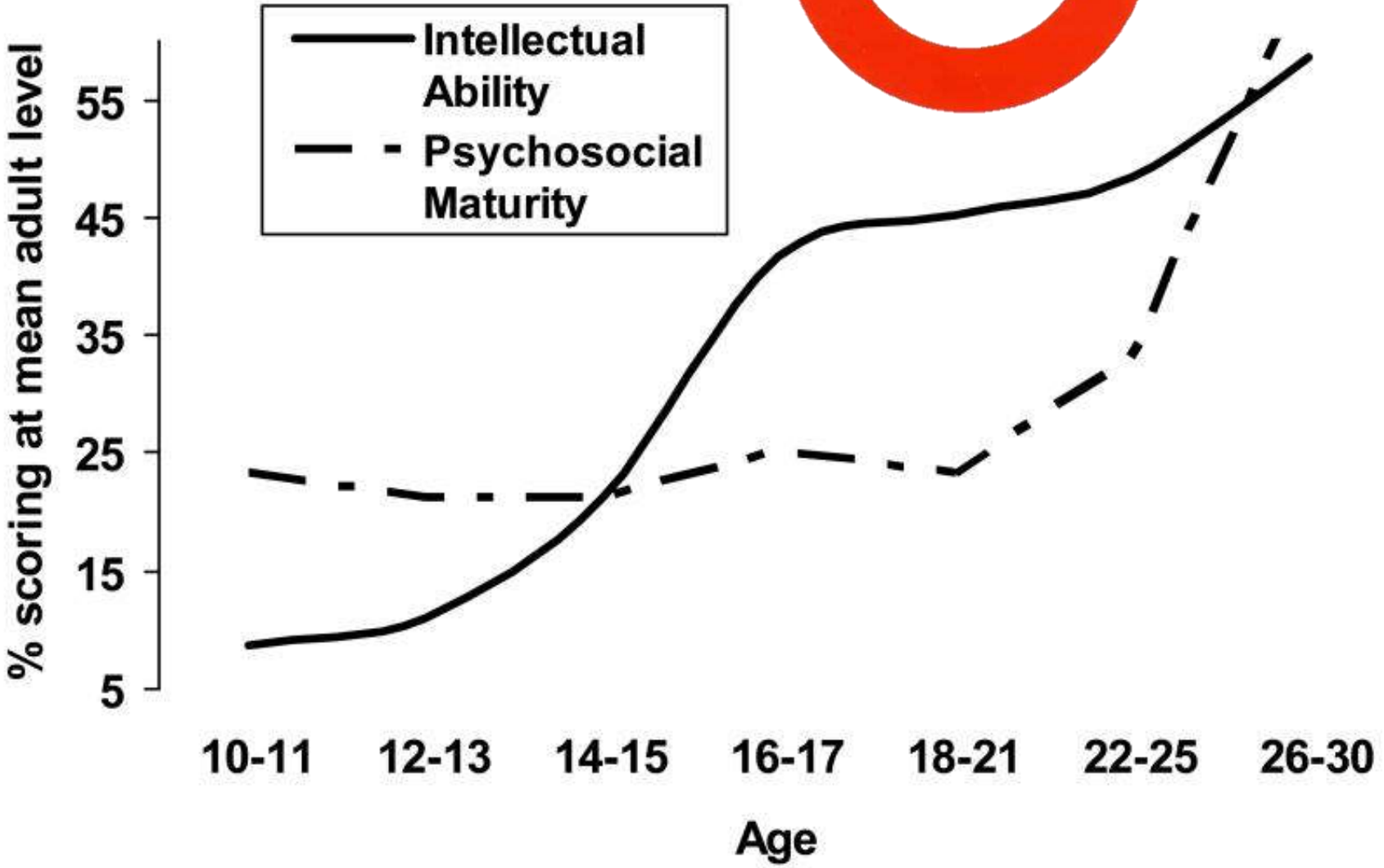
Daydreaming and doodling are methods of processing what is happening in the moment. Social media takes your mind elsewhere. Primes brains for thinking in the here and now, not future.

SELF- CONTROL



The #1 predictor of success in school before intelligence. Self-control is more malleable than IQ.

MIND THE GAP





TRUST

Peace treaties are not signed online. Video conferencing will not replace the business trip. Digital is good for relationship maintenance but not for the building.

EMPATHY

Mental Health Issues

- New class of hypochondriasis called “**cyberchondriacs**” – the constant checking of technology can lead to obsessive compulsive disorder
- Increase in voyeurism
- Increase in eating disorders
- Increase in addiction
- Increase in paranoia
- Increase in narcissism



Depression



- Humans are lonelier despite being connected to the “**digital global village**” and suffer from more depression than ever before in history
- The “**Internet Paradox**” – increased Internet usage coincides with increased loneliness

Aggression

- Prolonged exposure to violent media leads to aggressive behavior, anxiety, bullying, and desensitization
- Research shows that stopping engagement in violent games almost immediately stops violent behavior in students





Other Concerns

1. Electronic Friendships
2. Amotivation (no purpose)
3. Form of Gambling
4. Ludic Loops



Ludic loops
are tight,
pleasurable
feedback loops that
stimulate repetitive,
if not compulsive,
behavior by
increasing
dopamine.



Teen Testers

are hooked up to polygraph devices to measure their heart rate, respiration, and sweat on their fingertips while playing games to find the most stimulating scenes.



Physical Health

- Obesity
- Lack of exercise
- Tiredness
- Stress
- Sleep disturbances
- Concentration difficulties

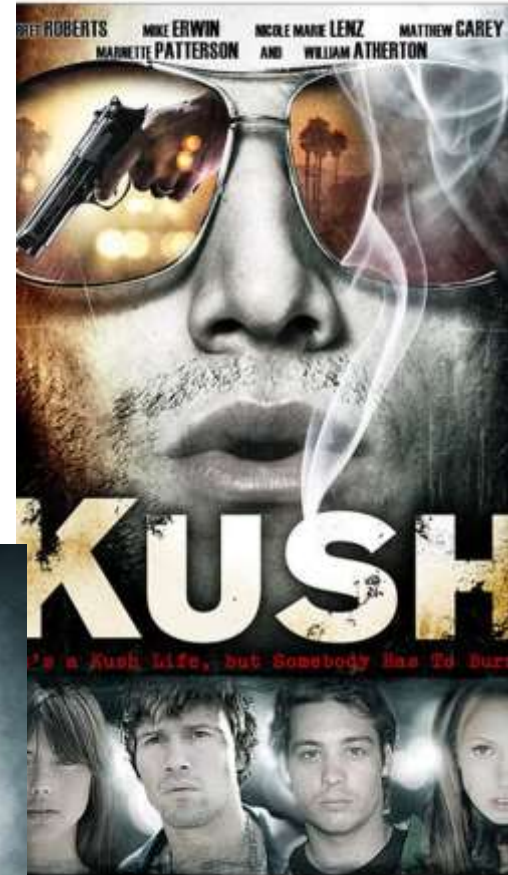


Influence on High-Risk Behavior

Several studies have shown a positive connection between exposure to **risk-glorifying media** content and risk-taking inclinations



Exposure to positive images of others engaging in high-risk behavior **increases** positive outcome expectancies and **increases** positive attitude toward these behaviors



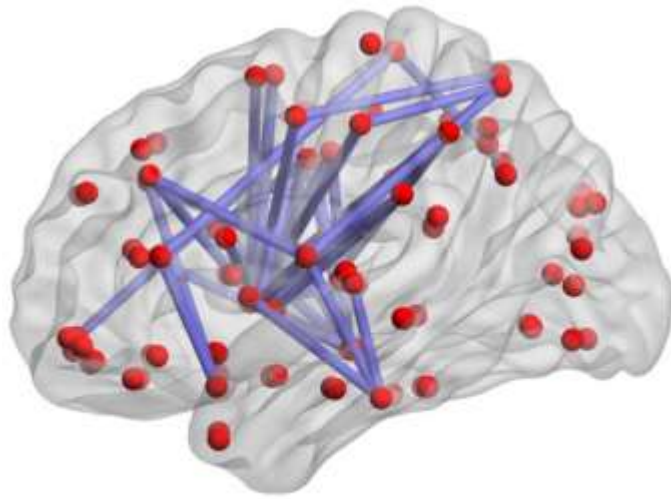
Addiction



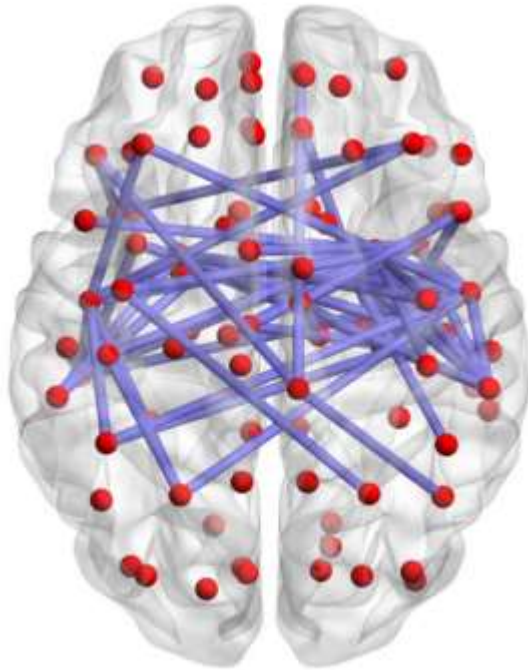
Warning Signs

1. Wanting to check your phone when you are speaking to someone face-to-face
2. Experiencing the feeling that something has not really happened until you post it on Facebook
3. Feeling anxious or isolated if you have been offline for an extended period of time
4. Creating Facebook status updates in your head while you are experiencing something live in person

The more Internet addicts spent online, the more the brain shows signs of **atrophy!**



Adolescents
with internet addiction display
altered brain functional
connectivity and decreased
connections within all three
major cerebral lobes involved.



Signs of Severe Addiction

1. Playing games for more than 3 hours/day
2. Thinking about games/craving often
3. Skipping social events, work, or school to play
4. Scheduling around game play
5. Gaming becomes central to life
6. Blurring of games and reality
7. Playing to modify mood or emotional escape
8. Playing to socialize thus becoming isolated
9. Sleep disturbances
10. Unable to stop playing
11. Neglecting work/study/homework
12. Falling or failing grades



7 Must Do Parenting Tools

- ✓ Check game and app developer ratings
- ✓ Spot check text messages weekly and use online resources to decode teen slang
 - ✓ Utilize parental controls on all devices
 - ✓ Use screening software at your router
- ✓ Create a technology contract prior to smart phone use
- ✓ Teach and expect your child to be a good Digital Citizen
- ✓ Take away the cell phone as a consequences for failure to follow rules or inappropriate cell phone use

A PARENT'S GUIDE TO SOCIAL: PROCEED WITH CAUTION

									
	After School	Whisper	Burn Note	HiCalculator	Kik	YikYak	Ask.fm	Wishbone / Slingshot	Ogle
APP DEVELOPER RATING	13+	13+	18+	13+	18+	18+	13+	13+	13+
APP STORE RATING	17+	17+	17+	17+	12+	17+	12+	12+	17+

					
	Snapchat 100 M DAILY USERS	Periscope 10 M / 2 M DAILY USERS	Vine 200 M MONTHLY USERS	Whats App 200 M MONTHLY USERS	Musical.ly 60 M USERS
APP DEVELOPER RATING	13+	13+	17+	16+	12+
APP STORE RATING	12+	4+	17+	4+	+

					
	Facebook 1 B USERS	Twitter 650+ M USERS	Youtube 1 B USERS	Pinterest 100 M USERS	LinkedIn 100 M USERS
APP DEVELOPER RATING	13+	13+	18+	13+	14+
APP STORE RATING	4+	4+	17+	12+	4+

This graphic is designed to help you familiarize yourself with the prominent apps in use today. All social apps have the potential to be used for bullying or by predators. Others have the potential for deception. The most important thing is to be vigilant and vocal, continue to talk to your kids!



Decoding Social Media Slang

<http://parentinfo.org/article/online-teen-speak-updated>
<http://www.netlingo.com/top50/acronyms-for-parents.php>

ASL - age, sex, location (could mean your child is using an anonymous chat room)

CD9 - Code 9 (meaning parents are around)

GNOC - get naked on camera

KPC - keep parents clueless

IRL - in real life. See also:

MIRL - meeting in real life

LMIRL - let's meet in real life (fine if it's their friends)

IWSN - I want sex now

MOOS - member of the opposite sex

P911/P999 - parent alert

PAW - parents are watching

POS/MOS - parents over shoulder/mum over shoulder

RU/18 - are you over 18?

WYRN - what's your real name?

Zerg - to gang up on someone

420 - marijuana

Wii U

All-Inclusive Information on Parental Controls:

<https://www.Nintendo.com/wiiu/parents/>

Contains information on how to set up parental controls and features of parental controls

- Game Rating control
- Online Interaction in Games
- Internet Browser controls
- Wii U Shopping Services
- Miiverse Settings
- Friend Registration Control
- Entertainment Excluding Games
- Data Management



Xbox One

How to Access Parental Controls:

<http://www.tomsguide.com/us/xbox-one-parental-controls,news-17893.html>

Information on Specific Parental Controls:

<https://support.xbox.com/en-us/xbox-one/security/core-family-safety-features>

Three Categories of Parental Controls

- Access to Content and Apps
- Web Filtering
- Descriptions in OneGuide



PlayStation 4

Console Parental Controls:

<https://www.playstation.com/en-au/get-help/help-library/my-account/parental-controls/parental-controls-on-playstation-4/>

Account Parental Controls:

<https://www.playstation.com/en-au/get-help/help-library/my-account/parental-controls/sen-sub-account-parental-controls/>

- Restrict Web Content
- App Purchases
- Chat Features
- Spending Limits



PlayStation Vita

Console Parental Controls:

<https://www.playstation.com/en-au/get-help/help-library/my-account/parental-controls/parental-controls-on-playstation-vita/>

Account Parental Controls:

<https://www.playstation.com/en-au/get-help/help-library/my-account/parental-controls/sen-sub-account-parental-controls/>

- Play Duration!!
- PlayStation Store Restrictions
- Location Data



Nintendo 3DS

Restrictions and How to Set Them Up:

http://en-americas-support.nintendo.com/app/answers/detail/a_id/7207/p/430/c/184/session/L3RpbWUvMTQ3NTY4MDEyNC9zaWQvaypi_d29sKm0%3D

- Software Rating
- Internet Browser
- Shopping Services
- Streaming Video



Mobile Apple Devices

Restrictions and How to Set Them Up:

<http://www.imore.com/how-to-parental-controls-iphone-ipad>

<https://itunes.apple.com/us/app/umbrella-by-opendns/id557639276?mt=8>

- Adult Web Site Restrictions
- Managing Installation and Deletion of Apps
- App Store Purchases
- Cellular Data
- Content Age Ratings



Mobile Android Devices

Google Play Parental Controls:

<https://support.google.com/googleplay/answer/1075738?hl=en>

- Apps and Games
- Movies
- TV
- Books
- Music





<https://www.opendns.com/>

1. Go to web site
2. Click “Personal” Tab
3. Click “Open DNS Family Shield” Setup Guide or “Open DNS Home” Setup Guide
4. Follow the Prompts

This allows your wireless router to automatically screen out any web sites with adult content that are accessed through Wi-Fi in your home, for **FREE**.



<http://ourpact.com/>

OurPact gives you the power to block internet and apps across any network, inside and outside of the home. Whether you're looking for iOS or Android parental controls,

Phone and Computer Monitoring Software



**My Mobile
Watchdog**

www.mymobilewatchdog.com



www.webwatcher.com



www.teensafe.com

 **Net Nanny**

www.netnanny.com



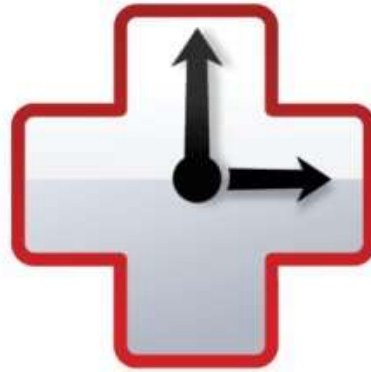
<http://mysocialsitter.com/>



<https://www.disneystore.com/disney-store-official-site-for-disney-merchandise-circle-with-disney/mp/1404788/1000235/#longDescription>

Circle is a device that plugs into the wall and gives parents the ability to set up restrictions on all wi-fi connected devices in the home. Gives the ability to filter based on content, turn off internet per device at will from the mobile app, and allows setting of timers to cut off internet for each device at night. One time fee of \$100.00 for the device.





Rescue**Time**

<https://www.rescuetime.com/>

Rescue Time provides a free service that tracks the amount of time spent in various online activities and applications to assist with personal accountability. Generates weekly reports and the free version allows storage of data for 3 months. Useful for mobiles, tablets, laptops, and desktops.

Family Technology Agreement

To keep it simple:

https://www.common sensemedia.org/sites/default/files/uploads/pdfs/fma_all.pdf

For more options:

<https://mediatechparenting.net/contracts-and-agreements/>

JANELL BURLEY HOFMANN.

<http://www.janelburleyhofmann.com/>

1. It is my phone.
2. I will always know the password.
3. If it rings, answer it use your manners. Do not ever ignore a phone call if the screen reads "Mom" or "Dad". Not ever.
4. Hand the phone to one of your parents promptly at 7:30pm every school night & every weekend night at 9:00pm.
5. It does not go to school with you.
6. You are responsible for the replacement costs or repairs.
7. Do not use this technology to lie, fool, or deceive another human being.
8. Do not text, email, or say anything through this device you would not say in person.
9. No porn. No sexting.
10. Turn it off, silence it, put it away in public.
11. Don't take a zillion pictures and videos. There is no need to document everything. Live your experiences. They will be stored in your memory for eternity.
14. Leave your phone home sometimes

xoxoxoxox,
Love Mom

IN THIS HOUSE

TECHNOLOGY IS A
privilege NOT A RIGHT
ALL TECHNOLOGY MUST BE PARENT APPROVED
WE VALUE PEOPLE
MORE THAN TECHNOLOGY
DEVICES DON'T COME TO THE DINNER TABLE
THERE IS NO TECH
BEHIND CLOSED DOORS
CHORES AND HOMEWORK COME BEFORE TV OR VIDEO GAMES
TURN IT OFF
IS NOT A NEGOTIATION
WE BREAK IT WE HELP PAY TO REPLACE IT
WE USE TECHNOLOGY APPROPRIATELY
OR WE LOSE IT

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"Dr. Dunckley's plan is sure to provide relief to
a great many children — and their families."
— CHAD MALIKIN, PhD, Instructor, Psychology
Harvard Medical School



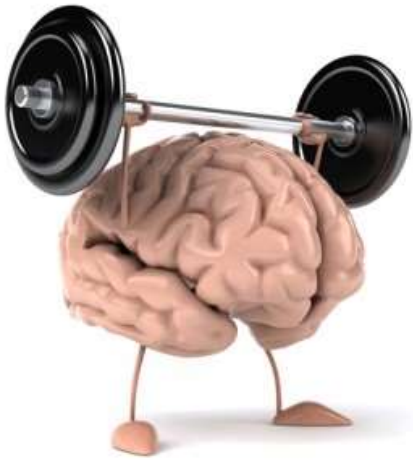
RESET YOUR CHILD'S BRAIN

A FOUR-WEEK PLAN TO

End Meltdowns, Raise Grades,
and Boost Social Skills
by Reversing the Effects of
Electronic Screen-Time

Victoria L. Dunckley, MD





***USE IT OR LOSE IT
CHALLENGE #3:***

***What does
digital citizenship mean?***

A digital citizen is...

A person who uses digital technology responsibly with respect and compassion for the health and wellness of others off and online.



DIGITAL CITIZENSHIP CHECKLIST:

- I respect your ears and use headphones***
- I stay safe online and think before I post***
- I respect myself and others by speaking respectfully of others online and offline***
- I am an Upstander against cyberbullies and speak out against negative posts***
- I balance my online and offline activities***

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<http://www.pewinternet.org/2016/01/07/how-parents-monitor-their-teens-digital-behavior/>

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Your Support Team

