

# Dealing with Digital Distractions in the 21st Century: What the Science Says

Presented By

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## Truth In Advertisement

Technology is NOT Bad!!

Advances in technology has brought about unforeseen consequences and challenges

We must be aware of the potential dangers and pitfalls and discover ways to address these issues

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## Full Disclosure

I am NOT a perfect parent

I am a Child Psychologist

I have the same challenges, fears and concerns about my children as you do!!!

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## Lets Talk Tech!!!

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## Technological Advances That Have Permanently Changed Our Lives

- Automobile
- Airplane
- Plastic
- Microchip
- Internet
- Mobile Technology

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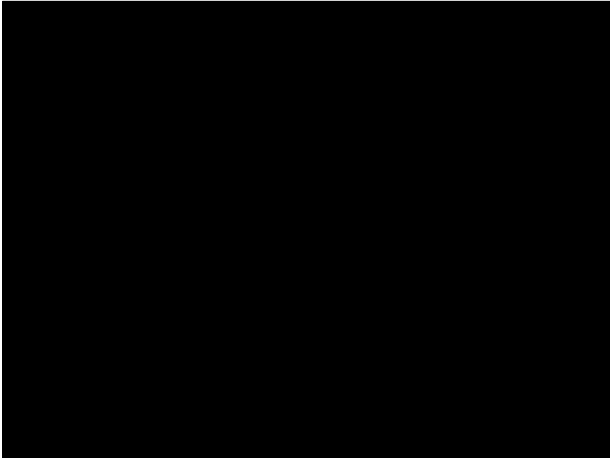
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## How We Connect To The Internet Today

- Computers
- TV
- Washer/Dryer
- Tablets
- Watches
- Cars
- Cell Phones

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## Lets Talk About Mobile Technology

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## History of Cell Phones

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### 1G Phones



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## The 1G Phone

1G - April 1973, first analog mobile to mobile phone call was made

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### 1973 First Cell phone Call by Dr. Cooper



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## The 2G Phone

2G - 1990's analog switches to digital technology. The first person-to-person text message was sent in Finland in 1993. 2G also introduced the ability to download media material.

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### 2G Phones



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## The 3G Phone

3G - Allows for efficient transmission of media material and the capability to view live streamline media.

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## New Advances

- ☉ 4G phones (Its all About Speed)
- ☉ Now we have LTE.....Super Speedy!!!

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## How Many Adults Own a Cell Phone

- ☉ 90% of Adults Have a Cell Phone
- ☉ 61% possess a smart phone
- ☉ Many adults have another mobile device such as a tablet

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## Interesting Stats

- ☉ 73% of Adults check their phone even when they have not received a message, for fear they may have "missed a message"
- ☉ 46% of Adults state they feel they cannot imagine "life without my cell phone"
- ☉ over 40% of adults sleep with their phone so they "don't miss a message from someone"

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## What Do Most Adults Do with Their Cell Phone

- Text Message
- Talk
- Access the internet
- Email

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## Are You Distracted By Your Cell Phone???

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## What About Our Kids??

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## How many children have a cell phone?

- 88% of teens between the ages of 13 and 17 have a cell phone.
- 75% of teens either have or have access to a smartphone
- 56% of children between the ages of 8-12 have a cell phone. Of these children over 30% have access to a smartphone
- 53% of children get their first cell phone by the age of 6
- Children under the age of 10 now represent the most important marketing demographic for cell phones.

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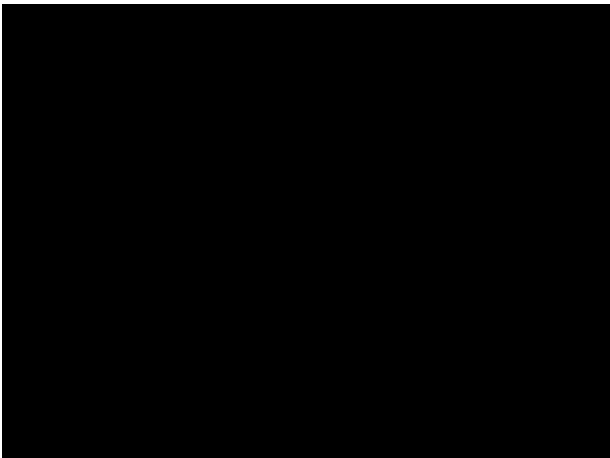
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## What Are Youth Using Cell Phones For

- Media consumption has significantly grown as a result of mobile technology
- 94% of teens access the internet daily from a mobile device
- Youth spend about 8-9 hours a day on a screen, BUT, when you account for multitasking it equals out about 11 hours per day or equivalent to "every waking moment except for when kids are in school."
- 2 hours a day texting
- 25% of teens say they are "Cell Mostly" Internet Users
- Youth spend more time consuming media on a mobile phone than with any other device.

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## What Are Youth Using Cell Phones For

Most of the time spent on a mobile device is spent on social media

Facebook is the most widely used social media outlet followed by Instagram and Snapchat

Girls are more likely to use Instagram

Boys are more likely to play video games

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## Interesting Stat

30% of infants are using smartphones or tablets

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## In Sum.....

- ⦿ The majority of time our children spend on screens is typically unproductive
  - ⦿ Games, Games and more Games
  - ⦿ Social Media etc...
  - ⦿ Consuming Media (i.e., movies, music and more)
  - ⦿ Accessing the Internet

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## What Does The Future Hold??

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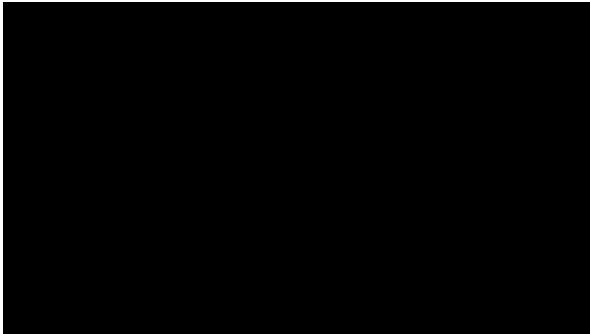
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## Changes in Technology Changes our Behavior

- ⦿ Has shaped our communication style
- ⦿ Effects our behavior
- ⦿ Changes in technology can create a new set of problems (social issues, aggression, addiction, etc.)
- ⦿ Mobile Technology is King!!!

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## Food for Thought

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## Are We Distracted by Screens??



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## Is our screen time productive??



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## The Potential Dangers

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# Addiction??

Can you become addicted to the internet and to technology???

Yes! Yes! and Yes!

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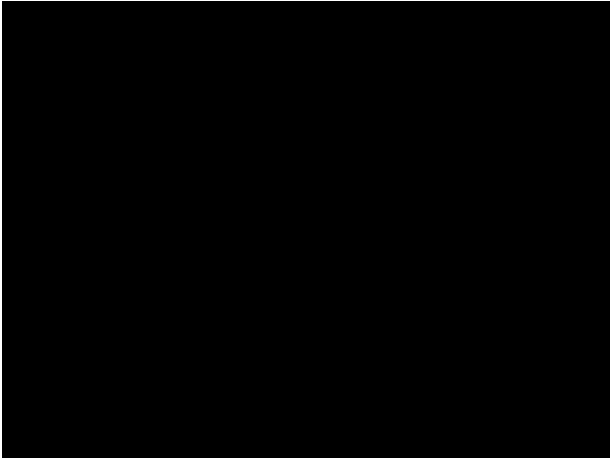
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Internet Addiction is Recognized by the APA as a Mental Disorder

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# Addiction

Video Games and excessive screen time influence pleasure sensors of the brain

Over time, the brain "craves" more screen time

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## Screen Time and The Human Brain

Gray Matter Atrophy

Compromised White Matter Integrity

Reduced Cortical Thickness

Impaired Cognitive Functioning (Slower processing speed, poor impulse control, increased sensitivity to rewards)

Cravings and impaired dopamine function similar to drug cravings.

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## Don't Worry It is NOT just in China

Bradford Regional Medical Center Opened a "Internet Addiction Treatment and Recovery Program" which offers treatment to adults with internet addiction

Dr. Kimberly Young, Psy.D. is the founder of the Center for Internet Addiction

Inpatient program in Washington State

NPCU - Outpatient CBT program for Digital Addictions

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## Pornography

- 100% of children will view Pornography prior to age 16
- Most Youth began access by age 11...This age has now dropped to 8
- Most Children do not seek out Pornography at first
- The younger the age of exposure the greater the risk of addiction
- Neuro-biological changes occur

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## Additional Concerns

Sexting

Cyber-Bullying

Increased Aggression and Anxiety

Relationships

Distraction

Privacy

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## Additional Concerns

AAP - No screens under two years of age

Excess Screen time = Increased Risk:

Depression/Anxiety

Excessive Behavioral Problems

Limited Self Worth/Self Image

Correlation to Obesity, Metabolic Disorders, Sleep Difficulties

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## What Can You Do?

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## What is the Goal?

- Ⓒ It is not reasonable to "eliminate" technology from our lives
- Ⓒ We need to learn how to develop a healthy lifestyle around technology

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## Tip 1: Its a Choice

- Ⓒ Ask parents if they have decided how they want technology to be a part of their life?
- Ⓒ What do they want their children to learn from technology??
- Ⓒ How is technology helping their child??
- Ⓒ How is technology impacting behavior and their relationships??

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## Tip 2: Set Limits

"We don't have cellphones at the table when we are having a meal, we didn't give our kids cellphones until they were 14 and they complained other kids got them earlier."

Asking whether his children liked the new iPad (???) replied: "They haven't used it. We limit how much technology our kids use at home. That's because we have seen the dangers of technology firsthand. I've seen it in myself, I don't want to see that happen to my kids."

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## Tip 2: Set Limits

- ☒ Parents do a good job of setting limits on TV, Internet, Video Games, but a poor job of discussing limits, boundaries and problems with cell phones.
- ☒ Only 3% of parents have limits with mobile technology
- ☒ Setting limits can reduce the probability of many problems (sexting, pornography, etc.)

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## Questions??

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